



QUALITY OF LIFE OUTCOMES IN AYURVEDA TREATMENT ON CHRONIC KIDNEY DISEASE OF UNCERTAIN AETIOLOGY PATIENTS IN NORTH CENTRAL REGION, SRI LANKA

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ABSTRACT

Chronic Kidney Disease of uncertain etiology (CKDu) is a slowly progressive irreversible disease. Patients affected with CKDu are among farming communities mainly in north central region of Sri Lanka at their prime adult working years. The disease affects their quality of life, earning potential and the overall productivity. Since haemodialysis, peritoneal dialysis and renal transplant serve the only available options for patients suffering from CKDu, a considerable proportion has resolved to receive alternative treatments such as Ayurveda and Sri Lankan Traditional Medicine (SLTM). The objective of the current study is to determine the effects of a selected Ayurveda treatment practice in North Central region by assessing the Health Related Quality of Life (HRQOL) of individuals with CKDu. Kidney Disease and Quality of Life Short Form version 1.3 (KDQOL-SF) questionnaires was used to assess the quality of life of 96 patients attending to a selected Ayurveda clinics for CKDu in North Central province. The KDQOL-SF tool was used to assess 11 domains specific to kidney disease and SF-36 was on 8 common domains with 100-point scale. Trained interviewers collected information from CKDu patients before starting treatment and 6 months later. Statistical analysis was conducted using SPSS version 23. Total number of 25 patients (mean 58±9 years) completed the KDQOL-SF. Cognitive function was found to be significantly improved after 6 months of treatment compared to baseline ($p = 0.01$). Significant improvements were shown in SF-36 related domains of physical functioning ($p < 0.001$), pain ($p = 0.01$) general health ($p = 0.043$) and quality of social interaction ($p = 0.040$) at the end of 6 month period of treatment. SF-12 Physical composite score was significantly improved after the 6 month period ($p = 0.01$). However mental composite summary score was not significantly improved during the first six months of treatment. A six month treatment period with Ayurveda medicine was shown to significantly improve physical and cognitive functions among CKDu patients.

Keywords: Chronic Kidney Disease of uncertain aetiology, Health Related Quality of Life, Sri Lankan Traditional Medicine, KDQOL-SF