

# Study finds efficacy rate of over 70 percent in Chinese medicine treatment of chronic renal failure

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The School of Chinese Medicine (SCM) of Hong Kong Baptist University (HKBU) recently conducted a clinical observation of traditional Chinese medicine for the treatment of chronic renal failure (CRF). The results indicate that a particular type of Chinese medicine treatment that nourishes the kidneys, and removes blood stasis and turbidity is effective in improving the clinical symptoms of CRF patients and postpones the deterioration of renal function. The overall efficacy rate of this treatment is 72.7 percent.

This particular treatment is a prescription of Chinese herbs such as herba epimedii, isaria cicadae, radix salviae miltiorrhizae, rhizoma ligustici chuanxiong, and radix et rhizoma rhei. They work well in warming the kidney, protecting the [patients'](#) kidneys and liver, promoting regeneration of blood, and removing blood stasis, turbidity and detoxification.

CRF is caused by multiple chronic kidney diseases or systemic diseases that affect the kidneys, leading to chronic progressive damage. CRF patients experience decreased renal function, in which the kidneys cannot maintain the metabolism of waste and resulting in disorders of electrolyte and acid-base balance. In addition, the kidneys lose basic functions such as the secretion and regulation of hormonal metabolism, which may lead to azotemia, metabolic disorders and other clinical symptoms. When the [glomerular filtration rate](#) of CRF patients is less

than 60 ml/min and serum creatinine is higher than the upper limit of the normal range, the functional unit of the kidney has been damaged more than 50 percent, suggesting the presence of kidney damage.

Cai Xunyuan, a visiting scholar of the SCM Clinical Division at HKBU, conducted a clinical observation of 33 patients attending HKBU's Chinese medicine clinics for treatment of CRF from March 2013 to August 2017. The study aimed to find the impact of this particular Chinese medicine treatment on the patients' serum creatinine, glomerular filtration rate and their clinical symptoms before and after the treatment.

Of the 33 patients, 19 were male and 14 were female with ages ranging from 18 to 70. All the patients were in the CRF diagnosis stage of three to four with serum creatinine less than 707umol/l. The observation indicated that the overall efficacy rate of the treatment for CRF was 72.7 percent, with seven patients showing obvious improvement, 17 having general improvement while nine showed no improvement.

A better therapeutic effect was observed in patients who were in the diagnosis stage of 3a (serum creatinine

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