

## Research Findings in IJKD, January 2012

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**Important Note for Readers.** The findings in medical articles are usually not directly applicable and patients should consult their physicians before any utilization of the results of medical studies.

### OLIVE LEAF SAVES YOUR KIDNEY AGAINST AN ANTIBIOTIC!

Although modern medicine has usually been skeptical about traditional medicine, its “modern” component makes it be open to anything that proves to be beneficial to the patient. And of course this happens only through robust research methodology based on which modern medicine is built. Using herbs is one of the examples, and ironically, sometimes herbs may save us against side effects of chemically made medications! An interesting research was conducted by Dr Tavafi and his colleagues in Lorestan, Iran, on the preventive effect of olive leaves in patients who use gentamicin. It is well known that gentamicin is a strong weapon of physicians, and in spite of its potential hazardous effect on the kidneys, they have to prescribe it when some bacteria are resistant to any other treatment option. Olive leaf extract has antioxidant activity, and Dr Tavafi and his colleagues showed that in rats, it can prevent injury to the kidneys when gentamicin is used. Such findings need to be tested in human too, but gentamicin is not that scary and its use under the supervision of your doctor is “almost” safe, and it will be even safer in the future if olive leaf further proves to armor our kidneys against it.

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### KIDNEY STONES DO NOT FORM DURING RAMADAN

Fasting can cause loss of body water, and dehydration can cause kidney stone. However, this is not really straightforward, and we need evidence to make sure if fasting is safe. Thousands of years of history of fasting as religious practice seem to be against such a conclusion. Dr Miladipour and his colleagues in Tehran observed urine ingredients in a group of men who were fasting during Ramadan. They found that although some metabolites that contribute to stone formation increase during fasting, some other factors that prevent from stone formation are also accentuated. Therefore, they concluded that “fasting during Ramadan has different effects on total excretion and concentrations of urinary precipitate and inhibitory factors contributing to calculus [stone] formation. We did not find enough evidence in favor of increased risks of calculus formation during Ramadan fasting.”

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