



சித்தமருத்துவ மைய ஆராய்ச்சி நிலையம்
(மத்திய சித்த மருத்துவ ஆராய்ச்சிக் குழுமம், ஆயுஷ் அமைச்சகம், இந்திய அரசு)

सिद्ध केंद्रीय अनुसंधान संस्थान

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KALLADAIPPU - RENAL CALCULI

Definition

Urinary calculus is a stone-like body composed of urinary salts bound together by a colloid matrix of organic materials. It is deposited commonly in kidneys, ureter, bladder or urethra. Urolithiasis, well known as *Kalladaippu noi* in Siddha texts, is described in Yugi Vaithiya Chintamani. Four types of *Kalladaippu noi* is described by Yugi muni based on three *Thodam* (Three humours in our body). Many herbal and herbo-mineral formulations have been described in Ancient Siddha texts which may be evaluated in the management of Urolithiasis.

Causes

- Intake of turbid water
- Intake of food with stones, bones, hair and sand
- Intake of putrid starch foods
- Eating while indigestion

Preventive measures

- Avoid consumption of high-salt foods
- Avoid meat and other food with rich protein
- Avoid carbonated drinks which include all sodas

Health promoting tips

- Drink atleast 8 -10 glasses of water per day
- Reduce protein-intake (meats, beans, and nuts)
- Consume dairy products (Buttermilk, ghee)
- Eat foods with high fibre which include vegetables, fruits, grains, salads etc.

Curative herbs

- Sirupeelai (*Aerva lanata*)
- Mookirattai (*Boerhaavia diffusa*)
- Nerunjil (*Tribulus terrestris*)
- Neermulli (*Asteracantha longifolia*)
- Maavilangam (*Crataeva nuruvala*)
- Elumicham thulasi (*Ocimum gratissimum*)
- Murungai (*Moringa oleifera*)
- Mullangi (*Raphanus sativus*)
- Nannari (*Hemidesmus indicus*)
- Santhanam (*Santalum album*)

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