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## **Complementary and Alternative Medicine (CM) Deterioration of Chronic Kidney Patients in Nepal**

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**Objectives:** All over the Nepal many Patient of Kidney Consume alternative and Complimentary drugs with or without allopathic medicine There are Few case reports which indicates deterioration of various Kidney function because of the Presence of heavy metals in this Preparations. no large scale study is available to check this hence study was planned with the primary aim of evaluating use complementary and alternative medicine and deterioration of kidney function in chronic kidney patients

**Methods:** This is a small cross sectional study out patient department of clinic at ASUNTA Medicare Hospital all patients coming for the treatment kidney disease were offered to participate in the study. Willing participants were interviewed for various parameters including current and past use of CM .blood reports of these patients were obtained from online system of the institution creatinine was considered .The marks of kidney function test deterioration descriptive statistics was reported in the form of frequency and percentages Odds ratio for all the parameters for kidney function deterioration was calculated using poisons regression by using SPSS Vs 17.

**Results:** out of all the variables only not having the hypertension was significantly associated with the protection against deteriorated kidney functions (OR=0.243(95%cl 0.07-0.83)no other factors like current and past use of CM age gender history of kidney disease in family blood test (glomerular filtration rate) were associated with the deterioration of kidney function

**Conclusions:** in this study we could not found any statistical association between the consumption of CM and deterioration of kidney function in chronic kidney disease patients.