

Recovery of Chronic Kidney Disease and Removal of Cyst or Tumor in a Human Body without Medicine

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ABSTRACT

Chronic kidney disease (CKD) or chronic renal failure (CRF) becomes severe nature in all over the world, especially in China and India. Ten percent of Indian population suffers from chronic kidney disease and one lakh new cases of renal failure are reported in each year. The traditional treatment of CKD comprises with dialysis and kidney transplantation; both are very costly and generally people cannot afford this CKD treatment for financial constraints. Presently, hot water immersion (HWI) technique for recovery of CKD is discovered and it is applied for CKD treatment throughout the world. In HWI technique, the skin excretes waste products of the body like urea, uric acid, creatinine, sodium chloride, potassium etc. which are the same as urine. The kidney is relaxed and repaired automatically. The CKD patient has to carry out HWI keeping their body (except neck and head) inside hot water at 40 °C for 2 hours daily duration of 3 months continuously. Then kidney function becomes normal. This is a less costly, but cumbersome process. In this paper, hot environment staying (HES) technique for recovery of CKD and removal of cyst or tumor in the body is invented. This HES technique is nature oriented practicing in summer season and completely free. Also, it enlightens a new direction for treatment of cancer by elimination of cyst or tumor in the body.

KEYWORDS: Skin, Kidney, Chronic kidney disease (CKD), Chronic renal failure (CRF), Creatinine, Glomerular Filtration Rate (GFR), Dialysis, Kidney transplantation, Hot water immersion (HWI), Hot environment staying (HES)

1. INTRODUCTION

Chronic kidney disease (CKD) or chronic renal failure (CRF) is a fatal disease in the world. When CKD becomes severe, kidney cannot filter waste materials from the blood and urine stops all on a sudden. There is no medicine for recovery of CKD. The traditional treatment method for CKD is dialysis and kidney transplantation, but both are huge costly. Generally, common people cannot afford the expenditure of CKD treatment. We know that skin is the second excretory organ in the human body after kidney. Hot water immersion (HWI) technique has been discovered in all over the world to deploy skin for excretion of more sweat which is the same as urine. Ultimately, the kidney is under less stress and repaired automatically recovering CKD, but this

process is a little costly and painful to the patient of CKD. In this paper, hot environment staying (HES) technique is invented for recovering CKD and removal of cyst or tumor, i.e., cancer is cured automatically. This is a nature oriented free process.

2. Skin Structure and its Function with Sweat Formation

Sweat is an important avenue coming out from the skin of the human body for excretion of waste materials like salt (NaCl), urea, uric acid, fats etc., i.e., the same as urine [1]-[6]. As the temperature of the environment increases, the sweat secretion also increases to maintain and regulate the body temperature. When a person is exposed to hot climate

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for a long period, acclimatization of sweat secretion takes place. The amount of sweat secretion varies from 1 L/hour to 2-3 L/hour. This enables the body to lose increased amount of heat in order to cool the body by evaporation. Thus, evaporation of sweat causes substantial loss of heat, insensible perspiration (not visible) in case of low sweat formation and sensible perspiration is visible on the skin in the form of water drops in case of heavy sweat formation [1]-[6].

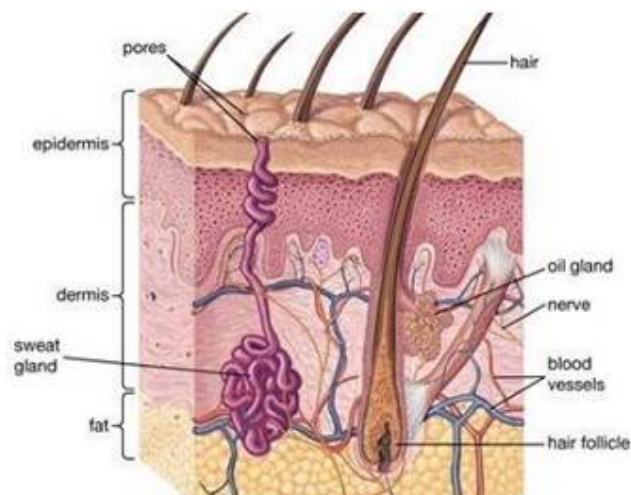


Fig. 1 Structure of skin.

Sweat gland lies in the dermis (inner layer) of the skin. A long duct carries sweat which secretes through sweat pore lying on the surface of skin. Sweat glands occur over most of the surfaces of the body; they are particularly abundant in the armpits, on the soles of the feet and palms of the hands, and on the forehead. The structure of skin is shown in Fig. 1.

Skin protects the body from harmful effects of ultra violet (U-V) rays from the sun rays and harmful

microorganism like bacteria, virus, parasites etc. Skin excretes waste products of the body like urine. Also skin synthesizes vitamin D₃ from 7-dehydrocholesterol. Therefore, it has done important physiological functions, including prevention of rickets. Skin also provides a layer impervious to water, this prevents from transfer of water inside (causing edema), which would have been detrimental to the body.

3. Kidney Structure and its Function

Human body consists of a pair of kidney organs which are responsible for the excretion of wastes, principally urea, from the blood [1]-[6]. The kidneys are supplied with blood by renal arteries. Each kidney is enclosed in a fibrous capsule and is composed of an outer cortex and an inner medulla. The active units of the kidney are the nephrons within the cortex and medulla, which filter the blood under pressure and then reabsorb water and selected substances back into the blood. The urine thus formed is conducted from the nephrons via the renal tubules into the renal pelvis and from the renal pelvis to the ureter which leads to the urinary bladder and ultimately passes out from the urethra.

The first function of the kidney is to filter out waste materials from blood supplied through renal arteries; these waste materials are either ingested or produced by metabolism [1]-[6]. The second function is to control the volume and composition of the body fluids, i.e., all electrolytes (e.g., Na, K, Cl, Ca etc.) in the body and it regulates the acid-base balance of the body. The regulatory function of the kidneys maintains the stable environment of the cells necessary for them to perform their various activities. Fig. 2 shows the structure of kidney with nephron.

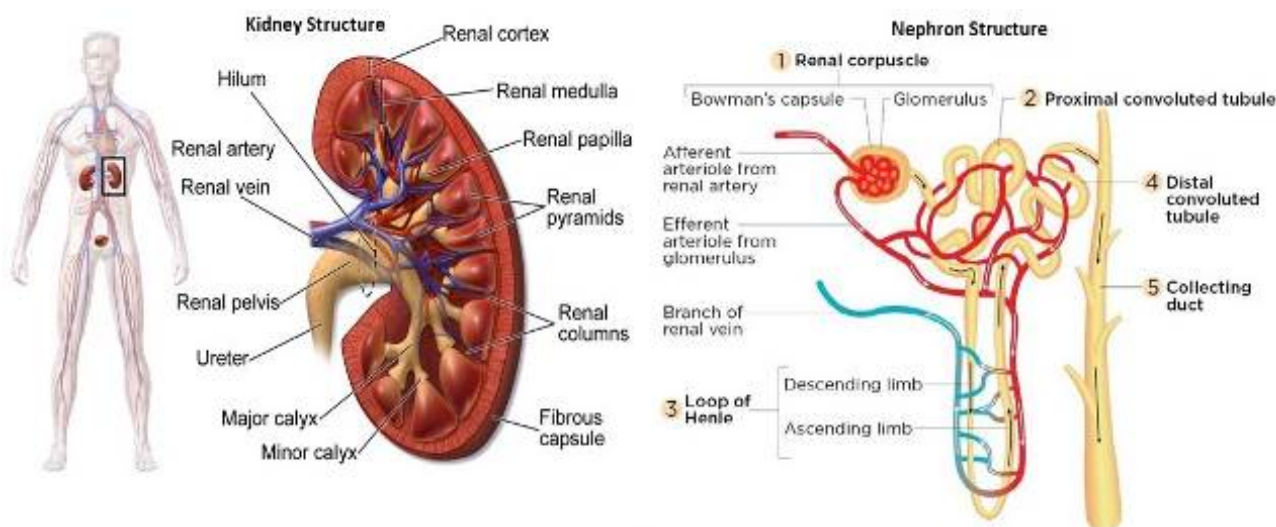


Fig. 2 Structure of Kidney with Nephron.

Each kidney in human body is made up of about one million nephrons, each capable of forming urine. The kidney cannot regenerate new nephrons. Therefore, with renal injury or disease or normal aging, there is a gradual decrease in nephron number. After age 40, the number of functioning nephrons usually decreases about 10 percent every 10 years [1]-[5]. Glomerular filtration rate (GFR) is increased by the increase of renal blood flow, high protein intake and increased blood glucose.

4. Chronic Kidney Disease Cause and Treatment

The chronic kidney disease (CKD) happens due to prolong affected by diabetes, high blood pressure, tumor or cancer in kidney, non-steroidal drugs used, glomerulonephritis (inflammation of kidney's filtering units glomeruli), genetic disorder, auto immune disease, heavy metal poisoning, heart disease, obesity, AIDs etc. [1]-[9]. In addition, uncontrolled diabetes causes much more harm to the kidney. There are two types of diabetes disease. Diabetes mellitus is a disorder of carbohydrate metabolism in which sugars in the body are not oxidised to produce energy (adenosine triphosphate or ATP) due to lack of the pancreatic hormone insulin. The accumulation of sugar leads to its appearance in the blood (hyperglycemia), then in the urine; symptoms include thirst, loss of weight and the excessive production of urine. Other type, diabetes insipidus is also a metabolic disorder due to deficiency of the pituitary hormone vasopressin which regulates reabsorption of water in the kidney and it is treated by administration of the hormone vasopressin. In this, the patient produces large quantities of urine and is constantly thirsty. Experts say that chronic kidney disease (CKD) is associated with metabolic abnormalities, bone diseases, and is also an important risk factor for peripheral vascular disease, cardio-vascular disease and stroke.

Approximately 1,75,000 kidneys are needed for transplantation in India every year, but about 4000 kidney transplants are conducted annually according to 2022. Around 10 percent of Indian population suffers from CKD and every year over one lakh cases of renal (kidney) failure are reported. The greatest number of adults living with CKD was in China (upto 160 million) and India (upto 140 million) in 2022. Chronic kidney disease (CKD) or chronic renal failure (CRF) is a progressive and irreversible disease which declines in renal function over time. Generally, there are five pathological examinations to diagnosis kidney function mentioned below.

1. Albumin to creatinine ratio urine test (UACR): Albumin is a protein that should not be found in urine; if albumin presents in urine that indicates

kidney function problem. Creatinine is a waste product of the body. Albumin to creatinine ratio is normally below 30 mg/g.

2. Blood test for creatinine: This determines if there is too much creatinine in blood, i. e., more waste products accumulated in the blood. Normal creatinine range 0.6 – 1.1 mg/dL in women and 0.7 – 1.3 mg/dL in men.
3. Glomerular Filtration Rate (GFR): If GFR falls below 60 ml/min, it indicates that the kidney is not functioning properly.
4. CT scan of kidney and urinary tract: It shows spot or tumor in the kidney and urinary tract, the size of the kidney assigning too large or too small and also if the stone is lying in the kidney or urinary tract.
5. Biopsy test of kidney: Biopsy of the kidney is done to check for a specific type of kidney disease like cancer and assures how much kidney damage has occurred.

When the glomerular filtration rate (GFR) falls below 30 ml/min, it indicates chronic kidney disease (CKD) or chronic renal failure (CRF). If it is not treated properly, kidney stops functioning and urine will not come out. The traditional management method comprises dialysis and kidney transplantation, both of which are out of reach for common people. Therefore, most of the lower-middle income group people cannot afford modern treatment for chronic kidney disease due to financial constraints.

5. Hot Water Immersion Technique Applied for Recovery of Chronic Kidney Disease

Recently, it is discovered that the kidney (renal) function can become more efficient and edemas (swelling too much fluid in the tissues mainly in legs or feet) can be reduced by hot water immersion (HWI) [7]-[9]. By hot water immersion, the body's waste products, i.e., urine comes out from the pores of the skin as sweat, it mixes with hot water, the size of pores on the skin becomes a little larger, by which more sweats is eliminated from the body through skin and the kidney has to do less work for filtering waste products, i.e., the kidney is under less stress and can relax.

It is known that the skin is the second excretory organ after kidney. It is estimated that 3 to 4 million eccrine sweat glands which together roughly weigh the same as one kidney are distributed over almost the entire human body surface; thus the skin is called as third kidney of a human body. Hot water immersion (HWI) rejuvenates one's mind and body to get rid of all the negative vibes and eliminates waste products like

urea, uric acid, creatinine, sodium chloride, potassium etc. (same as urine) through the skin. The body becomes normal and effective.

The chronic kidney disease (CKD) patient becomes well within short times by taking hot water immersion treatment remaining 2 hours daily at 40 °C water keeping neck and head outside water level practicing for 3 months continuously [7]-[9]. This hot water immersion method for CKD is used by Dyanand Ayurvedic Medical College, Punjab, India; Shridhar University, Rajasthan, India; Shuddhi Panchakarma Ayurveda Hospital, Chandigarh, India; Sri Sanjivani Hospital, Delhi, India etc. and the results are highly satisfactory. They describe that this technique can effectively excrete sodium by five times, potassium by upto three times, increase the urine volume by three times and result in the overall reduction of body weight and swelling after hot water immersion done by a kidney patient. Thus, by adopting this hot water immersion for kidney patients, the quality of life improves and economic burden is reduced. Kidneys are regenerating and repairing themselves automatically by this hot water immersion process.

After finishing hot water immersion for 2 hours daily by a CKD patient, his/her creatinine, urea, uric acid level in the blood becomes normal and it is physically examined by the weight of the body becoming less by 500 – 1500 gm, swelling in the lower part of the body (legs or feet) diminishing or normal, blood pressure falling by 40 – 20 mm of Hg. After continuous hot water immersion for duration of 3 months, most of the CKD patients (about 80%) become normal and their kidney size increases, which may be verified by CT scan. Their kidney function becomes quite normal and they can perform their duty as well. Again, cyst or tumor in the kidney or any part of the body which is immersed under hot water may be removed or cured by this process automatically. Hot water immersion (HWI) technique activates all organs of the body such as kidney, stomach, liver, spleen, pancreas, heart etc. in a holistic way and the body is revitalized with normal function. Therefore, this process ensures a better health and disease free condition of the body. Especially, several kidney clinics in all over the world conducted vigorous HWI testing on kidney patients and got very good (satisfactory) results that most of the patients become cured after practicing 3 months of hot water immersion.

A small population based study has shown in India that chronic kidney disease (CKD) is five times more prevalent in North Indian states than in their Southern counter parts; in 2014 the small population based study of CKD identified that 0.79 percent of North

India and 0.16 percent in South India were affected. The lowest CKD found in Mysore and Bangalore of Karnataka state in India about 4% of the population. The average temperature of Mysore and Bangalore in a year remains between 21 °C (70 °F) and 27 °C (81 °F).

6. Recovery of Chronic Kidney Disease and Removal of Cyst or Tumor in a Human Body by Hot Environment Staying Technique

It is proven that the hot water immersion (HWI) process can recover chronic kidney disease. This method is applied in several clinics throughout the world. Chronic kidney disease (CKD) patients are at large in Northern and Eastern India where the temperature in a year (in summer and winter seasons) varies too much. In this reason, the summer season temperature range is 35 °C – 48 °C, and the winter season temperature range is 0 °C – 15 °C, sometimes reach upto – 5 °C; therefore, in winter season the amount of sweat secreted by the body is very much less quantity, as a result the kidney has to excrete maximum waste products of the body as urine and does excess work for maintenance of the body. So, the kidney becomes fatigue and is easily prone to disease. In Southern and Western parts of India, the climate is moderate throughout the year, because there is no winter season at all. Mysore and Bangalore in India are having very static climate, temperature varies between 21 °C to 27 °C throughout the year; therefore, sweat secrets uniformly in a year and chronic kidney disease (CKD) affects to very less number of people (4%).

A simple technique for recovery of chronic kidney disease (CKD) and removal of cyst or tumor in early stage is invented by the use of natural weather. This technique is named as hot environment staying (HES). A chronic kidney disease or cyst/tumor affected patient has to stay in the summer season (when the temperature of the environment is equal to or more than 38 °C or 100.4 °F, i.e., ≥ 38 °C) for 2 – 3 hours daily in a room where no cooling arrangement such as no fan or no air cooler or no air conditioner is working or existing. Also all windows and doors in the room are kept open to come outside fresh air for supplying oxygen and maintaining same outside temperature in the room. Hence, the patient has to bear environmental hot room temperature, i.e., ≥ 38 °C for 2 – 3 hours daily for duration of 3 to 4 months continuously in a year. At the time of practicing HES technique, there should be no electronics equipment like no mobile phone, no television, no microwave oven etc. in working or switch on condition nearby. A huge amount of sweat will be secreted through the skin of the patient's body and this sweat has to be

wiped by cloth or towel regularly. By this process, waste materials like urine will be secreted through the skin as in hot water immersion process, and the kidney will be automatically normal, also cyst or tumor existing in the body will be removed. In winter season, the CKD patient or normal person has to stay in a place where the temperature does not fall below 20 °C, such that an average quantity of sweat will be secreted from the body throughout the year.

By staying in hot environment (≥ 38 °C) for 2 – 3 hours daily duration of 3 – 4 months continuously, the more sweat from the skin will be secreted as urine, the kidney function becomes normal, i.e., disease free condition and at the same time, if any cyst or tumor lying inside or outside of the body will be eliminated by the immunity boosted with the help of phagocytes such as white blood cells (WBC), e.g., lymphocytes, monocytes, neutrophils etc. and platelets. Since in hot environment, blood, lymph nodes, and all organs of the body are activated. Hence, the irregular cells and pathogens lying in the cyst or tumor will be destructed and finally they are removed from the body either by the skin as sweat or by the kidney as urine or by the digestive system as stool. Therefore, hot environment staying by a person 2 – 3 hours daily for duration of 3 – 4 months continuously recovers chronic kidney disease as well as cyst or tumor including cancer disease.

7. Conclusion

The hot water immersion (HWI) technique is accepted world wide and applied on a large scale for recovery of chronic kidney disease (CKD) and boosting kidney, liver, spleen, stomach, pancreas, heart functions etc., but it is a little costly and people have to attend the clinic for practicing HWI. On the other hand, hot environment staying (HES) technique is completely free, natural environment is applied and also sweat is secreted throughout the entire body including neck and head. Anybody can do HES technique during summer season anywhere to have sound kidney function, i.e., to recover and prevent CKD and to remove cyst or tumor in the body. Hence, cancer disease can be prevented by this hot environment staying (HES) technique.

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