

An Open Label Study To Evaluate The Efficacy And Safety Of Smashit Tablets In Treatment Of Urinary Calculi

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Abstract: Aim: To evaluate the efficacy and safety of Smashit tablets in treatment of urinary calculi. Material and Methods: After clearance from Institutional Ethics committee, 68 patients with urinary calculi, who had consented for the study, were enrolled as per inclusion criteria. Smashit tablet was administered 2 tablets thrice daily for three months. They were monitored for change in clinical, urinary & USG parameters as per protocol. Results: At day 90 there was significant reduction in stone size in left kidney upper pole 72.55%, middle pole 73.49%, 61.02% lower pole, and 68.07% at vesicoureteric junction (VUJ) ($p < 0.05$). In right kidney upper pole 75%, middle pole 60.56%, lower pole 74.11% and 59.46% at VUJ. In total 70 renal units had stone out of 120 renal units (60 patients). Complete stone clearance was attained in 53 renal units (75% stone clearance) after completion of study. Out of 68 patients 60 patients completed the study. There was significant decrease in dysuria 89.91% (7.3 to 1.32 mean value), due to reduction in stone size and expulsion. Discussion & conclusion: With 75% stone clearance in 60 patients, it can be concluded Smashit tablet is effective in management of kidney stone. Tablet Smashit helps to break down a larger stone into smaller particles, which can be easily flushed from the body via urination; as well it also gave cooling effect to urinary calculi patients.

Keywords: Kidney Stone, Tablet Smashit, Medical management, Crataeva nurvala Linn.

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