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Anti-urolithic formulae in traditional medicine based on historic medical texts used in Anatolia and the Middle East

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The worldwide incidence of urolithiasis is quite high, and in spite of tremendous advances in the field of pharmaceutical production, many patients still need to undergo surgery to cure it fully. On the other hand, indigenous traditional medical systems of different cultures have been known to offer a vast array of medicinal solutions for the treatment of urolithiasis throughout history.

In recent years, such anti-urolithic formulae have also been the object of several scientific studies. Some herbal formulae (eg. *Cystone*) from traditional Indian medicine have been evaluated for their effects on experimentally induced urolithiasis while the effects of some traditional Chinese herbal formulae (eg. *Wulingsan*) on renal stone prevention have been investigated as well.

This research aims to determine the traditional formulae used in Anatolia and the Middle East for the treatment of urolithiasis by searching through sources based on the well-respected high medieval medical texts such as "*Al-Qānūn fī at-Ṭibb*" by Avicenna, "*At-Tadhkira*" by Dawūd al-Antākī, as well as the late ones such as "*Kitab al-Muntakhab fī at-Ṭibb*" by al-Mardīnī, and "*Yadigar*" by Ibn Sharif. The use of such formulae has been the first choice of treatment for urolithiasis among the people of these regions. However, their pharmacodynamics have not been studied completely and both in vitro and in vivo studies are needed to provide more definitive conclusions.

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