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NEPHROTIC SYNDROME: AN UPDATE

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Abstract

Nephrotic syndrome (NS) or Idiopathic Nephrotic syndrome (INS) is one of the most common glomerular diseases of the kidney in children and adults that results from increased permeability of the glomerular filtration barrier. It is characterized by 4 major clinical characteristics that are utilized in establishing the diagnosis: proteinuria, hypoalbuminemia, edema, and hyperlipidemia. The target cell of nephrotic syndrome is the glomerular podocyte. INS can be split off into those with a single-gene defect, of which currently at list 53 genes are known to be causative, and caused by the presence of a still-unknown circulating factor or factors. Most cases of NS consider idiopathic or primary; membranous nephropathy and focal segmental glomerulosclerosis are the most common histologic subtypes of primary NS in adults. Despite a lack of evidence-based guidelines, treatment consisting of sodium restriction, fluid restriction, loop diuretics, angiotensin-converting enzyme inhibitor or angiotensin receptor blocker therapy, and careful assessment for possible disease complication is appropriate for most patients. Renal biopsy is often recommended. Immunosuppressive treatment, including corticosteroids, is often used for NS. Ayurvedic polyherbal formulation with properties of immunomodulator, nephroprotective and antioxidant properties can prove more beneficial in treating steroid-dependent or resistant cases of NS, as to add on therapy with modern therapeutics drugs for better results.

Keywords: Nephrotic syndrome, Glomerular Diseases, Immunosuppressive treatment.

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ZOMBIE –DRUGS WHICH TURNS PERSON TO CANNIBAL

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Abstract

Zombie drug or flakka(alpha pyrolidinovalerophenone) a psychoactive drug that constitute a growing and dynamic class of abused drug, that flourish in South Florida, United States, Brazil, Australia, UK etc.. Flakka- it is a synthetic drug or commonly known as "STREET DRUG or TABLE SLAT" moreover they are also called "GRAVELS" because of its white crystal chunks that have be compared to aquarium gravels. It originated at late 1960's. Flakka stimulates the effect of the "KHAT PLANT" which grows in Somalia and Middle East Countries. It is more dangerous than stimulants such as cocaine. It is often missed with combination of drugs like crack cocaine heroine and methamphetamine. Flakka is a man-made designed drug that causes the brain to become flooded with dopamine, and its effects are extreme agitation, disorientation, hallucination, violent behavior, rise in body temperature about 107°C which make them run around naked, often profound paranoia and superman strength, which can lead to death. It is administered through intravenously or smoking or swallowing or snorted. When an individual takes this drug it leads to a state of delirium and eventually causes hyperthermia, by this muscles get reactivated and get boosted and moreover leads to RHADOMYOLYSIS. The struggle causes dehydration, this can impair filtration function of the kidney and thus finally leads to renal failure. Flakka presence can't be detected by routine urine test; it can only be detected by chromatography and mass spectrometry. Due to its ill effects, zombie drugs was banned on 2012.

Keywords: Rhadomyolysis, delirium, hyperthermia, paranoia, hallucination.

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