

Abstract

Star fruit (*Averrhoa carambola*) is a popular fruit in tropical countries And South East Asia. Star fruit is widely recommended as an herbal remedy for sugar lowering in traditional medicine. Star fruit associated oxalate nephropathy is a relatively newer cause identified for acute kidney injury. It is widely regarded as a dangerous fruit for patients on hemodialysis due to neurotoxin in the fruit.

This is a 23 year old previously healthy female who admitted with complaints of nausea, vomiting, headache and shortness of breath for 1 week after ingestion of 4 star fruits on empty stomach. She was found to have severe pulmonary edema, metabolic acidosis, moderate hyperkalemia and acute kidney injury. Renal biopsy revealed evidence of oxalate crystals in tubules causing obstruction and renal injury. Patient was dialyzed until she had improved and given supportive care. She made a full recovery over a month.

Star fruit nephropathy in patients who didn't have chronic kidney disease is unpredictable. Diabetes mellitus, hypertension, consuming fruits in fasting state, dehydration, consumption of wild fruit in large quantities, consuming concentrated juice in an empty stomach are some of the identified risk factors for the condition. Some patients may go on to develop chronic kidney disease. Most of the patients will improve over time with hemodialysis and supportive care. Oxalate associated nephropathy represent an important cause for acute kidney injury in tropical countries that may be easily missed unless specifically investigated.