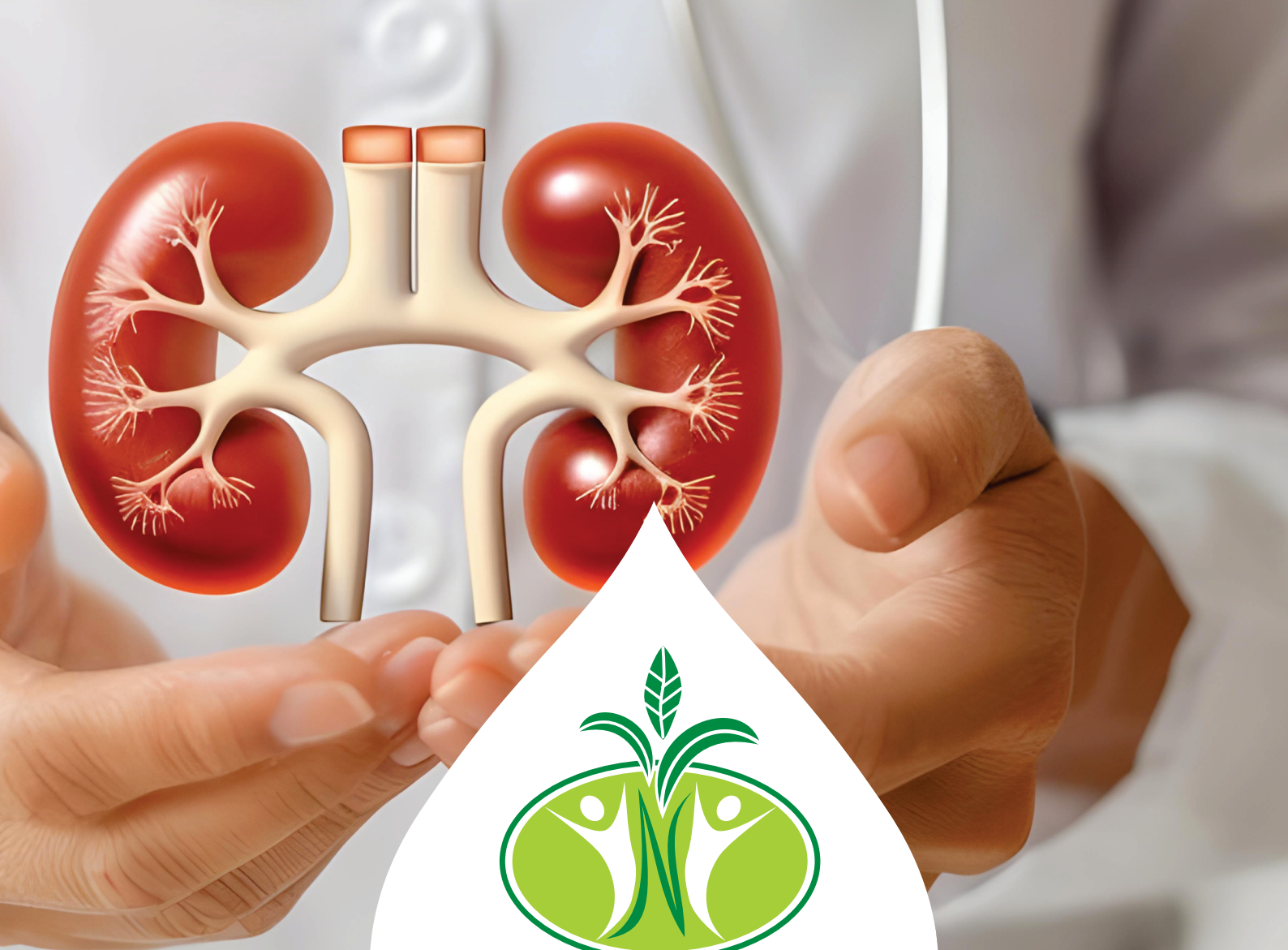




Niramay[®]
āyurvedic hospital
Re-Search for AYURVEDA

Supporting Kidney Health

..... The Niramay Ayurvedic Approach

Understanding Chronic Kidney Disease: What Is CKD?

Chronic Kidney Disease (CKD) is a long-term condition in which the kidneys gradually lose their ability to filter waste products & excess fluids from the blood.

The kidneys play a crucial role in maintaining overall health. They help remove toxins, balance body fluids, regulate blood pressure & maintain essential minerals in the body.

Modern medicine defines CKD as **progressive loss of kidney function over time**, which can eventually lead to kidney failure if not properly managed.

Ayurveda views kidney disorders through a broader perspective. Rather than focusing only on the kidneys, Ayurveda considers **digestive health, metabolism, toxin accumulation & tissue balance** as important factors influencing kidney function.



STAGES OF CHRONIC KIDNEY DISEASE

CKD usually develops gradually and is categorized into different stages depending on kidney function.

- Stage 1** Mild kidney damage with normal kidney function.
- Stage 2** Slight reduction in kidney function.
- Stage 3** Moderate decline in kidney function.
- Stage 4** Severe reduction in kidney function.
- Stage 5** Kidney failure, often requiring dialysis or transplant.

Early detection and proper care can help slow the progression of kidney disease.

Common Symptoms of (CKD) Chronic Kidney Disease

In early stages, CKD may not cause noticeable symptoms. As the disease progresses, patients may experience:



Swelling in feet, ankles, or face



Fatigue and weakness



Reduced appetite



Nausea or vomiting



Difficulty concentrating



Frequent urination, especially at night



High blood pressure



Shortness of breath in advanced stages

Major Causes of CKD

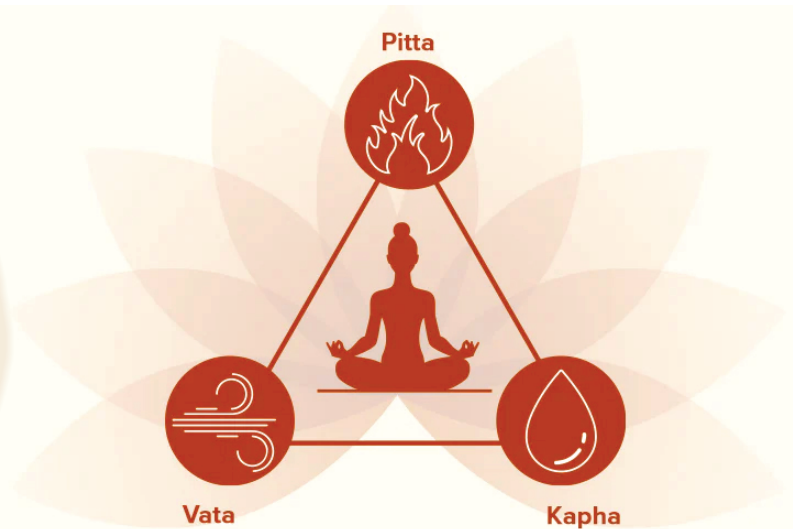
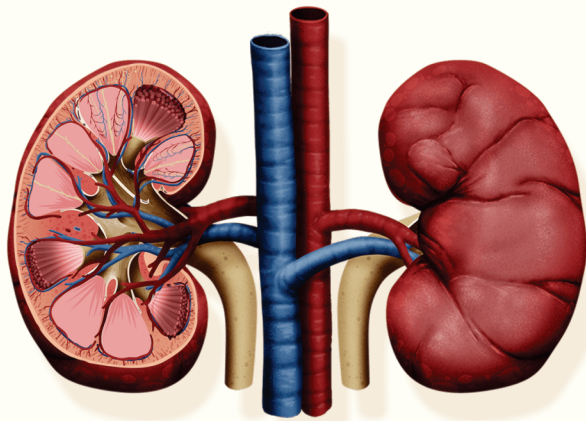
Several conditions can lead to chronic kidney disease, **including:**

- Long-standing diabetes
- High blood pressure
- Recurrent kidney infections
- Kidney stones or urinary obstruction
- Genetic kidney disorders
- Prolonged use of certain medications
- Autoimmune conditions affecting the kidneys

Managing underlying conditions plays a crucial role in protecting kidney function.

The Ayurvedic Understanding of Kidney Disorders

In Ayurveda, kidney disorders are often related to disturbances in Mutravaha Srotas (urinary system) and imbalance of **Vata, Pitta, and Kapha doshas**.



Causes in Ayurveda:



Weak digestion & metabolic imbalance



Accumulation of toxins in the body (Ama)



Improper diet & lifestyle habits



Chronic illnesses affecting metabolism

Ayurvedic View

When digestion weakens and toxins accumulate in the body, they can interfere with the functioning of vital organs, including the kidneys. This may gradually affect filtration, fluid balance & overall metabolism.

Therefore, Ayurvedic care focuses on **improving digestion, supporting detoxification pathways, balancing doshas & maintaining tissue health**.

The Niramay Ayurvedic Treatment Approach



At Niramay Ayurvedic Hospital, the approach to chronic kidney disease focuses on supportive care aimed at **improving overall health, metabolic balance & quality of life.**

Our Healing Process:

1



Nadi Pariksha (Pulse Diagnosis)

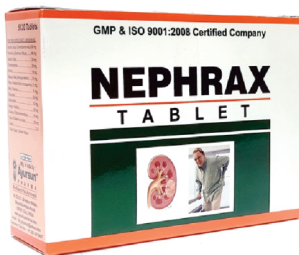
To understand your body constitution and imbalance.

2



Customized Proprietary Medication

Using natural, Patent Medicines like:



**NEPHRAX-
Tablet**



UTIS - Tablet



**NEPHRAX-
(60)Tablet**



UTIS - (60)Tablet



UTIS - SYRUP



**PUNARNAVASHTAK
- KASHAY**

3 Panchakarma Therapies for Detoxification & Balance



Abhyanga (Oil Massage) -
to lubricate joints &
improve circulation



Swedana (Herbal Steam) -
to Relieve Stiffness



Basti (Medicated Enema) -
for deep detoxification



Virechan - Mridu-
Helps eliminate toxins



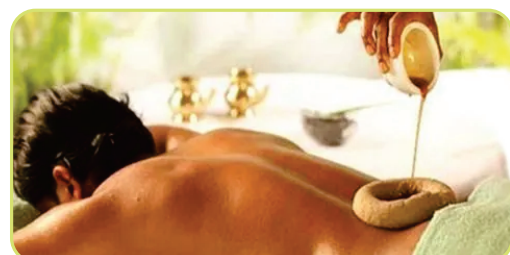
Shirodhara -
Helps calm the mind and
reduce stress.



Avagaha Sweda -
Helps relax muscles and
improve circulation.



Kadali Patra Swedana -
Supports detoxification and
improves metabolism.



Kidney Dhara -
Support kidney health.

4 Ayurvedic Diet Quick Diet (Ayurveda-Based)



What to Eat



Grains:

Rice, barley, oats, wheat (lightly cooked)



Veggies:

Pumpkin, bottle gourd (lauki), ridge gourd (turai), spinach (cooked), carrots, beets



Fruits:

Papaya, apple (steamed), banana (ripe), pomegranate



Proteins:

Moong dal, masoor dal, tofu, paneer (in moderation), buttermilk (only if digestion is strong)



Spices:

Turmeric, ginger, cumin, fenugreek, coriander, hing



Fats:

Cow's ghee, sesame oil, mustard oil



Avoid These

- Cold / refrigerated food & drinks
- Follow a balanced daily routine
- Avoid smoking and alcohol
- Fried, oily & junk food
- Red meat, seafood
- Sugar, maida (refined flour), alcohol

Supportive Home Measures



**Consumption of
fresh fruits
recommended by the
physician**



**Use of
herbal preparations
advised by an
Ayurvedic practitioner**



**Maintaining a
balanced and timely
meal schedule**

Why Choose Niramay Ayurvedic Hospital?

- ★ Holistic patient-centered care
- ★ Personalized Ayurvedic treatment approach
- ★ Focus on improving immunity and vitality
- ★ Integration of traditional Ayurvedic wisdom with modern understanding
- ★ Safe, and supportive care



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