Avicenna MUST Kit (Macroscopic Urine and Stool Test Kit)

Ahmad Yar Sukhera and Syma Ghayas
Faculty of Eastern Medicine, Hamdard University, Karachi, Pakistan

Abstract
In 2010 Global Burden of Disease study was conducted in which chronic kidney disease was ranked 27th in the list of causes of the total number of deaths worldwide in 1990, but rose to 18th in 2010 because they do not have access to affordable treatment. Many physicians and their patients remain unaware of the diversity of clinical characteristics of renal disease. That’s why it is termed as Silent Killer. Though the early diagnosis is the only way to prevent CKD and it can be possible only by physical examination of urine. The aim of this study was to develop a new diagnostic tool that can detect this silent killer in the early stages. An extensive literature review regarding ancient diagnostic techniques and evidence of Uroscopy with special focus on Ibn-Sina’s idea on the methods for collecting and examinations of the characteristics of urine in healthy and sick individuals was compiled along with the methods described in the Campbell Walsh’s Textbook of Urology. After two years of research work the world’s first ‘Avicenna MUST KIT’ was designed which consisting of Avicenna Must Chart (comprises of urine and stool color charts and other physical examination parameters of urine and stool), an Illuminator, a flat bottom flask and literature for using KIT. This preventive medicine method is one of the main approaches used by Avicenna in the diagnosis of kidney diseases. By using this KIT a person can make a habit to self-examine urine & stool so that a little change can be detected at the early stages of disease development. So the Keep an Eye on the silent killer can play a pivot role in prevention from CKD.

Keywords: Avicenna MUST Kit; CKD a silent killer; Urine color chart