

Abstract Type : Oral

Abstract Submission No. : OR-1060

Herbal Medicine: A New era in treatment of Urolithiasis

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Objectives: Plant based medicine are serving mankind since long and is still popular as a traditional system of medicine. Renal stone is the third most common disorder of urinary tract, affecting nearly 2% of the world population. Although allopathic system of medicine practices measure like surgical removal of stone and lithotripsy; reoccurrences can't be prevented. So this study reviewed scientific validity of herbal treatment approach for urolithiasis mentioned in Ayurvedic and other traditional system of medicine.

Methods: Search of the relevant literature was done in journal, books and authentic text online using relating keyword. Search was done online in Google Scholar, Pubmed, Hinari, Scopus and available data were studied and analyzed to obtain result in required format.

Results: Many studies have scientifically proved effectiveness of herbal medicine in *In-vivo* and *In-vitro* model for prevention as well as cure of renal stone. Mechanism of these herbal remedies effectiveness are based on combination of many effect such as antioxidant, diuretic, hypocalciuric, urine alkalizing nature of herbal medicine. Total of 203 plants were reported in literature with anti-renal stone activity. Indeed many marketed Ayurvedic herbal formulations were also listed showing good clinical significance.

Conclusions: Plant-based medicine are the effective alternatives for treatment and cure of kidney stone disease. Additionally they can serve as means of discovery of novel drug molecules too. Further comprehensive and aggressive study can identify more herbal resources as well as safety and molecular mechanism of those medicines for the treatment of kidney stone.