

Details : We are manufacturing our products confirming to Who and USA Fda norms without heavy metal and toxic substance. We dont consideration of taste and quantity to be taken by patient but we consider the effect of our medicine on disease.

Usages :

- Renal failure, Chronicle kidney disease, Chronicle renal failure,change in any internal organ like uterus or any part of renal system,Anemia due to any disease,Thaalasamia etc.
- Due to fast life and irregularity of in taking food the toxic material deposits in the human being and when the quantity of toxic substance become too much it converts into self generated disease like cancer,stone. Renal failure,etc.
- As every body knows that the medical science not have any effective medicines for such crucial disease where as the ancestral Path treatment that is Ayurveda has medicines of certain natural herbs and bhasams combination to fight with all these type of crucial diseases.
- Our company is engaged in manufacturing medicines for such crucial disease our researchers has invented this medicine after a long study of Ayurveda Shastras. They developed it from few natural herbs and bhasams combined on a certain percentage.

Anupan :

- As per Ayurveda the medicine given by the product which works as catalyst to that medicine is called as “Anupan” as in some medicine it is noted that the medicine should given to patient mix with honey, butter, ghee, with hot water or Luke warm water, in these case the ghee, butter, honey, hot water are just working to enhance the efficiency of that medicine to get better and fast result. these products ghee, butter, honey, or hot water are considers as anupan for that medicine.
- Our company’s researchers has also suggested, a mixture of 3 arq of different herbs to get fast and effective results of our medicine. The Anupan suggested by our researchers as stated below.
- Punarnava Arq 50%+Makoy Arq25%+Kasni Arq 25%

Method of making Anupan : These 3 arq are available in Indian market manufactured by different company in 450 ml to 500ml glass or PET bottle. Take these arq as per percentage stated above and pour into a vessel and simply fill those empty bottle now the Anupan is ready to use.

General Know how provided by Nephrologists for treatment of other diseases which generally occurred in kidney patient :

- It is well known that the patients of renal-failure usually diagnosed by the modern science i.e. Medical science. In prime phase the patient had got played in the hand of them. As it is well known that there is no proper treatment of self generated disease from root in medical science . They only do dialysis to prolong the life of kidney patient. In general accordance dialysis is not a perfect treatment.
- In the process of dialysis they use to withdraw blood urea and other toxic substance with water deposited in human body due to not working of renal system due to kidney failure or less working.
- Note - A kidney failure patient can go for dialysis not more than 400 times in his life. As per data collected from some patient even after 40-50 times of dialysis the Nephrologists suggesting

for transplant of kidney.

- In Ayurveda we have such medicines which works as substitute to kidneys. Medically it is proven and you can see in our patient category review at our official website(www.vishlaagrotech.com).
- some patient's USG Abdomen shows both kidneys are normal but their blood urea and s creatinine level are high. In some patient's USG Abdomen shows both kidneys are non functioning, but after taking our treatment their blood urea, S. creatinine and other parameters shows normal. So it proves that our medicines works as substitute of kidneys. The patients who have take our medicines are living with normal happy married life without dialysis.
- When we meet reputed Nephrologists of modern science they saw results of our medicine than they suggested some medicine for kidney patients which are most suitable for them. we are not considering changing or replacing any medicine. we have just added our "Dr. Thanki's Kidney Care Capsules" taken by our suggested Anupan and found patients did not require dialysis again or the duration of dialysis period extended.

Patient should abide some important activities given below :

- Patient should measure urine in a urine measure pot for 24 hours means if a person start to measure from 10 am in the morning he should measure upto 10 am next day. He must note down the measurement as ml and note down date and time. (a patient can observe as per his suitable timing but for 24 hours)
- Patient should monitor weight 7 am to 6 pm and 10 pm and note down in a paper with date.
- Patient should monitor blood pressure after every three hours. Normally it increase in night a 3 am to 5 am. the B.P. level should also be written on a paper woth date and time.
- If a patient is diabetic than he must be cautious to control it. he may consult any diabetologist to control it so it does not create more harm to kidney. (he must take advise abd follow prescription of his diabetologist as our medicine did not effect on diabetes)

For Controlling of Blood Pressure :

- Tab.- Nicardia + Tab.- Arkamin.
- Tab. Nicardia is available in the market as 10mg and 20 mg.
- Each patient has different nature body so the nephrologists advised to fix the dose by patient or attendant of patient by monitoring B.P. after interval of every 3 hours. Generally within seven days dose may be fixed.
- Note - After fixing the dosage patient should not relieve to monitor B.P. as in our treatment in longer period it is found that medicine for controlling of B.P. is not required.
- Caution - As per research it is found that the blood pressure level increase in between 3 am to 5 am so at this time once B.P. should be monitored positively

Renal Failure :

- Renal failure (also kidney failure or renal insufficiency) is a medical condition in which the kidneys fail to adequately filter waste products like uric acid and blood urea and some toxic substance from the blood.
- Renal failure is mainly detected when there is decrease in or absence of urine production or determination of waste products urea and uric acid in the blood. Blood loss in the urine and protein loss in the urine may be detected.

- In some cases the diabetic patient with these type of problem if the sugar level become high for some longer period and also higher blood pressure become also suffer from renal failure in these cases it called as Nephritic syndrome. In these type of cases patient loses his appetite and in USG Abdomen shows normal or some very less damage but by pathological report it found as Serum creatinine and blood urea is on higher side.
- In renal failure, there may be problems with increased fluid in the body (leading to swelling), increased uric acid levels, raised levels of potassium, decreased levels of calcium, increased levels of phosphate, and in later stages anemia. Bone health may also be affected. Long-term kidney problems are associated with an increased risk of cardiovascular disease.

Dr. Thanki's Kidney Care Capsule :

- Due to these diseases if it is maintained for a longer period it effects on our kidney. When there is a problem of kidney that is if kidney is not working properly and the person become a patient of less hemoglobin, weakness etc. A diabetic patient due to high sugar level his blood become thick and he become a patient of high BP and high BP is cause of damaging kidney.
- We are in this field for the last so many years and we got data of our sale our medicine for diabetic patient is increasing rapidly. When we are going to demonstrate our products to different doctors the doctors are suggestive us to produce any medicine for kidney patients.
- When we contacted some nephrologists of Allopath they are also saying that it is a very complicated disease and they could not have any medicine to save kidney. They have got one therapy that is dialysis and by which are just removing out the toxic material from the blood and by this process they are just prolonging the life of a patient. In latest technology they are transplanting one kidney from a kidney donor of the same blood group. But this process is costly and the post operation treatment is very costly. The kidney transplanted person can't pass his normal life as before because there is always chance of being infection.
- Why the blood pressures become high? Why the kidney is not working no body can identify. Even in any pathy the causes of this disease is not identified. Simply to say it is self generated disease. Medical Science has three parameters to check for a kidney patient. 1. Serum Cretonne 2. Blood Urea 3. Hemoglobin.
- These three tests are being doing by take blood from a patient body. The blood urea shows the toxic material quantity in blood and serum cretonne is identifying whether kidney is working or not or if working how much it working. Hemoglobin shows the blood level of a person.
- Now a days by sonography they are identifying the conditions of kidney whether it is shrinked or it not working property that is filtering the blood properly or not.
- After a long research we become success to produce this medicine Dr. Thanki's Kidney Care Capsule. Our this product is working which controls some extend to high blood pressure, it helps to promote hemoglobin and it removes toxic material from the blood by urine and stool.
- If you are BAMS or BHMS please consider the patient on these tests as it is available all over India. So that you can provide appropriate quantity of medicine. Because we have to decide dosage as per the parameter of these tests. This medicine should be swallow by under mentioned mixture of three liquids. This mixture should be given to patient separately also at least 30ml to 40ml 3 times a day apart from what consumed in taking these capsules.
- When we collected some data of some diabetic patient we found it controls cholesterol level also. So we can say it is a single medicine by which we could save kidney, weakness, heart of a patient.
- Dosage - It should be given to even every diabetic patient 2 capsule a day with below mentioned mixture to save kidney and heart and general diabetes which generally occurs as a

side effect to diabetic patient. For kidney patient the doctors of different path tried of this product have suggested 2 Capsule Three times a day with this mixture. Contains of mixture which are said as Anupan in Ayurveda.

- Makoy Arq - 25% (one 500 ml bottle)
- Kasni Arq - 25% (one 500ml bottle)
- Punarnava Arq - 50% two 500ml bottle)
- These are found through out India on every Ayurvedic shop. Process to make mixture : Open these four bottles and drop into a vessel than mix with any spoon and than again fill into the same bottles. Now the mixture (Anupan) is ready.

Key Ingredient :

- Piper nigrum
- Sankh Bhasma
- Piper longum
- Cedrus deodara
- Praval bhasma
- Embelia ribes
- Cyprus scariouss
- Tibullus Territories
- Emblica officinalis
- Mandur Bhasma
- Terminalia chebula
- Zingiber officinale
- Raphanus sativas
- Mukta Sukti Pisti
- Boerhavia diffusa
- Terminalia bellirica
- Kaudi Bhasma
- Commiphora Mukul
- Operculina turpethum
- Potassium carbonate
- Sangey yahud bhasma

Diet Chart(For Kidney Patient) : As after a long research we found that they are some products in our regular food which develops this disease or increasing this disease so after consulting with so many doctors of different pathys, we have made a diet chart for a kidney patient.

Diet Chart for a Kidney Patient :

- Water - 1.5 Liter a day
- Salt - 4gm per day If patient depend on dialysis than 3gm per day
- Milk - 3 00ml per day.

Diet Chart for Kidney Patient Residing in North India :

- 6-7 AM - One cup of tea/coffee of very less milk

- 8-9 AM - Breakfast - North Indian - 3 fulka + one bowl of green vegetable cooked in very less oil.
- 11 AM - One apple.
- 1 PM - Lunch - North Indian - 4 fulka + 2 bowl of vegetable cooked in less oil + one bowl of rice + if necessary take cereal (dal) which should be thin with rice)
- 5-6 PM - One cup of tea/coffee + 4 pcs. of marigold biscuit or with poha or upma.
- 7 PM - If necessary can take one cup of tea/coffee.
- 8-9 PM - Dinner - North Indian - 4 fulka + 2 bowl of fresh green vegetable + 1 bowl of kadi (with very less quantity of besan)
- 10-11 PM - The balance milk after preparation tea/coffee can be taken cold or chilled at Bed time.
- Patient should take vegetable - Cucumber, Ghosby, Parwal, White Pumpkin, Unripped Banana, Green Tomato, Lady Finger
- Patient should not take vegetable Green Leafy Vegetable Of Any Kind, Red Leaf, Cabbage, Means No Fibrous Vegetables
- Fruits - Apple, Papaya, Kharbuja, Nashpati, Orange, Mosami

Diet Chart for Kidney Patient Residing in South India :

- 6-7 AM - One cup of tea/coffee of very less milk
- 8-9 AM - 4 Idli + very less of Sambhar or utthapam.
- 11 AM - One apple.
- 1 PM - Rice + Curd or Rasm.
- 5-6 PM - One cup of tea/coffee + 4 pcs. of marigold biscuit or with poha or upma.
- 7 PM - If necessary can take one cup of tea/coffee.
- 8-9 PM - Rice + Curd or Rasam.
- 10-11 PM - The balance milk after preparation tea/coffee can be taken cold or chilled at Bed time.
- Patient should take vegetable - Cucumber, Ghosby, Parwal, White Pumpkin, Unripped Banana, Green Tomato, Lady Finger
- Patient should not take vegetable - Green Leafy Vegetable Of Any Kind, Red Leaf, Cabbage, Means No Fibrous Vegetables
- Fruits - Apple, Papaya, Kharbuja, Nashpati, Orange, Mosami
- Note - Strictly banned to a kidney patients - Papad, Chutney, Pickles, Fried Products, citrus products, coconut water and its allied products, ground nut, chocolate, aerated water (Coca Cola, Thums up, Limca etc.)
- Special - Please try to give very less quantity of oil & ghee to patients in north and south India.
- **Effect :**
 - As it was very typical and chronicle segment I myself join our research team. We gone thru every book on medicine in ayurveda and unani both. After 4 month we got the combination which may act as substitute as kidney so that patient's kidney did not get load of working but along with that we require to get some more medicine which may remove uric acid from patient body. After a long study we found that the urine of goat can remove uric acid and also helps kidney to work easily but it was very difficult to suggest to patients to drink it as of bad and faint smell.
 - After a long research we got the formulation of some arqs of herbs named punarnava,

makoy and kasni and a combination of these arqs become got all properties as goat urine except bad smell and after giving Dr. Thanki's kidney care capsule with this mixture (Anupan) we got fantastic result on renal failure patients.

- Note - It also works on Cortico Medullary Differentiation lost patients. In Ayurvedic medicine the product by which the medicine is suggested to intake is called "anupan".

From The Desk Of Chairman :

- As we know that this is self generated disease it is not like malaria which inserted larva inside our body by biting us. The self generated disease are always due to deposit of uric acid. Uric acid is formed by toxic material.
- 60% renal failure cases are found of diabetes 10% patients found who were in taking alcohol in much quantity. 20% patients were taken pain killer regular. 10% unidentified causes but found mostly in that area where water is salty means of high TDS. In some patients who were having kidney stone in upper or middle calyx section they also found of hydronephrosis.
- As the treatment in medical science is only dialysis which not a treatment to cure because again and again the dialysis should be done in future the gap will be reduced of the days .
- I met with some doctors of different path and I was told by them that no any company has research over this segment and if possible try to get research medicine for Renal failure. Some ayurvedacharya said that the patient they are not entertaining as they don't have medicine as well as they don't know the investigating of blood of kidney patient.
- I was also considered why other big Ayurveda companies even don't go for research medicine for renal failure. I was shocked to hear that previously there were very few patient found of renal failure so they don't come forward.
- I got blessing of my guru and started research with my research team in this segment I myself devoted to research medicine for Renal failure and as by the grace of SAI BABA we got it within 8 month and trialed on a patient who was diabetic having high creatinine, high blood urea, high uric acid and high cholesterol with less of Hb.
- The patient taken for 10 days regular as we advised he found a result of high Hb, lower cholesterol, lower creatinine and blood urea, low uric acid and we got it what we want.
- To look smart and sexy some teenagers and collegiate students are going gym. After exercise they use to take some protein powder and in some cases it is found as renal failure due to high consumption of protein powder and there condition become so serious that no medicine work on their body. I personally request to those person who are going gym and taking such powder should be cautious and should not take without medical supervision/advice.
- As we know that there is too much inflation in the market and it is very difficult to meet out daily expenses. The person living in this modern age always in hurry and having tension to earn more for survival so that cant spend time for their health and got a disease called high blood pressure and it is also a major cause of renal failure.
- Generally medical doctors are giving suggestion to transplant the kidney and it cost around 8 lacs in operating ,one of family member should have to donate his/her kidney. After operation the patients medicine will cost around 25-35 thousand per month till alive. Where as our medicine can care and survive the patient in less than 15 thousands rupees per month.
- So far our this product is applied on thousands of patient and found fantastic result even those who already done 30 dialysis become does not required dialysis after taking our medicine and those who taken for a longer period become don't require any medicine or dialysis or not even our this medicine it shows that our medicine is working as kidney or form a kidney in future.

- By assuming this we have treated a bi coronuate uterus patient and as a miracle her uterus become normal.
- For this you can see patient reviews of Baby Agarwal .
- We have treated a patient by name Ramavtar now he is not taking any medicine inclusive of our medicine and become spending a normal life.

Each Box contain 75 capsules of 1gm

डॉ. थानकी किडनी केयर कैप्सूल

(गुर्दे के रोगियों के लिए)

घटक : गाय विडंग, देवदार, निम्बू, पुनर्नवा मूल, नागरमोथा, हरड़, बहेड़ा, अजिंठा, सीह, पीपल, कालीभिर्वा, गोखर, शुद्ध गुग्गल, पावदार, मूलीशार, समैयहूद भसम, कौडी भसम, शंभू भसम, प्रवाल पिष्टी, मुक्ति गुग्गल पिष्टी, गणधूर भसम ।

भाग डेड भरी जिन्दगी तथा उचित आहार के अभाव में लंबे समय तक मनुष्य के शरीर में विजातिव द्रव्य इकट्ठा होने से विजातिव द्रव्यों की मात्रा में अत्रत्यासित वृद्धि हो जाती है फलस्वरूप मनुष्य के शरीर में स्वजनित जटिल रोग उत्पन्न हो जाते हैं। पथरी, कैसर, गुर्दे का खराब होना आदि मुख्य बीमारियाँ हैं। आधुनिक विज्ञान के पास अभी तक किसी भी स्वजनित रोग के उपचार के लिए कारगर दवाइयाँ या पद्धति उपलब्ध नहीं है जबकि प्राचीनतम आयुर्वेद शास्त्रों में इन बीमारियों से लड़ने के लिए अत्यन्त कारगर दवाइयाँ उपलब्ध हैं।

हमारी कम्पनी इन्हीं जटिल रोगों से लड़ने के लिए दवाइयों का निर्माण करने में जुटी हुई है। पौराणिक शास्त्रों में वर्णित घटकों का गहन अध्ययन करने के बाद हमारी कम्पनी इस दवा के में वर्णित घटकों के प्रतिशत के हिसाब से मिश्रण द्वारा इस दवा का अनुसंधान किया है।

अनुपान : आयुर्वेद शास्त्रों के अनुसार जो पदार्थ किसी दवा को गुणवत्ता या उसकी कार्यक्षमता में वृद्धि करती है उन पदार्थों को अनुपान कहा जाता है। कई दवाइयों को गम पानी, गुनगुने पानी, राहद, बी मक्खन आदि किसी पदार्थ के साथ रोगी को लेने का निर्देश दिया रहता है।

ये घी, राहद, मक्खन अथवा निर्देशित पदार्थ को ही अनुपान कहा जाता है। हमारी कम्पनी के अनुसंधानकर्ताओं ने हमारी दवा के असर को बढ़ाने तथा शीघ्र लाभ के लिए भी अनुपान का निर्देश दिया है - हमारी दवा के लिए उपयुक्त अनुपान नीचे लिखे अंकों के प्रतिशत के हिसाब से मिश्रण है :

पुनर्नवा अर्क :- 50 प्रतिशत, मकोय अर्क :- 25 प्रतिशत, कासनी अर्क :- 25 प्रतिशत

ये तीनों अर्क भारतवर्ष के प्रायः हर कोने में उपलब्ध हैं।

अनुपान बनाने की विधि : उपर लिखे तीनों अर्क थाजाने में 450 मिली - 500 मिली की काँच या PET की बोतल में उपलब्ध है। तीन अर्कों की बोतल अनुपान के अनुसार लेवें तथा इन बोतलों को खोलकर इसमें भरे अर्क को एक घर्तन में डालें तथा पुनः उन्हीं खाली बोतलों में भर लेवें। ये अनुपान तैयार है।

नोट : कुछ रोगियों को अनुपान की बदबू आती है ऐसे रोगी अनुपान में ख्यादानुसार छोटी इलाइची कूट कर मिला सकते हैं।

मात्रा :

गुर्दे के साधारण रोगी : 3 कैप्सूल दिन में तीन बार अनुपान के साथ ।

गुर्दे के जटिल रोगी : 3 कैप्सूल दिन में 4 बार अनुपान के साथ । उचित आहार के अभाव में प्रायः रोगी पर दवा बेअसर साबित होती है। आयुर्वेद शास्त्रों के अनुसार रोगी के रोग के अनुसार पथ्य या अपथ्य निर्धारित किया जाता है। इन पथ्य पदार्थों का निश्चित समय पर सेवन करने पर रोगी को लाभ जल्द ही दिखाई देता है। काफी पैथ के धिकित्सकों से परामर्श करने के बाद हमने गुर्दे के रोगी को नीचे लिख उदाहरण आहार तालिका बनाई है।

आहार तालिका

नमक : यदि डायलिसिस शुरू हो गया हो तो 3 ग्राम प्रतिदिन ।
यदि डायलिसिस शुरू नहीं हुआ है तो 4 ग्राम प्रतिदिन ।

पानी : 1 लीटर प्रतिदिन यदि डायलिसिस शुरू हो गया है तो ।
1 लीटर 500 मिली प्रतिदिन यदि डायलिसिस शुरू नहीं किया है तो ।

दूध : गाय का 300 मिली प्रतिदिन ।

सब्जी :

पथ्य (खा सकते हैं) : खीर, तोरु, परयल, कद्दू या लौकी, कच्चा केला, हरा टमाटर, पिष्टी, टोडा ।

नोट : (प्रायः लोग खीर और ककड़ी को एक समझने की भूल करते हैं जबकि पतली लंबी ककड़ी गुर्दे के रोगी को बहुत नुकसान पहुँचाती है।)

अपथ्य (नहीं खा सकते) : किसी भी प्रकार की पत्तीदार सब्जी, गोभी, टमाटर, बैंगन इत्यादि ।

फल : पथ्य (खा सकते हैं) : सेब, पीपता, खरबूजा, नारंगली, सतरंग, मौसमी ।

अपथ्य (नहीं खा सकते) : रोगी को किसी भी प्रकार के फलों का जूस नहीं दिया जाना चाहिए ।

निर्देश : पथ्य में वर्णित पदार्थों को छोड़कर सभी पदार्थ अपथ्य हैं ।

विशेष अपथ्य : पापड़, चटनी, आचार, तली हुई, खट्टी, नारियल पानी, मुर्गफली, चाकलेट, कोकोकोला जैसे पेय पदार्थ आदि ।

चूँकि हमारी दवा उत्तर भारत तथा दक्षिण भारत दोनों जगह के रोगियों द्वारा सेवन की जा रही है अतः हमने उत्तर भारतीय तथा दक्षिण भारतीय के लिए आहार तालिका निर्देशित की है।

6-7 सुबह :- एक कप कम दूध की चाय या कॉफी ।

8-9 सुबह नाश्ता :-

उत्तर भारतीयों के लिए : 3 पतला फुलका एक कटोरी हरी सब्जी के साथ ।

दक्षिण भारतीयों के लिए : 4 इडली या एक उप्पम या थोड़ा साँभर या मलकापुरी के साथ ।

11 बजे दोपहर :- एक सेब या नाश्पत्ती

1 बजे दोपहर का खाना :-

उत्तर भारतीयों के लिए : 4 फुलका, दो कटोरी हरी सब्जी, एक कटोरी पतली दाल तथा एक कटोरी चावल ।

दक्षिण भारतीयों के लिए : चावल, रसम दाल या पतला साँभर तथा दो कटोरी हरी सब्जी ।

5-6 बजे शाम का नाश्ता :-

उत्तर व दक्षिण भारतीयों के लिए एक कप चाय या कॉफी के साथ 4 पीस मैदे गोलूड बिस्किट अथवा पोहा या उपमा ।

7 बजे शाम :- उत्तर व दक्षिण भारतीयों के लिए एक कप चाय या कॉफी ।

8-9 बजे रात का खाना :-

उत्तर भारतीयों के लिए : 4 फुलका, दो कटोरी हरी सब्जी, एक कटोरी कढ़ी ।
(नोट : कढ़ी कम बेसन चुक हो)

दक्षिण भारतीयों के लिए : चावल थोड़ा रसम या दाल के साथ तथा दो कटोरी हरी सब्जी ।

Dr. Thanki's Kidney Care Capsuls (For Kidney Patients)

Ingredients : Wayvidang, Devdaro, Nisoth, Punarnawamool, Nagarmotha, Harad, Baheda, Anwala, Saunth, Pipal, Kali Mirch, Gokhuroo, Sudh Guggul, Yavksharr, Mulikshaar, Sangeyahud Bhasm, Kaudi Bhasm, Shankh Bhasm, Praval Pisti, Muka Sukti Pisti, Mandur Bhasm.

Due to fast life and irregularity of in taking food the toxic material deposits in the human being and when the quantity of toxic substance become too much it converts into self generated disease like cancer, stone, Renal failure etc.

As every body knows that the medical science does not have any effective medicines for such crucial disease where as the ancestral Path treatment that is Ayurveda has medicines of certain natural herbs and bhasms combination to fight with all these type of crucial diseases.

Our company is engaged in manufacturing medicines for such crucial disease our researcher has invented of this medicine after a long study of Ayurveda Shastras and the developed it of as some natural herbs and bhasms combined on in a perfect percentage.

Anupan : As per Ayurveda the medicine given by the product which work as catalyst to that medicine is called as "Anupan" as in some medicine it is noted that the medicine should given to patient mix with honey, butter, ghee, with hot water or Luke warm water, in these case the ghee, butter, honey, hot water are just working to enhance the efficiency of that medicine to get better and fast result. These products ghee, butter, honey or hot water are considered as anupan for that medicine.

Our company researcher also suggested mixture of 3 arqs of different herbs to get fast & effective result of our medicine. The Anupan suggested by our researcher as stated below.

Punarnava Arq 50%+ Makoy Arq 25%+ Kasni Arq 25%

These 3 arq are available almost throughout India.

Method of making Anupan :

These 3 arqs are available in indian market manufactured by different company in 450 ml to 500 ml glass or PET bottle. Take these arqs as per percentage stated above and pour into a vessel and simply fill those empty bottle now the Anupan is ready to use.

Note : Some patient are not in taking due to smell of anupan they can mix small cardamum powder in anupan to get better taste.

Dosages :

For normal kidney failure patients : 3 Capsules three times a day with suggested anupan.

For chronicle acute kidney failure Patients : 3 capsules 4 times a day with suggested anupan.

Note : Those persons who are suffering with diabetes for more than ten years are suggested to a 2 capusule with anupan twice a day to save them from kidney problem in future.

As without taking the medicine in the absence of healthy and timely food the medicine can't give effective and fast result.

In Ayurveda the suggestion of food given to patient is called as Pathya (food to be given) and "Apathya" (Avoid) and if the patient in take "Pathya" food at fixed time than the effect of medicine show fast and better result.

We have discussed with so many Dr. of different path and than decided a healthy diet chart for renal failure patient.

Diet Chart

Salt : If patients dependent on dialysis only 3 gm. salt is permitted.

If patients does not dependent on dialysis than 4 gm. salt is permitted.

Water : 1 litter per day if dialysis started.

1.5 litter per day if dialysis not started.

Milk : 300 ml of cow milk

Vegetable :

Cucumber, ghosby, Parwal, white pumpkin, indian baby pumpkin, unripened banana, Green tomato, ladyfinger.

Note : Generally people did not get difference in kakdi and khira where as kakdi is dangerous to kidney patients as it consist of potassium

Fruit : Apple, Papaya, muskmealon, Pears, orange, Sweet lemon.

Strictly Banned : Any kind of fruit juice, papad, chutney, pickles, fried products, citrus products, coconut water and its allied products, groundnut chocolate, aerated water and cold drinks as coco cola, thums up, limca etc.

As our medicine is selling in north india as well as is south india so our researcher have suggested the diet chart for north indian and south indian kidney patients

6-7 Morning : one cup tea or coffee made of very less milk.

8-9 Breakfast :

North Indian : 3 Fulka with one bowl of green vegetable.

South Indian : 4 idli or 1 uttapam with some sambhar or malkapuri.

11 am : one apple or pears

1 pm : Lunch

North Indian : 4 Fulka with 2 bowl of vegetable and one bowl of rice with very thin cereal.

South Indian : Rice with rasam or cereal or sambhar with one bowl of vegetables.

5-6 pm Evening Breakfast :

North Indian & South Indian : 1 cup Tea/Coffee with 4 pes of marigold biscuit, poha or upma.

7 pm For Both Indians : 1 cup tea/coffee.

8-9 pm Dinner :

North Indian : 4 Fulka with 2 bowl of green vegetable with 1 bowl of Kaddhi. (Kaddhi should be made of less besan)

South Indian : Rice with rasam or cereal and 2 bowl vegetable.

Note : If after taking tea/coffee some milk is lying take this milk at bed time.

General Knowhow provided by nephrologists for treatment of other diseases which generally occurred in kidney failure patient (Advice)

It is well known that the patients of renal-failure usually diagnosed by the modern science i.e. allopath. In prima phase the patient is plays in the hand of allopath. As it is well known that there is no proper treatment of self generated disease from root in allopath. They only do dialysis to prolong the life of kidney patient.

Note: A kidney failure patient can go for dialysis not more than 400 times in his life. As per data collected from some patients even after 40-50 times of dialysis the Nephrologists suggesting for transplant of kidney. Generally than the patient or his relative are searching for any alternative if in the patient first search like us than he may not go for dialysis.

Generally, USG Abdomen & Sonography reports of a kidney patient showed both kidneys are not in good condition or non-functioning and level of his blood urea & creatinine found high. So after taking our medicine by such patients, we found patient's both level of blood urea & creatinine found normal and low but reports of USG Abdomen & Sonography showed same result. So this is proving that our medicine work as kidney in kidney failure patient.

According to knowledge, the Nephrologists suggested for go to dialysis to those patients whom blood urea & creatinine level found high. If condition would come to more crucial then Nephrologists also suggest for kidney transplant. As we said above that, after taking our medicine both blood urea & creatinine level came down to normal, so patient no need for dialysis. So now also it proved that, our medicine work as kidney and patient lives his life normal without dialysis.

Generally found that, a kidney failure patient has some other crucial disease like- High B.P., Urine problem, less hemoglobin etc. So Nephrologists suggested to patient for take medicine for treatments of these diseases with our medicine (Dr.Thanki's Kidney Care Capsule). We are not against with suggestion of nephrologists so we never said to patient for stop those medicines which he taking already.

We have just added our "**Dr.Thanki's Kidney Care Capsules**" taken by our suggested Anupan and found patient did not require dialysis again or the duration of dialysis period extended.

Patients should abide some important activities given below:-

- Patient should measure urine in a urine measure pot for 24 hours means if a person start to measure from 10 am in the morning he should measure up to 10 am next day. He must note down the measurement as ml and note down date and time. (a patient can observe as per his suitable timings but measure for 24 hrs)
- Patient should monitor weight 7 am to 6 pm and 10 pm and note down in a paper with date.
- Patient should monitor blood pressure after every three hours. Normally it increases in night 3 am to 5 am. The B.P. level should also be written on a paper with date and time.
- If a patient is diabetic than he must be cautious to control it. He may consult any diabetologist to control it so it does not create more harm to kidney. (he must take advise and follow prescription of his diabetologist as our medicine did not effect on Diabetes).

After taken advice from different kidney specialist, we are sharing their suggestions with you as below mentioned medicines for crucial diseases generally occurred in a renal failure patient.

A. For Controlling of Blood Pressure: -

Tab- Niacardia

+

Tab- Arkamin.

Tab Niacardia is available in the market as 10mg and 20mg.

Each patient has different nature body so the nephrologists advised to fix the dose by the patient or attendant of patient by monitoring B.P. after interval of every 3 hours.

Note: - (A) After fixing the dosage patient should not relieve to monitor B.P. as in our treatment in longer period it is found that medicine for controlling of B.P. is not required.

(B) In some cases B.P. become too low in our patient so we recommend "**Laxmivilaas**" 1tsp twice a day for

a week. (it is found in Ayurvedic medicine shop).

Caution: As per research it is found that the blood pressure level increases in between 3am to 5 am so at this time once Bp should be monitored positively.

Caution: - Sometimes after taking B.P. medicine Bp become low and patient feel very uneasy and uncomfortable like nausea, vomiting, weakness and blurred vision that time patient or attendant of patient should give him apple with some salt or solution of electrol powder to maintain the B.P. to get rid of such crucial symptoms.

B. For Urination:- As it is determined that the renal failure patient requires supportive medicine for urination. Some nephrologists suggested like below:-

- **Tab-Dytor-20 for 5 times a day.**

Though Tab-Dytor is available in the tab-Dytor-40 and tab-Dytor-100 also but the recognized nephrologists are suggesting taking tab-Dytor-20 for 5 times a day. As urine passed normal the dose can be decreased.

Note: - Some chronicle patient does not excrete urine by simply tab-Dytor-20 than the nephrologists suggests to add-

- **Tab: - Lasix – 1 tab. twice a day.**
- **Tab: - Lasilactone – 1 tab. twice a day.**

Some of our patients after taking our medicine for a longer period they are not taking any medicine for urination and they are excreting urine as the quantity of water which they I take.

Note: In some patients who already dialyzed more than 50 times some time doesn't pass out urine or if passes in very less or negligible quantity that time Nephrologists are suggesting to give inj. Lasix as I V or I M to get fast result.

C. For Uric Acid:- As per Ayurveda the raw potato juice is the remedy to decreased the uric acid level but as it is difficult to make or for bad taste patients denies to take it so some Nephrologists suggests -

- **Tab: - Zyloric.**

It is easily available in the market in 100mg and 300mg. so patient or his attendant can adjust dosage as per the uric acid level.

D. For Hemoglobin:- As our Dr.Thanki's Kidney Care Capsules has capacity to increase RBC but the procedure is slow and sometimes it takes a lot of time to increase. The nephrologists are suggesting below mentioned medicines to increase Hb level of patients.

- **Capsules:- Autrin 1-----1(1 Cap twice a day)**
- **Tab:- Folvite-5 (2 tab. 4 times a day)**

Note: In some cases these medicines even work slowly so Nephrologists suggests providing some injections like inj-Vitcofol and some other injections to kidney failure patients to increased Hb level.

E. For Potassium:- Generally it is found that the potassium level is always increased in renal failure patient as per ayurveda. We believe that just follow diet chart it will not permit to increase potassium level but nephrologists are suggesting like below:-

- **Tab: - Revlomer-400mg. (as per the level of potassium in pathology reports.)**

Note:- Mostly patient did not require this tablet those who are taking our medicine and with following diet chart.

F. For Decreased Blood Urea:-

- **Tab: - Chandra Prabha Vati (Ayurveda)-(2 tab. Twice a day with water).**
It is available almost in every ayurvedic shop.

G. For Decreasing Creatinine:- When we consulted to some nephrologists they suggested like below:-

- **Tab: - Cardace- 2.5 (1/2 tab twice a day).**

As it works as inhibitor so it decreases creatinine level.

E. For Calcium:- If parameter found low calcium:-

- **Tab-CCM (1 tab in a day or if calcium shows very low than 1 tablets twice a day.)**

Note: - Generally After taking our medicine for a longer period by a kidney failure patient, we found that apart from our medicine they did not require above mentioned any medicine.(Proven).