

عنوان مقاله:

The effect of aqueous extract of black radish root on urine pH in stone-forming patients: A single blind clinical trial

محل انتشار:

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خلاصه مقاله:

Background and aims: Given the prevalence of urolithiasis and the popularity of black radish extract for the treatment of this problem, the present study was designed to investigate its effect in alkalizing urine in stone-forming patients referred to Imam Ali clinic in Shahrekord (Iran). **Methods:** In this clinical trial, the urine pH was measured along with the ۲۴-hour urine assessment for urine volume and urine citrate, oxalate, calcium, uric acid, and creatinine levels of ۲۰ patients before and after the intervention. **Results:** The results showed a significant increase ($P < ۰.۰۰۱$) in mean urine pH after the administration of *Raphanus sativus* syrup for ۱۴ days. The mean ۲۴-hour urine volume and citrate level increased significantly ($P < ۰.۰۵$). In addition, the mean uric acid and oxalate levels decreased significantly ($P < ۰.۰۵$). Mean changes in ۲۴-hour urine creatinine and calcium levels were not statistically significant after intervention ($P > ۰.۰۵$). **Conclusion:** *Raphanus sativus* extract treatment can increase urine pH, urine citrate level, and urine volume and decreases uric acid and oxalate levels. Therefore, the plant may be used for the treatment and prevention of uric acid and cystine stones.

کلمات کلیدی:

Black radish, Urine pH, Kidney stones

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