



CHRONIC KIDNEY DISEASE DUE TO DIABETES MELLITUS TREATED WITH MIRACLE DRINKS NEO-AYURVEDA RENAL PROTOCOL

Dr.S.M. Raju IAS (Rtd)

INTRODUCTION

Chronic kidney disease (CKD) has been identified as an important cause of worldwide morbidity and death by the worldwide Burden of Disease collaboration. Global all-age prevalence and mortality from CKD became by 29.3 and 41.5%, respectively, between 1990 and 2017. Between 2001-03 and 2010-13, the proportion of deaths caused by kidney failure increased by 38% in India. CKD is also an important risk factor for cardiovascular disease (CVD), the primary cause of premature deaths and disability-adjusted life years. Opportunities for secondary and tertiary CKD prevention are frequently ignored in developing countries like India. [1,2,3]

The kidneys include millions of filtering units known as nephrons; each nephron has filters known as the glomerulus, which are located in a small blood channel and remove waste and excess fluids from the blood, which are subsequently expelled as urine. The kidneys are essential for maintaining overall health and well-being. If they are damaged or not functioning properly, it can lead to a variety of serious health problems, including high blood pressure, anemia, and kidney failure. Dialysis and kidney transplantation are the two options for chronic renal disease most often used. Both therapy approaches have numerous negative effects, and they are not often within the means of all patients.

All of the microcapillaries that are connected to the kidney in individuals with chronic kidney disease are obstructed, which results in microangiopathy. We cannot rejuvenate blood flow in capillaries and micro capillaries, as these capillary sizes range from 1 micron to 20 microns. Because of this, if the organ starts dysfunction in the kidney, pancreas, liver, heart, lungs, thyroid, bones, joints, etc., there is no science to rejuvenate organs. But in miracle drinks neo ayurveda treatment we can effectively treat all these conditions. In the human body, more than 78 organs are functioning, and each organ has its own specific functions, and these organs also require specific nutrients, whereas no one has identified what type of micronutrients are required for the cell organelles like mitochondria, endoplasmic reticulum, Golgi apparatus to function and what enzymes are required to act as catalysts systematically in current medical science, whether allopathy, Unani, homeopathy, ayurveda, etc. The current state of medical science does not understand the norms and duties of the organs. Because all organs are supplied with various hormones, nutrients, and oxygen. Blood plays an important function in nourishing all of these organs as well as removing toxins and carbon dioxide from all of them. That is, it



operates as a truck (medium) for hormones, nutrients, and oxygen to go through arteries, capillaries, and micro capillaries. Toxins and carbon dioxide derived from cells or organs through metabolic processes must then be flushed out through micro capillaries and capillaries, with carbon dioxide flushed out through the right ventricle. Through this neo-ayurvedic cell regeneration process, new cells are grown and all the capillaries become rejuvenated, which will help in regenerating dysfunctional organs.

The Neo-Ayurvedic concept focuses on restoring, rejuvenating, and re-building the system at the cellular level, i.e., by de-toxifying the cell, regulating cellular metabolic activity and cellular respiration system, nourishing the under-nourished cell through phytochemicals extracted from herbal compounds and natural food items (used as medicine) by triggering gut-beneficial microbes to release specific enzymes that act as a catalyst to release nutrients. Ayurveda considers food to be medicine. This, in concert with specific dietary guidelines, nourishes and formation of new cells and restoration of the organ. This unique science is the result of more than 35 years of research and study into the advantages of herbal medicinal plants, decoctions, and formulations, coupled with Allopathic principles of scientific research and practice. It blends the essence of ancient Vedic literature and makes it relevant for modern times.

Thus, the herbal concoctions used at Miracle Drinks, aim at 'restoring' the imbalance or the disease process occurring within the body - to recover and regain equilibrium. Combination of beneficial phytochemicals, organic and pure food inputs, dietary and nutrition management with Yoga and Meditation - all combine to stop cell/ organ deterioration and help re-in state and restore order in the human body. On this basis, we administered Miracle Drinks Renal treatment protocol for kidney rejuvenation in chronic kidney disease conditions.

CASE PRESENTATION

A male patient of 58 years old visited our facility who has diagnosed with chronic kidney disease along with type 2 Diabetes Mellitus. The renal profile test of the patient indicated increased Creatinine level and reduction in eGFR level. The patient complained of Body pain, Difficulty in breathing, Loss of appetite, Vomiting, Difficulty of sleep, Fatigue, and Swelling of the legs.

Renal function test (RFT) showed an abnormal level of Creatinine, Urea, Potassium & eGFR i.e., 6.55 mg/dl, 80 mg/dl, 6.5 mEq/L & 8.40 ml/min/1.73m² compared to their reference range of 0.80-1.30 mg/dl, 15-40mg/dl, 3.5-5.1mEq/L & > 90ml/min/1.73m² along with HbA1C is 7.82% compared to their normal reference range < 6%. The detailed Diagnostic report of the patient before treatment is shown in Figure 1. Previous case history revealed that the patient is taking Allopathic medications for Diabetes mellitus II & Hypertension for more than 20 years may be the same will be the reason for Kidney failure. Allopathic Doctor advised him to go for Dialysis, but as the patient was not willing for the same, he approached MIRACLE DRINKS and started the Treatment.

Before Miracle Treatment

DEPARTMENT OF LABORATORY

MALLIGE HOSPITAL
PERSONALISED COMPLETE HEALTHCARE

Reg No : MMC0233630	Lab No : LAB000327624
Patient Name : [REDACTED]	Visit No : IP2103630
Age/Gender : 58 M	Reported on : 11-Oct-2021 10:25
Doctor : Dr. Dheeresh K H	Current Location : Semi-Private - 409/410 - SP Bed-409

BIOCHEMISTRY

Investigations	Result	UOM	Reference Range
Specimen	Collection Date	Receive Date	
Serum	10-Oct-2021 22:19	10-Oct-2021 22:32	
RENAL PROFILE - 2 (RP-II)			
Urea (Method : Urease,UV,kinetic)	80.00	mg/dl	Adults: 13-43 >60 yrs: 17-50 New born: 9-26 Infant/Children: 11-39
Creatinine (Method : Alkaline picrate-kinetic,IFCC-IDMS)	<u>6.55*</u>	mg/dl	0.80 - 1.30
Sodium (Method : ISE-Direct)	137.0	mEq/L	136.0 - 145.0
Potassium (Method : ISE-Direct)	<u>6.5*</u>	mEq/L	3.5 - 5.1
eGFR (Method : CKD-EPI)	8.40	ml/min/1.73m2	
Chloride (Method : ISE-Direct)	<u>113.0</u>	mEq/L	97.0 - 106.0

End of Report

* Critical Values
*old - Out of Range Values

Verified By: Mr. Nishanth M. Lab Technician	Dr. Savitha Anil Kumar, MD, DNB Consultant Pathologist KMC : 49074
--	--

Figure 1:
Biochemical analysis of blood parameters of patients before treatment

Novel Therapy of Miracle Drinks for Kidney Disorders: Treatment Protocol
The patient is prescribed 15 ml of Renal support (S5) Along with 15 ml of Sugar care (S10) 15 ml of Liver Health Support (S4) and 2.5 grams of Edemax powder (Natural Diuretic supplement) two times a day in the morning and night before meals. The treatment is also accompanied by other health support medication ie, 15 ml of Cardiovascular Support (S3) only in the afternoon before meals. The treatment schedule was continued for 3 months. During the treatment, the patient is monitored for the disappearance of symptoms and overall improvement. Also, his Diabetes mellites blood parameters also become normal with Miracle drinks supplements. After 2 months of therapy, the patient continued medicine for 7 months.

On the 10th month, Blood parameters showed all the reports are in become normal range compared to the 1st visit.

The patient was being treated for diabetes. Insulin is 18 units in the morning and 20 units in the evening, with Metformin 500mg in the morning and evening. The insulin dosage of 3–3 units was reduced from the usual suggested amount on the fifth day of Miracle Drinks therapy. Following that, 3–3 units were cut on a weekly basis. On the 45th day of the Miracle Drinks treatment, he was completely off his insulin. He also continued to take Metformin 500mg, but after the fourth month of Miracle Drinks treatment, he stopped using it as well. He also stopped using his hypertension medication on the 20th day of his Miracle Drink treatment. Anticoagulants, water tablets, and renal supplement drugs were discontinued during the first week of the Miracle Drinks treatment. The Miracle Drinks treatment reduces total body swelling during the first 10 days. Along with Miracle Drinks treatment, the patient faithfully followed the Miracle Drinks renal diet protocol for three months, and after that, he gradually started taking standard healthy foods.

Novel Therapy of Miracle Drinks: Renal Treatment Protocol

- Miracle drinks Supplement Consumption guide: (Empty stomach or before food for effective results, otherwise it can be taken after food also)
- Morning: 15 ml of Sugar care (S10) Along with 15 ml of liver Health Support (S4) 15 ml of Renal Support (S5) and 2.5 grams of Edemax powder (Natural Diuretic supplement) and 2.5 grams of Graviola powder (Support body immunity) in the morning before meals.
- Afternoon: 15 ml of Cardiovascular Support (S3) in the afternoon before meals.
- Night: 15 ml of Sugar care (S10)) Along with 15 ml of liver Health Support (S4) 15 ml of Renal Support (S5) and 2.5 grams of Edemax powder (Natural Diuretic supplement) and 2.5 grams of Graviola powder (Support body immunity) in the night before meals.

Renal Diet for Chronic Kidney Disease

- Foods or beverages which act like a poison to the body and should not consume during the treatment period
- More than 1 liter of water a day (which includes water content in the food).
- More than 5 grams of salt
- All forms of oils and fats
- Milk and milk-based products (Except for curds/yogurt without cream)
- Processed baked foods such as cookies, biscuits, etc.
- Pulses (Consumed in high quantities)
- Cereals–Coarse grains
- Consumption of more than 30% of cereals in the food
- Alcohol
- Aerated Beverages
- Fruit Juices
- Bananas (except banana stem juice)

Food or beverages should be taken during the Treatment Period

- i. Prebiotics: (a) Garlic – About 2-3 small pieces. (b) Ginger – About ½ cm sliced. (c) Fenugreek Seeds [soaked in water or sprouted overnight] – ½ teaspoon. It should be consumed once in the morning on an empty stomach. This is beneficial for the microbes in the gut of the body; these microbes help in breaking down the foods in the gut effectively, and the nutrients from the foods help in nourishing the cells in the body.
- ii. Banana Stem Juice: Two times a day, once in the morning and once in the evening. It helps in removing calcareous formations in the arteries and capillaries. This must be consumed twice a day (if possible), 50-60 ml each time.
- iii. Flax Drink: Two times morning and evening: 70-80 grams per serving should be consumed. It contains omega three and omega six essential fatty acids (this helps in regulating the cellular metabolic activity and the cellular respiratory system) and high amounts of lignans (which help in detoxifying the cells). One portion of the flax diet has the nutritional equivalent of 100 KG of peanuts. Flax diet should be taken twice a day without mixing water.
- iv. Leached Leafy vegetables and vegetables should be consumed more than 60%, it acts as a natural supplement for maintaining cholesterol levels in the body and helps in thinning the blood, it also adds a rich nutritional value to the Diet, particularly Calcium and micro and macronutrients, etc
- v. Pulses: Only 5-10% of pulses should be present in the meal added with any food preparation. Preferable green gram or chickpeas as it contains easily digestible protein.
- vi. Cereals: Only rice and wheat should be consumed as it contains low levels of potassium. No more than 25-30% of cereals should be consumed in each meal as cereals contain 13-14% protein which will increase the creatinine level in the body. No coarse grains should be consumed as it contains high levels of potash.
- vii. Fish: Up to 20% Baked fish with herbs can be consumed as it supports in regeneration of the kidneys and other organs.
- viii. Chicken: Baked chicken can be consumed; however, it should not constitute more than 5% of the entire meal.
- ix. Spice Drink: This can be consumed to help with allergies, fever, cold, and cough.

How to Leach Vegetables (It helps in the removal of pesticide residues and potassium)

Vegetables and leafy vegetables should be immersed in water overnight; discard the water. Thereafter, wash the vegetables/leafy vegetables in hot water before use. In Kidney patients, while preparing the vegetables/leafy vegetables preparations, the water released from the vegetables /leafy vegetables should be removed. (Remember, raw vegetable juices are harmful to those suffering from Chronic Kidney Disorders.)

Synthetic Medicines are to be avoided during treatment for a speedy recovery. Except for the medication/tablets consumed for Diabetes and blood pressure, all other tablets related to/for cholesterol, blood thinners, water pills (diuretic tablets), gastric tablets, uric acid tablets, Vitamin B12 tablets, Vitamin D tablets, and Nephron tablets can be avoided from day 1 of the treatment, as all these medicines can be supplemented through our treatment protocol with Diet. For example, raw vegetable juice act like cholesterol and blood thinner tablets. Note – The aforementioned recommendation is merely a guideline. Those wishing to continue with the synthetic medicines can do so but do keep in mind that synthetic medicines damage the liver and kidney cells.

Tapering of Diabetic Medication

During the course of treatment, the glucose levels start normalizing in about 3-4 days, and the blood pressure starts to normalize in 15-30 days. For those who are taking insulin, on the 4th day, they should be tapered by three units every time. For example, if the patient is taking ten units in the morning, he should now take 7 units, and so on throughout the day. Thereafter, with every passing week of Miracle Drinks treatment, the per unit dosage of insulin should be reduced by 3 units each time. This is because the body's inbuilt system starts to produce insulin (beta cells) in this treatment protocol and by strictly following this Diet.

Case study treatment

Before Miracle Drinks treatment the patient was feeling too weak and unable to walk because of swelling in the lower limbs, Patient was treated with a miracle drinks supplement along with the Appropriate Miracle Drinks Renal Diet Protocol showed gradual disappearance of swelling in the lower limbs, reduced vomiting, improved appetite and reduced difficulty in breathing helped to Increase Haemoglobin range. Substantial improvement in the blood parameters of the patient was noticed after 2 months of treatment with Renal support formulation.

The blood test report of the patient tested after 2 months treatment of with Miracle Drinks formulation is shown in Figure 2 and After 10 months of Treatment results of Miracle Drinks formulation are shown in Figure 3. Also attaching Month wise changes in blood parameters Mainly Creatinine, Haemoglobin, Blood urea, Potassium, Sodium, eGFR, and HbA1c in Table 1.



miracle drinks®
NEO AYURVEDA®
Be Healthy Again

DAY	HB%	Blood Urea mg/dl	Serum Creatinine mg/dl	Serum Electrolytes	eGFR ml/min/1.73m ²	HbA1C
	10.1	80	6.55	Na-137, K-6.5, Cl-113	8.4	7.82%
0 Day	10.4	81	5.97	Na-133, K-5.1	9.4	
16th Day			3.2	Na-139.2, K-3.43		
26th Day	10.2	43	3.3	Na-140.5, K-3.5		
64th Day		59	2.2	K-4.3		
98th Day	11.2	53.5	1.9	Na-143.3, K-5.2		
128th Day	13	37	1.8	Na-140.2, K-4		
160th Day	12.6	36	1.81	Na-144.2, K-4.5		
192nd Day	13.1	47	1.77	Na-140.4, K-5.1		6.80%
197th Day					45	
229th Day	11.8	31	1.6	Na-143, K-3.96	51	
260th Day		54	1.47	Na-140.2, K-4.9	49	
290th Day	12.2	35	1.4	Na-146.7, K-4.27	51	

LABIS DIAGNOSTICS			
No. 21, NTI Layout, Vidyanarayapura, Bangalore - 97, Ph: 080 23649780			
Name	Ref By	DR. C/O MALLIGE HOSPITAL	
Age/Sex	Reg Date	20/01/2022 11:09	
Lab. No	Reported on	20/01/2022 17:25	
Test Name	Observed Values	Reference Range	Page 1 of 3
BIOCHEMISTRY REPORT			
Post Prandial Blood Sugar	161 mg/dL	70-140	
KIDNEY FUNCTION TEST(KFT)			
Urea	53.5 mg/dl	ADULTS: Global : 17 - 43 Men < 50 years 19 - 44 Men > 50 years 18 - 35 ADULTS: Women < 50 years 15 - 40 Women > 50 years 21 - 43 CHILDRENS 1 - 3 years : 11- 36 4 - 13 years : 15 - 36 14 - 19 years: 18 - 45	
Creatinine	1.9 mg/dl	Females : 0.5 - 1.1 Males : 0.6 - 1.2	
ELECTROLYTE PROFILE			
Sodium	143.4 mEq/L	135 to 150	
Potassium	5.2 mEq/L	3.5 to 5.4	
Chloride	101.7 mEq/L	95 - 107	
HAEMATOLOGY REPORT			
COMPLETE BLOOD COUNT			
Haemoglobin	11.2 gm/dl	Adult(Male) : 13.5-17.5 Adult(Female) : 11.7 - 15.5 At Birth (cord blood): 13.5-16.5 Up to 2 days: 15.0-25. 3days-2weeks: 14.0-20.0 3wks-1month: 11.5-18.0, 2months-6months: 9.0-14.0 7months-5years: 11.0-14.0 5 years - 15 years: 11.5 - 14.5	
Total and Differential Counts			
WBC count	5100 Cells/Cumm	Adults 4000-11000 Cells/Cumm 1-3yrs 6,000 - 18,000 4 -7yrs 6,000 - 15,000 8 -12yrs 4,500 - 13,500	
Neutrophils	64 %	Adult : 40 - 75 % Children : 30 - 40 %	
Lymphocytes	29 %	Adult : 20 - 45 % Children : 45 - 75 %	

Figure 2:
Improvement in blood parameters of the patient in 2 months after Renal care support therapy

LABIS DIAGNOSTICS			
No. 21, NTI Layout, Vidyanarayapura, Bangalore - 97, Ph: 080 23649780			
Name	Ref By	DR. SRIGHAR	
Age/Sex	Reg Date	31/07/2022 08:29	
Lab. No	Reported on	31/07/2022 13:09	
Test Name	Observed Values	Reference Range	Page 1 of 2
BIOCHEMISTRY REPORT			
KIDNEY FUNCTION TEST(KFT)			
Urea	35 mg/dl	ADULTS: Global : 17 - 43 Men < 50 years 19 - 44 Men > 50 years 18 - 35 ADULTS: Women < 50 years 15 - 40 Women > 50 years 21 - 43 CHILDRENS 1 - 3 years : 11- 36 4 - 13 years : 15 - 36 14 - 19 years: 18 - 45	
Creatinine	1.4 mg/dl	Females : 0.5 - 1.1 Males : 0.6 - 1.2	
ELECTROLYTE PROFILE			
Sodium	146.7 mEq/L	135 to 150	
Potassium	4.27 mEq/L	3.5 to 5.4	
Chloride	103.8 mEq/L	95 - 107	
ESTIMATED GLOMULAR FILTRATION RATE	51 ml/min/1.73m ²	>90: Normal kidney function 60 - 89: Mildly reduced kidney function 30 - 59: Moderately reduced kidney function, 15 - 29: Severely reduced kidney function, <15: Very Severe or end stage kidney failure.	

Figure 3:
Improvement in blood parameters of the patient in 10 months after Renal care support therapy



miracle drinks[®]
NEO AYURVEDA[®]
Be Healthy Again

Cytotoxicity Assay of Renal Support:

BHK-21 cells were treated with different concentrations of Renal Support ranging from 31.25 to 1000 μ g/ml. The growth of BHK-21 cells was inhibited with increased concentration of Renal Support in a dose-dependent manner. The highest inhibition of growth of BHK-21 cells i.e., 37% was noticed at 1000 μ g/ml of Renal formulation. The Renal Support was found to be safe after 250 μ g/ml onwards when tested on BHK-21 cells with a statistically significant value of $p < 0.001$. However, the determination of the CTC50 value of Renal Support on BHK-21 cells was found to be greater than 1000 μ g/ml (Table 2 and Figure 3). Hence, cytotoxicity results indicated that the Renal Support was found to be safe and non-toxic to BHK-21 cells.

Table 2: Inhibition of growth of BHK-21 cells by Renal Support

Conc. Renal Support (μ g/ml)	% Cytotoxicity	CTC50 (μ g/ml)
1000	37.97 \pm 2.15	>1000
500	24.64 \pm 2.77	
250	13.41 \pm 0.45	
125	8.19 \pm 3.02	
62.5	0.80 \pm 0.45	
31.25	0.51 \pm 0.57	

The nephroprotective potential of Renal Support: Furthermore, the nephroprotective activity of Renal Support evaluated at 125 μ g/ml and 250 μ g/ml in H₂O₂ toxicity induced BHK-21 cells showed a significant percentage of cell protective activity when compared to the protective activity of positive control ascorbic acid. The formulation showed 40.92% and 47.54% nephroprotective activity over H₂O₂ induced toxicity control in BHK-21 cells when treated at 125 and 250 μ g/ml concentration of Renal Support. However, the percentage of protection of H₂O₂ toxicity induced BHK-21 cells by 100 μ M of Ascorbic acid was found to be 55% (Table 3). Therefore, the Renal Support tested on BHK-21 revealed non-toxic activity and significant nephroprotective activity.

Table 3: Nephroprotective potential of Renal Support against H₂O₂ induced toxicity in BHK-21 cells

Sample	Concentration tested	% Protection over H ₂ O ₂ induced control
Renal Support	125 μ g/ml	40.92 \pm 2.592
	250 μ g/ml	47.54 \pm 3.79
Ascorbic acid	100 μ M (17.61 μ g/ml)	55.02 \pm 2.75



The therapeutic potential of Renal Support therapy in combination with S3 and S4 was found to be significant in treating CKD-associated human subjects as witnessed by the decrease in creatinine, blood urea, and increased haemoglobin content. Renal Support formulation has proven safe in the treatment of CKD patients and possesses significant nephroprotective activity as evidenced by cytotoxicity studies conducted on BHK-21 cells.

CONCLUSION

According to medical science, if the eGFR is below 25 percent, the person will be recommended to undergo dialysis or a kidney transplant. However, after 7 months of Miracle Drinks Novel therapy, this patient's 9.4 eGFR rate has increased to 51. As a result, Glomerulus cell rejuvenation will take place in this manner. Like this Miracle Drinks NEO-AYURVEDA® (Beyond the science) will help in Kidney rejuvenation.

REFERENCES

1. GBD Chronic Kidney Disease Collaboration. Global, regional, and national burden of chronic kidney disease, 1990–2017: a systematic analysis for the Global Burden of Disease Study 2017. *Lancet* 2020; 395: 709–733
2. Dare AJ, Fu SH, Patra J et al.; Million Death Study Collaborators. Renal failure deaths and their risk factors in India 2001–13: nationally representative estimates from the Million Death Study. *Lancet Glob Health* 2017; 5: e89–e95
3. Parameswaran S, Geda SB, Rathi M et al. Referral pattern of patients with end-stage renal disease at a public sector hospital and its impact on outcome. *Natl Med J India* 2011; 24: 208–213
4. Ayurvedic Health Drinks in India - Crafted by Miracle Drinks
Testimonial Reference: <https://youtu.be/loqxPb-3ubQ>