

Double-blind clinical study of the therapeutic effects of pomegranate juice powder on renal damage in diabetic nephropathy

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A large proportion of patients with type 2 diabetes mellitus have diabetic nephropathy. Despite current therapies, diabetic nephropathy progresses to end-stage renal disease in most of these patients. Therefore, it's vital to find new treatments for such patients. Oxidative stress could eventually cause inflammation, malnutrition and also activation of Transcription Nuclear Factor B leads to increment of the Production of Inflammatory Cytokines in diabetic nephropathy patients. Phenolic and flavonoid compounds which exist in pomegranate juice reduce oxidative stress and also inflammatory markers. This study was a double-blind, parallel clinical trial on 40 patients, 20 to 75 years of age. In this project, all patient's urine microalbumin and protein urine 24-hours were higher than normal and they were receiving a fixed dose of either or both

ACEI or ARB at least 3 months. Patients with underlying diseases such as cancer, as well as being on dialysis were excluded. At baseline some metabolic factors and also Urine microalbumin and Urine proteine 24-hours recorded for subjects. In addition to their previous therapy, patients were received 120 placebo capsules or capsule containing pomegranate juice powder for a month. Volunteers were visited monthly and in case there was no problem they received capsules again for another 4 weeks. At the end of 8 weeks testing and initial evaluation were repeated and the changes were investigated.

In general, pomegranate juice powder had no effect on the surface of metabolic factors, However about two important indicator of diabetic nephropathy disease, urine microalbumin and urine protein 24-hours, reduced levels was detected.

Biography

Elnaz Faridi is a Pharmacist and he completed his education in Shiraz University of Medical Science. (Shiraz, Iran). And Working in Omidvar Hospital Drug store, Ewaz, Fars, for 14 months. He Participated in some congress in Iran and also in PSE congress in Murcia, Spain, in 2015 and got the award for poster presentation.

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