

# Fifteen-Day Recovery from Bilateral Kidney Stones and Hepatic Steatosis Using a Miracle Drinks -Neo Ayurveda Protocol: A Case Report

SM Raju

*Inventor of Herbal Formulations for Chronic Diseases, Founder of Miracle Drinks-Neo Ayurveda, Bengaluru, India*

## Corresponding author

Dr. S. M. Raju, Inventor of Herbal Formulations for Chronic Diseases, Founder of Miracle Drinks Neo Ayurveda, Bengaluru, India.

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## Background

Renal calculi and non-alcoholic fatty liver disease (NAFLD) are common conditions globally. Small renal stones (<5 mm) are often managed conservatively but may persist and cause recurrent symptoms [1]. NAFLD, characterized by excess hepatic fat accumulation, is strongly associated with metabolic syndrome, and progression to non-alcoholic steatohepatitis (NASH) increases long-term morbidity [2].

Conventional treatment strategies involve surgical or lithotripsy-based management of kidney stones and lifestyle modification for fatty liver. However, rapid and simultaneous resolution of both conditions is rarely documented. This case presents a patient with bilateral renal calculi and diffuse fatty liver who achieved complete stone clearance and regression of fatty liver grading within 15 days using a Neo Ayurveda protocol.

## Case Presentation

Mr. Manjeet had a prior history of an **8 mm renal calculus in 2021**, which required surgical removal. Persistent abdominal discomfort continued postoperatively.

In **May 2025**, he presented again with **chronic back and abdominal pain**. Ultrasound findings were:

- **Right kidney:** 4.1 mm calculus in mid-portion
- **Left kidney:** 2.8 mm calculus in mid-portion
- **Diagnosis:** Bilateral, non-obstructive renal calculi
- **Liver:** Diffuse fatty liver, Grade 1

## Intervention

On **9<sup>th</sup> August 2025**, treatment with the **Miracle Drinks -Neo Ayurveda protocol (Miracle Drinks)** was initiated:

### • **Herbal formulations:**

- o Gastro Support
- o Liver Support
- o Renal Support

*(15 mL each, morning and evening, before meals)*

### • **Dietary regimen:**

- o Prebiotics: 2–3 raw garlic cloves, 1-inch raw garlic slice
- o Soaked fenugreek seeds (1 tsp daily)
- o Flax-Seed Butter milk (twice daily)
- o Raw vegetable juices (twice daily)
- o High-fiber cooked vegetables and leafy greens, with reduced fatty foods

## Clinical Course

- **Day 3:** Complete resolution of back and abdominal pain.
- **Day 15:** Repeat ultrasound demonstrated:
- o **No calculi detected** in either kidney.
- o **Liver:** Diffuse fatty liver Grade 1 improved to simple fatty liver Grade 1.
- Formulation Compositions

### • **Liver Health Support (S4)**

Ingredient	Quantity (mg)
Nimba	266.4
Arjuna	240
Bilwa	378
Vibhitaki	600
Gokshura	2475.6
Ashwagandha	2640

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Ingredient	Quantity (mg)
Hareetaki	2400
Chirayata	3675.6
Bhringraj	1200

- Renal Support (S5)

Ingredient	Quantity (mg)
Nimba	360
Arjuna	720
Gokshura	4200
Hareetaki	1800
Ashwagandha	1200
Karanja	1320
Chirayata	2400

- Gastro Support (S6)

Ingredient	Quantity (mg)
Nimba	300
Bilwa	336
Jambu	240
Bibhitaki	300
Gokshura	480
Haritaki	3000
Ashwagandha	1944
Karanja	600
Chirayata	3600
Guduchi	1200

## Discussion

This case demonstrates the potential synergistic role of phytotherapy and dietary interventions in rapid recovery from both kidney stones and fatty liver.

### Renal Calculi Clearance:

Small renal stones can pass spontaneously, but the accelerated resolution in this case may be attributed to the diuretic, anti-lithogenic, and antioxidant properties of herbal formulations, supported by garlic and fenugreek's known effects on urinary health [3].

### Improvement in Fatty Liver:

Hepatoprotective phytoconstituents such as flavonoids, polyphenols, and saponins improve lipid metabolism, reduce hepatic fat deposition, and mitigate oxidative stress [4]. Flaxseed butter milk and raw vegetable-based diets are associated with reduced hepatic steatosis and improved insulin sensitivity [5].

### Neo Ayurveda Mechanism:

The protocol emphasizes organ regeneration through improved microcirculation, enhanced cellular metabolism, and detoxification pathways. Such holistic approaches may explain the rapid dual benefit in renal and hepatic function observed in this case.

### Conclusion

Within 15 days of starting a Miracle Drinks Neo Ayurveda protocol, Mr. Manjeet experienced:

- Complete clearance of bilateral renal calculi ( $\leq 4$  mm)
- Regression of diffuse fatty liver Grade 1 to simple Grade 1

This outcome highlights the potential of integrated phytotherapy and diet-based interventions in managing concurrent metabolic and renal-hepatic disorders. Further controlled clinical studies are warranted.

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