

# Kidney

Kidneys are the primary organs that remove toxins. We have two kidneys located in the lumbar region, a little below the waist, oriented toward the back. Each kidney weighs nearly 150 gms and is about the size of an adult fist. They are bean-shaped and reddish brown in colour.

## Structure

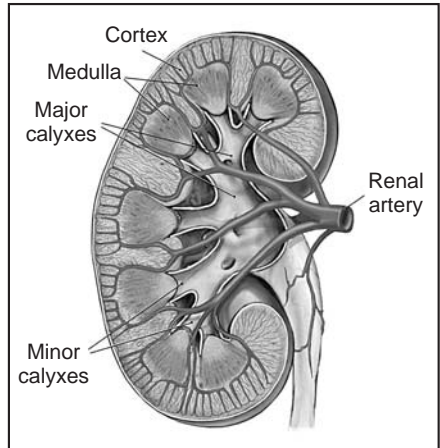
Each kidney has three regions - the cortex, the medulla and the renal pelvis. The outer layer, the cortex, contains nearly 12,00,000 filtering units called nephrons, each consisting of a glomerulus and a renal tubule.

Blood flows into a network of capillaries, surrounding each tubule, from the glomerulus, where substances that the body still needs, such as water, glucose and certain salts, are reabsorbed and restored to the blood. In a process called filtration,

blood containing waste products, enters the glomerulus, where the cells extract water and waste products, such as urine.

The purified blood is then returned to general circulation throughout the body. Waste, in the form of urine, passes through the ureter into the bladder and regulates acidity of the blood. Everyday, the body's entire volume of blood passes through the kidneys more than 300 times, a flow of nearly 1800 litres, almost all of which is reabsorbed and returned to the blood stream.

The middle part, the medulla, consists of cone shaped groups of urine collecting ducts. The inner region - the renal pelvis, branches into cavities called major and minor calyces. Each minor calyx gathers urine from the medulla, which is then collected in the major calyces and funnelled into the ureter.



Internal structure of a kidney

## Functions

The kidneys keep the body's chemistry balanced by removing waste products and excess water. They also regulate blood pressure and stimulate Red Blood Cell (RBC) production. Some of its other functions include:

- Activation of vitamin D absorption
- Elimination of metabolic wastes
- Maintaining acid-base balance (excretes alkaline salts)
- Maintaining electrolyte balance
- Maintaining fluid balance
- Prostaglandin synthesis (the female body uses this hormone for contraction of the womb during childbirth)
- Urine formation and excretion (a healthy adult passes nearly half a litre to two litres of urine a day)

## Problems

The body can stay healthy with just a single kidney. However, it is important to treat kidney disorders promptly because some disorders progress rapidly, often affecting both kidneys, before they are even detected. Kidney stones, kidney failures and kidney shrinkage are some of the common problems.

## Causes

Some of the major causes of kidney problems are:

- Cooked food
- Diabetes
- Hereditary diseases
- High blood pressure
- Inflammation of kidneys (nephritis)
- Kidney damage, as a side effect of medication, particularly pain killers taken for headache, backache and joint pains
- Lower urinary tract infection, e.g., bladder infections ascending upto the kidneys
- Scarring of kidneys (caused due to reverse flow of urine from the bladder)

## Symptoms

The symptoms of a weak kidney can vary considerably from one individual to another. The initial signs of the onset of kidney problems may be general and include:

- Backache
- Blood in urine
- Change in frequency and quantity of urine passed
- High/low blood pressure
- Pain in the kidney area (kidney/ureter stone)
- Pain in bones (vitamin D deficiency)
- Pain or burning sensation while passing urine, indicating an infection
- Puffy, dark grey mess below the eyes, around the face, ankles and elsewhere on the skin
- Tiredness (particularly in the evening)

## Kidney Cleanse

Cooked food and pollution affect proper functioning of the kidneys due to which nephrons are unable to remove toxins from the blood properly. These toxins get accumulated, as the body is unable to expel them naturally. Over a long period of time, these toxins form tiny stones that are very difficult for the body to remove and require surgery. A Kidney Cleanse dissolves these stones and dilates the pores so that they can easily pass out of the body. A Kidney Cleanse is also used to cleanse the kidneys from within, by removing deeply embedded toxic wastes.

### Ingredients

- Tea\* (काढ़ा) made from corn silk (भुट्टे के सुनहरे बाल) - fresh or dried. Ideally, the corn silk should be dried in sunlight. If it is dried properly, it can be preserved for a long time. Washing the dried corn silk before use is strictly prohibited as it loses a lot of its medicinal value. Moreover, the dust and impurities in it can be removed by sedimentation process in which the corn silk is strained before use, **or**,
- Tea, made from parsley (a foreign vegetable that looks like green coriander) or coriander leaves (धनिया की पत्ती), should be used fresh. Rinse them in water before boiling. They should be strongly fragrant. If not, they may have lost most of their active ingredients, **or**,
- Tea made from watermelon (तरबूज) seeds with their skin intact. The seeds can be black or brown in colour. These can be dried and preserved. Some provision stores that sell agricultural produce also stock watermelon seeds. They are marked



Dry corn silk



Parsley

\*Tea in this book refers to the concoction, i.e., brewing

'poison', since they have been treated with pesticides. Therefore, you need to wash and dry them before use. Pound them before boiling, so that the medicine from the skin and the innards gets mixed with the water. Do not grind or wash the seeds after crushing.



**Watermelon seeds**

## Quantity

I encourage self-medication. When you are doing it for the first time, you may adhere to the following dosage:

No.	Item	Quantity	Colour of tea
1.	Corn silk (fresh)	500 gms	Dark brown
2.	Corn silk (dried)	50 gms	Dark brown
3.	Parsley/coriander (fresh)	500 gms	Green
4.	Watermelon seeds	200 gms	Brown

Observe the results by yourself and decide whether to increase or decrease the dosages for subsequent use. You may decide the most appropriate quantity and frequency for yourself, though the highest dosage and frequency (the maximum quantity that you can tolerate) is recommended. Taking concentrated medicine in larger quantities yields quicker and better results as the medicine reaches deeper into the affected organ. If nausea or any other undesirable symptom, such as stomach pain, occur, then reduce the dosage.

Some people get better results with corn silk, while others with parsley/coriander leaves or watermelon seeds. I have found



**Coriander leaves**

concentrated corn silk tea to be the best for myself. However, everyone gets some results using any of the four ingredients. Some have even reported good results with watermelon seeds without the skins, which are available at most grocery stores.

## **Procedure**

To make concentrated tea, fill the vessel/pot with just enough water to cover the ingredients and boil any of the three ingredients for 10 minutes. Strain the water and keep it aside. Boil the residue again with fresh water for 10 minutes. Strain it and add it to the water set aside in the previous step. Follow this procedure one more time or until the mixture begins to lose colour. This indicates that the ingredient has no more medicine left in it.

Let the strained mixture stand for a few minutes so that any sediment present sinks to the bottom of the vessel. Carefully, without any sudden movement, pour the upper layer of the mixture into another vessel, until the sediment at the bottom starts flowing. Stop and discard this sediment. This procedure, known as decantation, can be used to separate fine residue from the mixture. Cool the strained mixture. The medicine is now ready for use.

## **Dosage**

Drink one litre of this mixture 3-4 times or more during the day. The mixture has to be stored in a refrigerator otherwise it will get spoiled. It can be stored in the refrigerator for a maximum of a day or two. If refrigerated, it may coagulate (thicken) slightly but its medicinal properties are not affected. If you cannot drink the cold liquid, then you may warm it to your taste. Warming does not affect its medicinal properties (see page 183).

## **What results can you expect?**

When toxins are accumulated in the body and the kidneys cannot filter them out, they are circulated in the blood stream. To reduce the ill-effects of these toxins, the body tends to keep them in a diluted form, thereby retaining more water. When the level of water in the blood stream increases, it causes a condition known as oedema. This results in increased body weight, and swollen face and ankles. During a Kidney Cleanse, the extra water retained in the blood stream is also released. Expect an increase in urination as a result of the cleanse.

During the course of treatment, nearly 1% of patients feel nauseous and nearly 3% experience mild stomach pain. However, these

conditions are not severe and are caused due to the hyperactivity of nephrons during the cleansing process. The pain subsides on its own in 1-2 hours and does not require any treatment. The final result is exhilarating freshness.

## **Benefits**

The first round of treatment should be over in a day and instant improvement will be visible, including:

- Dissolution of kidney stones
- Glowing face, better skin tone with shining and fairer complexion, reduced dark circles below the eyes
- Higher energy levels
- Improved haemoglobin levels
- Improved sleep quality
- Increase in calcium levels (treatment of osteoporosis)
- Increased activity levels
- Old accumulated toxins expelled from the kidney and blood
- Regulated blood pressure (marginally high or low BP are controlled without medication)
- Relief from backache and body pain
- For females, improvement in Pre-Menstrual Symptoms (PMS) and almost all gynaecological problems
- No more bed wetting and prostrate problems

## **Frequently asked questions**

### **1. Can I use all the ingredients, i.e., corn silk, parsley, coriander and watermelon seeds together?**

They are to be taken only one at a time. Any one of them is good enough for the treatment. You may try another option after a few days.

### **2. I am not able to find corn silk in sufficient quantity in the market due to the off season. My stored corn silk has developed a fungus. Can I still use this contaminated corn silk?**

The medicinal properties of this fungus affected dried corn silk do not change. It can be used just as well, with the same results as fresh or dried corn silk. Keep the corn silk under the sun for a few

hours. Then follow the procedure as outlined for the preparation process. If the corn silk has been stored without drying or under wet conditions and has turned black, then it should not be used. You should keep the corn silk under the sun occasionally, so that it remains good for later use. We have mentioned the name and addresses of a few vendors who sell ingredients for the Cleansing Therapy on our websites [www.drpiyushsaxena.com](http://www.drpiyushsaxena.com) or [www.thetempleofhealing.org](http://www.thetempleofhealing.org).

**3. I cannot find watermelon seeds. Can I replace it with muskmelon (खरबूजा) seeds?**

Their properties are totally different. Only watermelon seeds with their skin intact have kidney cleansing properties and not muskmelon seeds.

**4. What diet should I follow for Kidney Cleanse?**

Just stick to your regular diet and drink Kidney Cleanse tea as much as possible. However, refrain yourself from consuming food that is hard to digest, during the cleansing process.

**5. What is the best time to do a Kidney Cleanse?**

Kidneys function more efficiently when the stomach is empty and the body is most relaxed in a lying down position, after midnight. I keep a litre of corn silk tea near my bedside at night. If I happen to wake up between 2-4 am, I drink it. This dose is in addition to my regular dosage during the day.

**6. I got tremendous benefit after doing a Kidney Cleanse but after one week, I am facing the same old problems.**

Sometimes, old problems manifest again, but if you monitor their frequency and intensity, they occur at much lower levels after the cleansing. Secondly, you are continuing to live in the same polluted environment and eating the same food, hence, this manifestation is very normal. Do the cleanse again and your health will improve. You will notice instant improvement in backache, headache, general freshness level and quality of sleep.

**7. After following your therapy, why do I experience increased bleeding during menstruation?**

This may happen to a few women and is a good sign. You must have felt better in your pre-menstrual symptoms and may have



experienced much less abdominal pain. As soon as the toxins accumulated in your body are expelled, your condition will improve and you will feel better in a day or two.

### **8. How much corn silk tea can be used for a Kidney Cleanse?**

You can have as much corn silk tea as you like. Some people get results in a single glass, while others respond better with six glasses of the concentrated tea. Excess dosage does not harm.

Please note that in a Kidney Cleanse, the quantity of tea is not relevant. What actually matters is the concentration of medicine in the tea after the corn silk is boiled. That is why I recommend boiling the corn silk three times. I ascertain that everybody will get good results after the Kidney Cleanse. However, if you feel that the cleanse has not given the desired results, don't suspect the efficacy of Kidney Cleanse, rather, check the quality and quantity of ingredients as well as the procedure followed.

### **9. How long should I boil the water for a Kidney Cleanse?**

Boiling begins when the water temperature reaches 100° C. At that temperature, the best medicine is extracted from the corn silk. Boiling it for 15 minutes is fine.

### **10. What should I eat during a Kidney Cleanse and an Acidity Cleanse?**

There is no dietary restriction for doing a Kidney and an Acidity Cleanse. You are free to eat any food or follow any diet. Kidney cleanse tea and vegetable juices are most effective when consumed on an empty stomach.

### **11. Should Kidney Cleanse be started on an empty stomach?**

A few doses on an empty stomach will definitely improve the quality of the cleanse. If the medicine is taken on an empty stomach, its absorption in the blood stream will be much better.

### **12. What is an empty stomach?**

Empty stomach is a state when the system has digested nearly all the ingested food. In the morning, the stomach is empty because every thing has been digested during the night. If the breakfast consists of only fruits and a glass of milk, then it is completely digested in 45 minutes. So, you have an empty stomach after 45 minutes. On the other hand, if you eat fried mutton or deep fried

*paneer* that takes around six hours or more to get digested, then you have an empty stomach after that period and so on.

**13. Can I have corn silk tea just before sleeping?**

Yes, there is no harm in having it just before sleeping. You can have it any time.

**14. Can we add some salt to corn silk tea to make it taste better?**

You can add salt or fresh lime if taste is important to you, but do not add sugar.

**15. Can we eat the leftover parsley after making the tea?**

You can use the residual remains by grinding and filling it in chapatis. However, it has no nutritional value left as all the nutrients have already been extracted in the tea.

**16. Should the corn silk tea be warmed again after refrigeration?**

Yes, it can be warmed. Temperature does not affect medicinal properties of the tea. However, it should not be refrigerated for more than a day or two.

**17. Can pregnant women do a Kidney Cleanse?**

Yes, they can start with half of the regular dosage. Breast feeding mothers can do it with regular doses.

**18. I am suffering from calcium deficiency. Can use of calcium supplements during Kidney Cleanse help me?**

As a naturopath, I believe that for calcium deficiency, the patient should not be given supplements as these supplements are not absorbed by the deficient body. Rather, efforts should be directed toward improving absorption of calcium in the body.



This sounds difficult, but it is the most practical and beneficial way. It can be achieved easily with a Kidney Cleanse, Liver Cleanse, Mud pack therapy and green vegetable juices.

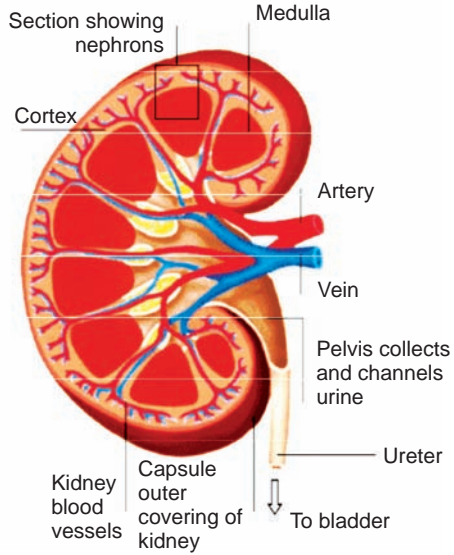
Mud Therapy is being used by people to treat diseases since ancient times. It is believed that the earth has healing powers, which are refreshing, good for treating skin diseases, stomach trouble, kidney disorder, gout, arthritis, asthma, rheumatism, and gynaecological problems.

Mud is an important element of nature. It contains important minerals that have positive effects on human health. The material used for Mud Therapy is mostly clay, taken from 4" below the surface of the earth. It can be used as a pack, or as in bath. Mud can absorb toxins from the human body and is therefore, very useful in preventing many diseases.

It is also known for its healing properties and helps in cooling and relaxing the body as it can hold moisture for a long time. This involves frequent application of mud packs, especially on the abdomen, which helps in removing toxins from the digestive and other internal organs.

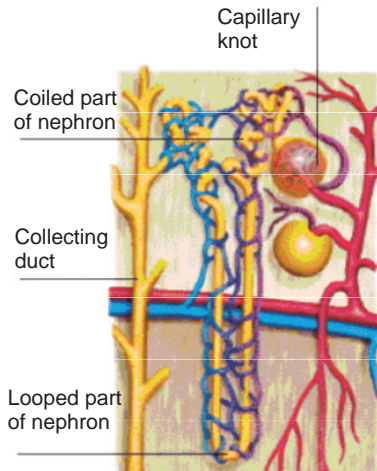
## How does a kidney work?

Each of your kidneys constantly filters blood to remove waste and process it as liquid urine. Around 1800 litres of blood fluid is filtered inside the kidneys each day, although only 1.5 litres leaves the body as waste liquid, or urine. This is produced as useful substances are reabsorbed from the waste inside the kidney. This process occurs in millions of tiny tubelike structures, called nephrons, in the outer and middle regions of the kidney - the cortex and the medulla.



## Urine production

The capsule of each nephron contains a knot of tiny blood vessels, called capillaries. The high pressure of the blood forces fluid out of these vessels into the nephron. Any useful substances are reabsorbed from the fluid into blood vessels surrounding the coiled part of the nephron. The remaining urine is concentrated as it travels to the collecting duct.

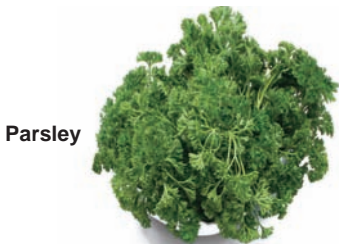




**Dr Piyush Saxena preparing corn silk tea**

You can watch him explain the complete process on his talk show *'Apna Ilaaj Apne Haath'* on youtube or on [www.drpiyushsaxena.com](http://www.drpiyushsaxena.com) or [www.thetempleofhealing.org](http://www.thetempleofhealing.org).

### **Ingredients for a Kidney Cleanse**



**Parsley**



**Dry corn silk**



**Watermelon seeds**










**Coriander Leaves**



Green vegetables for juice



pH 7.5		Alkaline
pH 7.0		Neutral
pH 6.5		Slightly Acid
pH 6.0		Acid
pH 5.5		Acid
pH 5.0		Very Acid
pH 4.5		Very Acid



pH test indicator kit with reading strips and chart (clockwise)

# pH CHART

<b>Alkaline pH</b>  Consume Freely Raw is Best   Most foods get more acidic when cooked	10	<b>High Alkaline Ionized Water</b>		
	9.0	Raw Spinach Brussel Sprouts Cauliflower Alfalfa Grass Seaweeds	Raw Broccoli Red Cabbage Carrots Cucumbers Asparagus	Artichokes Raw Cellery Potato Skins Collards Lemons & Limes
	8.0	Olive Oil Raw Zucchini Sprouted Grains Raw Green Beans Mangoes Tangerines Grapes	Most Lettuce Sweet Potato Raw Eggplant Blueberries Papayas Melons	Borage Oil Raw Peas Alfalfa Sprouts Pears Figs & Dates Kiwi
<b>Neutral pH</b> Optimum pH for HUMAN BLOOD	7.0	<b>Most Tap Water</b>		Butter, fresh, unsalt Cream, fresh, raw Milk, raw cow's Margarine Oils, except Olive
	6.0	Milk, Yogurt Most Grains Eggs Kidney Beans Processed Juices Brown Rice Sprouted Wheat Bread Oysters	Fruit Juices Soy Milk, Goat's Milk Fish Lima Beans Rye Bread Cocoa Oats Cold Water Fish	Cooked Spinach Coconut Tea Plums Spelt Rice & Almond Mill Liver Salmon, Tuna
	5.0	Cooked Beans Sugar Potatoes w/o Skins Garbanzos Butter, salted Wheat Bran	Chicken & Turkey Canned Fruit Pinto Beans Lentils Rice Cakes Rhubarb	Beer White Rice Navy Beans Black Beans Cooked Corn Molasses
	4.0	<b>Reverse Osmosis Water</b> Coffee Pistachios Cranberries Wheat Popcorn	<b>Distilled &amp; Purified Water</b> White Bread Beef Prunes Most Nuts Peanuts	<b>Most Bottled Water &amp; Sports Drinks</b> Blackberries Sweetened Fruit Juices Tomato Sauce
<b>Acidic pH</b>  Consume sparingly or never	3.0	Lamb Shellfish Goat Cheese Pasta Worry Tobacco Smoke Sweet'N Low NutraSweet	Pork Pastries Soda Pickles Lack of Sleep Chocolate Equal Processed Food	Wine Cheese Black Tea Stress Overwork Vinegar Aspartame Microwaved Foods