



Renal care for Cell Regeneration process to improve the Glomerular Filtration rate in CKD



AYURVEDIC LITERATURE

Chronic Kidney Disease is a complex condition in which there is a progressive declination in the function of kidneys with serious and dreadful complications which result in low life expectancy of the sufferer, and it can be correlated to as an amalgamation of the pathology related to Rasa Pradosaja vikara, Kaphaja shotha, Pandu, Mutrakriccha, Mutraghata, Prameha and its complications which are called as Vrikka roga (Kidney Diseases).

व्यायामतीक्ष्णोषघरुक्षमद्यप्रसङग्नित्यद्वतपृश्ठवानात् । आनूपमत्स्याध्व"ानादजीर्णात् स्युर्मूत्रकृच्छ्रणि नृणामिहाषत्रै।।२७।। पृथङ्मलाः स्वैः कुपिता निदानौः सर्वेथवा कोपसुपेत्य बस्तौ। मूत्रस्य मार्गं परिपीडयन्ति यदा तदा मूत्रयतीह कृच्छ्रात् ।।२८।।

As mentioned in Charaka chikitsa (26/27-28) due to excessive physical exertion, intake of irritant drugs, rough food and alcoholic consumption, riding on a fast-moving vehicle, over eating meat of marshy animals and fish & indigestion leads to eight types of Mutrakrichra (Dysuria).

Because of this the doshas get vitiated either separately by their respective causes or all together and gets located (sthana samshraya) in kidney/ urinary bladder & press upon the urinary passage due to which the person urinates with difficulty leading to scanty & painful urination (vataja), burning micturation (pittaja) and there might be heaviness and swelling (kaphaja) Acharya Charaka has explained that when vata reaching the bahya srotas (mutravaha srotas being one among them) effects kapha, rakta and pitta & gets obstructed by them, then while spreading causes swelling with the characteristics of protuberance.

According to Ayurveda, Chronic Kidney Disease resembles with Mutrakrchra/Mutraghat Aama in Mutra vaha Strotas. Ama (toxins) in mutravaha strotas hamper the function of kidney. That causes excessive toxins in the body. The treatment plan like Mutrala , Katu, Tikta Rasatmak, Agnideepana , Pachana and Rasayana (Rejuevenate) dravyas can be advocated accordingly.





Human system has a simple mechanism of functioning in a healthy individual and the same simple mechanism turns to a complex one in a diseased person. Kidney is an organ which is majorly involved in the excretory function. With the impairment in the functions of the Kidney the patient starts with a range of diseases if not diagnosed or treated properly and on time. Chronic Kidney disease is one such kind.



Regulation of Electrolytes



Control of blood pressure





Excretion of waste products



Regulation of red blood cell production



Urine formation



Control of water balance



Synthesis of Vitamin D

Various root causes of CKD and Glomerular filtration rate

Chronic kidney disease includes conditions that damage kidneys and decrease their ability to filter wastes from the blood. If kidney disease worsens, wastes can build to high levels in the blood and lead to various other conditions like high blood pressure, anemia (low blood count), weak bones, poor nutritional health, nerve damage and many others. CKD also increases the risk of having heart and blood vessel disease. These problems may happen slowly over a long time.

Type 2 diabetes mellitus and Hypertension are the main causative factor of CKD. The presence of high glucose levels for prolonged period leads to the thickening of the glomerular basement membrane and mesangial expansion which further affects the glomerular filteration rate (GFR). Similarly Hypertension affects the capillary blood flow leading to bleeding & blood clots. As the GFR value decreases, the disease progresses to ESRD(End stage renal disease) and the risk of involvement of other body organs increases.

Kidney damage with

GFR > 90

DX/RX of underlying

and comorbidities

NML or increased GFR

STAGE 2

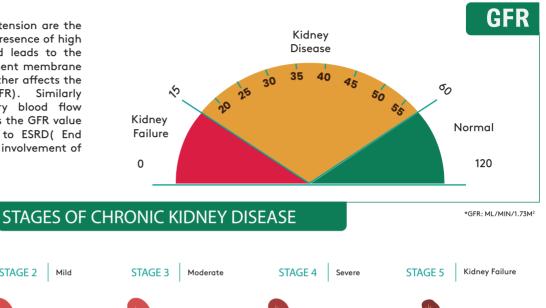
Mild

GFR 60-80

of progression

Estimate the rate

STAGE 1



GFR 15-29

Prepare for renal

replacement therapy

GFR < 15

Dialysis or

transplantation if uremic

In the present scenario, no treatment is available for CKD except for Dialysis or Kidney transplant. Synthetic medications (chemical formulations) are only helpful in managing creatinine levels for a certain period. As the treatment of CKD is aimed at specific causes of CKD. For slowing the progress of CKD, concern is given to protein restriction, reducing intraglomerular hypertension, proteinuria, hyper-uremia, control of blood sugar, managing the complications, and finally renal replacement. Various root causes of CKD and Glomerular filtration rate.

GFR 30-59

Evaluate and

treat complications

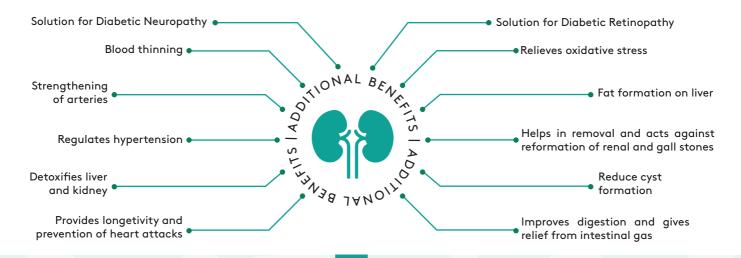
Therapeutic regimen that has been formulated by Miracle drinks has a definite role in the management of Chronic Kidney Disease that helps in the regeneration of the kidney functions thereby helping in the proper excretion of the wastes from the body thereby improving the quality of life of CKD patients and to lead a normal life without undergoing much expensive procedures like dialysis & kidney transplantation.

MORNING	AFTERNOON	EVENING	MORNI	١G	AFTERNOON	EVENING
S3 (15 ml B/F)	S3 (15 ml B/F)	S3 (15 ml B/F)	S3 (15 ml	B/F)	S3 (15 ml B/F)	S3 (15 ml B
4 (15 ml B/F)		S4 (15 ml B/F)	\$4 (15 ml	B/F)		S4 (15 ml B
(15 ml B/F)		S5 (15 ml B/F)	S5 (15 ml	B/F)		S5 (15 ml B

The ingredients present in the above mentioned protocol are tradionally used for the management of various vrikka rogas (kidney diseases). Gokshura is a widely used mutrala dravya in the clinical practice. It has madhura rasa, guru-snigdha guna and sheeta veerya. The studies suggest diuretic properties of gokshura are due to large quantities of nitrates and potassium salts. It also helps in the regeneration of the kidney. Other ingredients like Haritaki, Nimba, Amalaki has tikta, kashaya and madhura rasa, laghu guna and ushna veerya. These drugs act as shothahara.

By the diuretic action, it flushes out the toxin and reduces excess fluid retention. Thus helps in reducing pedal edema, burning micturition and improves urine output. The compounds present in Haritaki also helps to promote the insulin sensitivity thereby controlling the blood sugar levels and building up the immunity through its antioxidant properties to the insulin production in the body The anti-inflammatory property of Guduchi helps in cases of Diabetic neuropathy, nephropathy, athropathy by reducing the pain, swelling and helps in both Macro and Micro Circulation.

NEO – AYURVEDIC TREATMENT **APPROACH IN CKD**



Diet Protocol

Along with the treatment protocol above mentioned, a proper diet is advised with protein & fluid restriction QR Code for Diet chart & Flax drink video:



Tapering of necessary medications:

Regular monitoring of the blood sugars & blood pressure is advised. This is to make sure that once the pancreas begins to work or the blood pressure starts to normalize, the medicines taken in general to regulate these levels can be tapered accordingly.

Which medicines should be avoided:

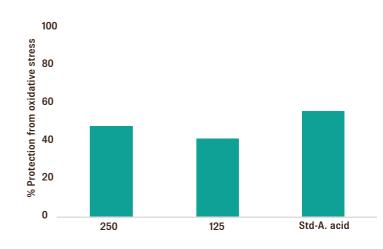
Synthetic medicines (chemical formulations) are harmful to the body; they provide instant relief but have serious side – effects that affect the body as a whole. Therefore, avoiding cholesterol tablets like statins, blood thinners, uric acid pills, water/diuretic pills, supplements like prebiotic, probiotic, calcium, sodium, vitamin tablets & other gastro- intestinal related synthetic tablets would help the body to function on its own without being dependent on medicines as the human body has got a self-repair mechanism.

Supplements viz. Renal care (S5), Cardiovascular care (S3), Liver care (S4), Sugar care (S10), and the diet protocol along with home remedies has an action similar to blood thinners, reducing cholesterol levels, diuretics, vitamin & calcium supplements, prebiotics, probiotics and is rich in Omega 3 & Omega 6 fatty acids.

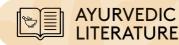
Invitro Study on Renal Care for its Nephroprotective potential in Hydrogen Peroxide induced Toxicity in Baby Hamster Kidney Fibroblasts

Ayurveda has a huge potential in the management of various kidney disorders but the revalidation of facts enumerated in ayurvedic classics has been of prime importance in the current scenario.

RENAL CARE was experimentally validated for its Nephro-protective effect in an in vitro study. Nephro – protective action was tested with an understanding that once the kidney starts functioning normally then the disease veins off. "Renal care" that was studied exhibited significant Nephro-protective effect against H2O2 induced oxidative stress in dose dependent manner in Baby Hamster Kidney (BHK-21) cells.



Sugar care for Cell Regeneration process in Diabetes Mellitus



"Tatravilaprabhutamutralakshanah sarva eva prameha"

(Sushruta Nidanasthana 6/6)

"Samanyam lakshanam tesham prabhutavilamutrata Doshadushyavisheshepi tatsamyog visheshatah; Mutravaranadibheden medo meheshu kalpate"

- (Ashtangahrdaya Nidanasthana 10/7)

In Ayurvedic classics, Prameha is one of the diseases which has similar symptoms to that of Diabetes that is characterized by excessive urination both in quantity and frequency along with increased turbidity of urine. The nature of turbidity varies according to the vitiated doshas.

Because of this, the doshas get vitiated either separately by their respective causes or all together and get located (sthana samshraya) in the kidney/urinary bladder & press upon the urinary passage due to which the person urinates with difficulty leading to scanty & painful urination (vataja), burning micturation (pittaja) and there might be heaviness and swelling (kaphaja).

"Asya sukham swapnasukham dadhini gramyodaka anuparasaha payaamsi; Navannapanam gudavaikritam cha prameha hetu kaphakrchcha sarvam"

- (Charaka chikitsasthana 6/6)

According to Ayurvedic literature, the major cause of prameha is due to improper diet. Diets that are rich in sweets, sugars, dairy products, alcohol, fat etc are unhealthy and vitiates doshas. Other causative factors for prameha are obesity, excessive sleep, lack of exercise, excessive sex, stress, anxiety, and in some cases heredity.

Ayurveda is proven to have miraculous effects in treating diabetes wherein it revitalizes the body, not only to control blood sugar levels but also to prevent further complications.



stathaikah paridurbalascha; karyam samshodhanam

– (Charaka chikitsasthana 6/15)

The line of treatment for prameha mentions that patients who are obese and strong for them Shodhana is advised and for those who are weak and emaciated Brimhana is advised.

Also, the treatment of prameha depends on the predominance of dosha vitiation as there are 20 types of prameha mentioned in the classics among which - 4 are due to vata vitiation, 6 due to pitta vitiation and 10 are due to kapha vitiation.





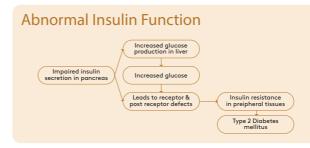
Diabetes is a group of metabolic disorder characterized by the high level of sugar in the blood also termed as hyperglycemia with the disturbance of carbohydrate, fat and protein metabolism, which can be caused due to deficiency of Insulin or resistance to Insulin or both. In these conditions person usually presents with polyuria, polyphagia, polydipsia, fatigue, blurred vision, burning sensation in the extremities, etc.

Effected Organ in Diabetes - Pancreas

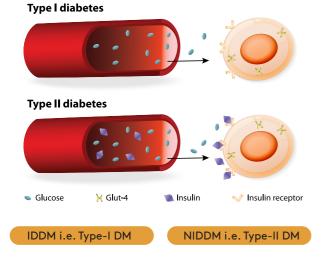
Pancreas has two main functions: An Exocrine function that helps in digestion and an Endocrine function that regulates blood sugars.

The endocrine component of the pancreas consists of islet cells (islets of Langerhans) that create and release important hormones directly into the bloodstream. Two of the main pancreatic hormones are insulin, which acts to lower blood sugar, and glucagon, which acts to raise blood sugar. Maintaining proper blood sugar levels is crucial to the functioning of key organs including the brain, liver, and kidneys.





Types of Diabetes



Type-I is mainly caused when the pancreas produces little or fails in producing the required amount of insulin in the body. Whereas Type-II diabetes is a condition where a person can produce insulin but the body does not process it well.

Resistance to the hormone insulin results in increased blood sugars. With Insulin resistance, the body's cells don't respond normally to insulin. Glucose can't enter the cells easily, because of which glucose builds up in the blood which eventually leads to type 2 diabetes.

Causes of **Diabetes Mellitus**

Diabetes patients are more likely to suffer from heart disease and twice as likely to have heart disease or a stroke than someone who doesn't have diabetes.

High blood sugar damages the blood vessels & nerves that supply to the heart. People with diabetes are more likely to have other conditions that lead to the risk of heart disease.



High fat & cholesterol levels



High blood

pressure



lifestyle



Smoking



Overweight

TYPE 2 DIABETES



Alwavs

Slow Healina

of Wounds





In modern science, Diabetes has no cure once diagnosed; however, steps can be taken to monitor the symptoms and for the slow progression of the disease along with anti-diabetic medications.

creased

Thirst

The incidence and prevalence are more for type-II diabetics than for type-I. Morbidity and mortality rate of diabetes mellitus has been the leading cause in the world of humans that has majorly caused health problems and serious complications, especially like diabetic neuropathy, Diabetic Nephropathy, the End stage of renal disease, IHD (ischemic heart disease), gangrene of lower extremities and blindness.

NEO – Ayurvedic treatment approach in Diabetes Mellitus

The therapeutic regimen that has been formulated by Miracle drinks has a definite role in the management of Diabetes mellitus that helps in the regeneration of the functions of the pancreas thereby reducing insulin resistance and helping in the proper uptake of glucose in the body.

Vaginal

infections



Treatment protocol for Diabetes Mellitus

Sudden

Weight Loss

Sexual Problems

Frequent

Urination

The ingredients present in the above-mentioned protocol are traditionally used for the management of Prameha.

Guduchi helps in the improvement of pancreatic functions by normalizing the functions of beta cells which results in proper utilization of insulin and glucose in the blood. The anti-inflammatory and anti-arthritic properties of guduchi help in cases of Diabetic neuropathy, nephropathy, and arthropathy by reducing pain, and swelling and helping in both Macro and Micro Circulation.

MORNING	AFTERNOON	EVENING
S10 (15 ml B/F)	S3 (15 ml B/F)	S10 (15 ml B/F)
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S5 (15 ml B/F)		S5 (15 ml B/F)

S10–Sugar care S4–Liver health support S3–Cardiovascular support S5–Renal care

According to Ayurveda, Jambu has an astringent and anti-diuretic property which helps reduce frequent urination and the fruit has hypoglycaemic property that reduces sugar levels. The antioxidant property combats oxidative stress and thus reduces hyperglycemia.

The compounds present in Haritaki also help to promote insulin sensitivity thereby controlling blood sugar levels and building up immunity through its antioxidant properties to insulin production in the body.



Diet Protocol

Along with the treatment protocol above mentioned, a tailored diet is advised for Diabetes patients.





Tapering of necessary medications:

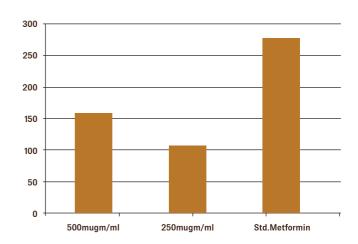
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Synthetic medicines (chemical formulations) are harmful for the body; they provide instant relief but have serious side – effects that affect the body as a whole. Therefore, avoiding cholesterol tablets like statins, blood thinners, uric acid pills, water/diuretic pill, suppliments like prebiotic, probiotic, calcium, sodium, vitamin tablets & other gastro- intestinal related synthetic tablets would help the body to function on its own without being dependent on medicines as the human body has got a self repair mechanism.

Supplements viz. Renal care (S5), Cardiovascular care (S3), Liver care (S4), Sugar care (S10) and the diet protocol along with home remedies has a action similar to blood thinners, reduces cholesterol levels, diuretics, vitamin & calcium suppliments, prebiotics, probiotics and is rich in Omega 3 & Omega 6 fatty acids.

Invitro glucose uptake assay by non-radio labelled assay in rat skeletal myoblast cell line (16)



Ayurveda has a huge potential in the management of Diabetes Mellitus but the revalidation of facts enumerated in ayurvedic classics has been of prime importance in current scenario.

SUGAR CARE was experimentally validated for its Glucose uptake activity in an in vitro study. Glucose uptake activity was tested with an understanding that once the pancreas starts re-functioning normally there will be no further insulin resistance because of which glucose can enter the cells easily without increasing the blood sugar levels. "Sugar care" that was studied exhibited promising anti-diabetic effect in L 6 cells.

Our Proprietary Science of NEO – AYURVEDA©

Our Proprietary Science of Neo-Ayurveda© 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, nourishment of 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. Food is considered a medicine in Ayurveda. This, in conjunction with certain dietary principles, nourishes the cells and helps in their rejuvenation. This proprietary science is an outcome of 35+ years of research and study of the benefits of herbal medicinal plants, their decoctions, and formulations, combined with the Allopathic principles of scientific research and practice. It combines the essence of the age-old Vedic literature and makes it contemporaneously relevant to 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 cease cell/organ deterioration and help reinstate and restore order in the human body.

Certificates



Our Inventor: Dr. SM Raju IAS (Retd.)



Dr.SM Raju is an Indian Administrative Service Officer serving as a Principal Secretary to the Government of Bihar; he has served the country since 1991. Ever since the beginning of his career, he has been involved in implementing various innovative and revolutionary policies which have been accepted on a state and national level by the Government of India. During his tenure as the District Magistrate of Gaya district, Bihar, he worked on the redevelopment of the Mahabodhi temple (the temple where Gautama Buddha attained enlightenment) and its precincts. This project was intentionally put on hold by his predecessors, who feared the collapse of the entire structure during the restoration process.

With the support of the Overseas Economic Co-Operative Fund (OECD), Japan, he was able to move forward with the project. Through his efforts, the temple received recognition by UNESCO as a world heritage monument. Today, the temple complex is well maintained and receives visitors from around the world. Dr. SM Raju has carried out extensive research on medicinal plants for more than 40 years; he has been able to formulate different variants of supplements that help in treating more than 170 unique &

chronic ailments. He cured himself from Rheumatoid Arthritis when he was 24 years old; cured his father when he was diagnosed with Acute Renal Failure (2008), and, his son who suffered from Acute Myeloid Leukaemia(2012). He is very passionate about the environment. He led the one day one crore tree plantation program in Bihar; BBC recognized him as Tree plantation Guru (2009). This achievement also finds mention in the book "Target 3 Billion(2012)" written by our former President of India, Dr. APJ Abdul Kalam.



- Miracolo Drinks Pvt Ltd. #490, R.T Nagar Main Road, Bengaluru, Karnataka, India - 560 032
- 080 6904 3800
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