

THE EFFECT OF KERNEL APRICOT SEEDS AND VITAMIN C ON KIDNEY STONES ⁺

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Aim

The aim of the present study is to investigate the effect of the kernel apricot seed on kidney stones and its relation with vitamin C.

Abstract

In the introduction the components of kernel apricot seeds are mentioned. Vitamin B17 is the most important constituent. The patients were out-patients from AL Karma hospital and Sonar Clinic in Baghdad. Ninety patients were included in this study as two groups (45 male, 45 female) their age were between (35 – 65) years all of them have different types of kidney stones. In this study each group was divided into three subgroups (15 patients in each one). All the patients in first subgroup have taken (6) kernels of apricot seed three time's daily for (4) weeks.

Second subgroup was supplemented with 250 mg of vitamin C. Third subgroup was supplemented with 500 mg of vitamin C. Every week the patients were sent for examination to calculate the number and the percentage of the recovered patients. The results show that number and percentage of the recovered patients increase with the time by using the kernel of apricot seeds with more vitamin C. And female recovered better than male by getting out the kidney stones. No other research has used kernel of apricot seeds with vitamin C to release kidney stone.

الهدف

يهدف البحث إلى أيجاد تأثير لب بذرة المشمش وفيتامين C على التخلص من حصى الكلى .

المستخلص

في المقدمة تم ذكر مكونات لب بذرة المشمش التي من أهم محتوياتها فيتامين B17 وآلية عمل هذا الفيتامين وعلاقته بفيتامين C، والأمراض التي يستخدم في علاجها. اخذت العينات من مرضى يرتادون العيادة الخارجية لمستشفى الكرامة وبعض عيادات السونار في بغداد. تم اخذ ٩٠ شخصاً على شكل مجموعتين ٤٥ رجلاً و ٤٥ امرأة تتراوح أعمارهم بين ٣٥-٦٥ سنة مصابين بحصى الكلية بصورة

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عامية من دون الاعتماد على اخذ نوع معين من الحصى . في العمل قسمت كل مجموعة إلى ثلاث فئات
بواقع (١٥) شخصا لكل فئة.تناولت الفئة الأولى البذور لمدة أربعة أسابيع دون استخدام فيتامين (C)
وبواقع ست لبات في ثلاث مرات يوميا والفئة الثانية تناولت الكمية نفسها وفي الزمن نفسه مع اخذ ٢٥٠
ملغم من فيتامين C مع كل مرة . الفئة الثالثة استخدمت الكمية نفسها في الزمن نفسه مع تناول ٥٠٠
ملغم من فيتامين C مع كل مرة. وقد فحص وجود الحصى عند كل الأشخاص من الرجال والنساء
أسبوعيا لتعيين عدد الذين تخلصوا من الحصى مع حساب النسب المئوية للشفاء أيضا.
أظهرت النتائج إن العديد من المرضى تخلصوا من الحصى باستخدام لب بذرة المشمش وزادت
نسب الشفاء بزيادة تركيز فيتامين C المأخوذ مع اللب، كذلك كانت الإثبات أسرع تخلصا من
حصى الكلية من الذكور.
نوقشت النتائج التي توصلنا إليها ولم نجد أيًا من البحوث قد سبقتنا باستخدام لب بذرة المشمش
للتخلص من حصى الكلية.

Introduction

Kernels of apricot seeds were used in treatment of many diseases. The main constituent of apricot seed is Amygdaline (Laetrile, Vitamin B17). Amygdaline or vitamin B17 is used in the treatment of cancer , particularly to reduce tumor size ,to restrict the spreading of cancer cells [1,2,3,4,5] . Amygdaline decreases hypertension and is used in treatment of rheumatism, helps the body to use iron, prevents scurvy, promotes healing of wounds, increases resistance to infections, maintains solid bones and teeth, helps to build immunity to cancer. Amygdaline (B17) is a compound found in whole raw food supply and it is abundant in the seeds of non- citrus fruits. It is extracted from apricot seeds [6,7,8,9]. It is composed of two molecules of glucose one molecule of Benzaldehyde and one molecule of hydrocyanic acid (an – anti – neoplastic compound) [10] .

Apricot seeds are sometimes supplemented with pancreatic enzyme or vitamin C , E, A, B15 , antioxidant , digestive enzymes . These factors were found to increase the absorption of B17 and protect the person from toxic reaction which may occur if apricot seeds are used alone in a big amount(more than twenty seeds daily) or for a long time [11,12,13,14,15] .Therefore in our study we supplemented apricot seeds with vitamin C (because it is available in pharmacies).

Materials and Methods

To assess the effect of kernel apricot seeds on kidney stones 90 patients were included in this study. age between (35 – 65) years . All of them have different types of kidney stones.

Grouping of the Subjects

The patients were divided in to two groups (45 males, 45 females). The first group was divided into three subgroups (15 in each one). All the subjects have taken 6 kernels of apricot seeds three times daily. The first subgroup has taken the apricot

seeds alone. The second subgroup has taken the seeds supplemented with 250 mg of vitamin C three times daily. The third subgroup has taken the seeds supplemented with 500 mg of vitamin C three times daily. All the 90 patients have taken the kernels of apricot seed for four weeks. The females followed the same program as the male patients. Every week the patients were sent for examination to get the number of recovered patients.

We didn't give the patients more than 20 kernel seeds daily to avoid the toxicity of cyanide [11]. In this study we gave them 18 kernels daily. Also they were encouraged to take lots of fresh food like fruits, vegetables and drinking two liters of water which is also very important to release the stones out [9,12] . (The patients were examined by having X-ray or sonar. Some of the patients were diagnosed for clinic improvements).

Results

Table (1) : Number of male patients recovered from kidney stone by using kernels of a apricot seeds in presence and absence of vitamin C .

Table-1-

No. of patients	First week recovered	Second week recovered	Third week recovered	Fourth week recovered	%
taking seeds without vitamin C (15)	1	3	5	6	40
taking seeds supplied with 250 mg vitamin C . (15)	3	5	6	9	60
taking seeds supplied with 500 mg vitamin C . (15)	4	6	9	12	80

Table (2) Number of female patients recovered from kidney stone by using kernels of apricot seeds in presence and absence of vitamin C.

Table-2-

No. of patients	First week recovered	Second week recovered	Third week recovered	Fourth week recovered	%
taking seeds without vitamin C (15)	2	4	6	7	46.6
taking seeds supplied with 250 mg vitamin C . (15)	4	6	8	11	73.3
taking seeds supplied with 500 mg vitamin C . (15)	5	7	10	13	86.6

Table 1,2 shows that the number and percentage of the male and female patients recovered from kidney stones. The percentage increases with the time and with increasing the amount of vitamin C. (Some complications were observed: six patients

complained of gastric disturbance, ten patients had vomiting).

Discussion and Conclusion

Table (1) : shows that the percentage of the recovered patients is increased by using vitamin C . Also the number of recovered patients increases by increasing the period of treatment.

This is attributed to the effects of apricot seeds on kidney stones. It contains vitamin B17 which destroy or lyses the stones (as its action on tumors by reducing their size. [2,3]).

It was reported that vitamin C is used to increase the absorption of B17 and protect the person from toxic reaction which may occur and help in digestion and absorption of apricot seeds [16,17,18]. We used vitamin C instead of other vitamins like(E,A,B15,antioxidant and digestive enzymes) which do the same action because it is available and cheap. Also it is recommended to have a lot of fresh fruit and plenty of water by all patients to avoid toxicity of hydrocyanic acid because this acid will be released out with (urine) by fresh fruit and a lot of water.

Table (2) represents the same treatment by using apricot seeds in female patients , it was found that the percentage and the number of female patients who recovered was slightly higher than male patients in each treatment group. This may be due to their body system which has the ability to release the stones easier than male. It should be mentioned, here, that this is the first report on using the apricot kernels for elimination of renal calculi.

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