Physiological causes and treatment of kidney stones from Avecina and modern medicine points of view

P. Hasanein*, F. Fazelib

Abstract:

The prevalence of kidney stones is growing fast worldwide especially among pregnant women and old aged people. Prevention depends mainly on the type of stone. Assessment of urine Ph may be helpful to evaluate the stone. Fruits and vegetables can be used to alkaline urine and so prevention of oxalate, calcium, cystein and uric acid stones. To prevent calcium phosphate kidney stones, urine should be acidulated. Spasmolytic drugs and urteroscopy can be used along with hydrotherapy for treatment of acute kidney stones.

Avecina tried to cure kidney stones with using medicinal plants having diuretic property. Therefore, diagnosis and treatment of kidney stones are not so different from the modern medicine point of view and Avecina medicine. However, Avecina focuses on using medicinal plants and then changing urine Ph to treat stones while modern medicine relies on chemical drugs and special diet to cure kidney stones.

Keywords: Kidney, Urine, Stone, Treatment, Traditional medicine, Modern medicine.

Corresponding Author: parisa.hasanein@gmail.com