

Achyranthes japonica 복용에 의해 유도된 급성 간질성 신염

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Acute Interstitial Nephritis after Ingestion of Achyranthes Japonica

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Traditional alternative remedies have been widely used in S. Korea for a long time. *Achyranthes japonica*, a Japanese chaff flower, which has been used as complementary medicine for degenerative arthritis, cystitis, diabetes mellitus, gonorrhea, diuretics, dysmenorrhea without any clinical evidence in S. Korea. We report a case of patient who developed acute interstitial nephritis after ingestion of *Achyranthes japonica* for a long time. 56-year-old woman was admitted with anorexia, general weakness and weight loss during recent 4 months. Body weight was decreased (-9 kg/4 months). She has been taking 10 mg of lercarnidine and 10 mg of betaxolol during 3 years for her hypertension. Her initial lab finding showed as follows: BUN of 26.3 mg/dL, creatinine of 3.2 mg/dL, total protein of 8.1 mg/dL, albumin of 3.9 g/dL, hemoglobin of 9.1 g/dL. Urinalysis revealed the following results: SG (1.020), blood (++) , glucose (++) , protein (+). Total 24 hour urine protein amount was 1,320 mg per day. Bence-Jones protein was not detected in the urine. No specific abnormalities were shown on serum and urine protein electrophoresis. Kidney biopsy demonstrated huge infiltration of lymphocytes into renal interstitial area with mild tubular atrophy and one peri-glomerular fibrosis. Throughout history revealed that she had taken boiled water including *Achyranthes japonica* during past 4 months for the purpose of treatment of her longtime knee arthralgia. Immediate withdrawal of this traditional remedies, appropriate education and conservative management restored her renal function 6 months later. We should suspect the use of traditional remedies when we are facing unknown etiology of acute renal failure.

Key Words : 급성 간질성 신염, 민간요법

Acute interstitial nephritis, Traditional remedies