Short Report

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Effect Of Nettle Leaf On Renal Function In End-Stage Renal Disease Patients.

Suzan Sanavi[1], Nasim Sanavi[2].

***Corresponding author**
Dr. Suzan Sanavi,
Aburayhan Poly Clinic, Social Security Organization, Tehran, Iran.
Email : sanavisuzan@gmail.com

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Sir,

Nettles (genus Urtica, family Urticaceae) have been used for treatment of various diseases including urinary tract diseases and renal failure. We conducted a study to show the effect of nettle leaf on improving renal function and glomerular filtration rate (GFR) in end-stage renal disease (ESRD) patients. Serum creatinine level as an indicator of renal function is used for GFR calculation. The study population consisted of 117 ESRD patients, 31 females and 86 males, aged 46-89 years old, 42% diabetic and 41% hypertensive. All participants were consent and informed about the study purposes and took routine conservative medicinal therapy with a relatively fixed high serum creatinine levels. There was no history of allergic reaction to nettle among participants. We asked them to prepare nettle tea by adding two tablespoons of dried nettle leaf to 500 cc water and let it boil then brew for 20 minutes. All participants consumed 2-3 cups of tea a day, half an hour before meal, for 6 months. During this period we checked particularly serum creatinine, urea, blood sugar, uric acid, electrolytes, etc. in 2 month intervals. They were warned about probable occurrence of hypoglycemic and hypotensive episodes. Data analysis was performed by the SPSS version 16 and $P< 0.05$ considered as significant. We found a significant decrease in serum creatinine levels or an increase in GFR values ($P=0.001$) after at least 2 month consuming of nettle tea that was sustained during 6 month study protocol and then after. This result may be attributed to antioxidant, anti-inflammatory and diuretic effects of nettle [1]. It seems this effect is evident in all stages of ESRD even in serum creatinine levels above 3 mg/dl. Since there are few studies on this topic, further investigations are recommended.

REFERENCES

1. Treasure J, Urtica semen reduces serum creatinine levels. The Journal of the American Herbalists Guild; 2003: 4(2):22-25.