

## **CHRONIC RENAL FAILURE**

Chronic renal failure is a situation when the kidneys are unable to perform their task of filtering waste out of the blood.

There is progressive or slow continuous destruction of the kidney cells due to an earlier disease. No matter what the cause, CRF results in build up in the blood, of waste that a properly functioning kidney would excrete in the urine.

### **CAUSES:**

- 1) Pre-existing renal diseases e.g. glomerular disease.
- 2) Hypertension i.e. high blood pressure.
- 3) Diabetes.
- 4) Congenital and inherited renal disorders. e.g. polycystic kidney, congenital hypoplasia.
- 5) Metabolic disorders e.g. gout.
- 6) Certain drugs and pain killers.
- 7) Obstructive: -calculus, tumours, retroperitoneal fibrosis, prostatic enlargement
- 8) Interstitial nephritis, chronic pyelonephritis

### **Signs and symptoms:**

- 1 Lassitude- fatigue, decreased mental activity
- 2 neuromuscular –muscle cramps, convulsion, peripheral neuropathy
- 3 gastrointestinal – anorexia, vomiting, stomatitis, ulceration, bleeding, colitis, malnutrition and wasting
- 4 –cardiovascular- hypertension, congestive cardiac failure, pericarditis
- 5 skin- yellow discolouration, uramic frost, pruritus
- 6 others –anaemia, oedema, retinopathy, bone pains, arthritis

**Complications of dialysis are:** Nausea, Giddiness, Erratic BP, Infection, Stroke, Heart attack, Obesity, Hernia and in the long term Hepatitis B and AIDS.

### **Diet in CRF:**

1. Calories should be supplied more by fats and carbohydrates rather than proteins.
2. Sugars and cereals from which proteins are removed can be taken liberally.
3. Protein restriction is important to decrease the level of urea in the blood.
4. Liberal amount of fluids must be taken to excrete the solutes.
5. Avoid the following completely:  
Red meat; Chicken; Fish; Pulses; Fruits (Only apple, papaya Permitted); Dry fruits; Spinach.

**Treatment:** [www.drtpure.com](http://www.drtpure.com)