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# **SANUM- and Phytotherapy**

## **Supporting the Vital Energy of the Kidneys**

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## Introduction

The development of the urinary organs (uropoietic or excretory system) is closely connected with the development of the genitalia (reproductive system), particularly in the early embryonic period. Later on, these connections are still evident, for the distal part of the male urethra serves as a pathway for both urine and semen, whilst in the case of the woman, the vagina and urethra both have their orifice in the vestibulum.

## Embryology in general

In the third week following fertilisation, the three germ layers are formed. This period sees the most rapid development of the embryo. During this period, at about the 15th day, in the dorso-caudal section of the blastoderm, a ribbon-like agglomeration of cells becomes visible in the middle of the ectoderm, known as the primitive streak (or primitive trace). The development of this primitive streak determines the axes of the body, forming a cranial and a caudal end of the embryo with corresponding features: the primitive node, the primitive groove and the primitive declivity. As early as the 18th day one may observe the beginnings of a segmentation of the developing body. The formation of such primitive segments progresses and achieves attachment to the precordial plate with the bucco-pharyngeal membrane at this cranial end, the infolding and development of the notochord and the connection to the cloacal membrane.

The uropoietic system develops from the primitive segment stems of the mesoderm and the cloaca. During the further development,

these stems, or nephrotomes move in a ventral direction, thus becoming disconnected from the somites. The nephrotomes join together on the relevant side and merge into the nephrogenous cord, which forms an eminence on the dorsal wall of the abdominal cavity, the so-called urogenital sinus. From this, the urinary and sexual organs emerge, the urinary tract being the first to be formed.

## Kidneys – stages of development

Corresponding to the pattern of the phylogenetic development, the human kidney goes through three ontogenetic stages:

- Pronephros (anterior)
- Mesonephros (middle)
- Metanephros (posterior)

The first developmental stage of the kidney, the pronephros, resembles similar structures in several primitive fish, and has no function within the human embryo. It is formed in the fourth week in the cervical segmental area from individual groups of cells. The pronephral duct, which develops from it, grows in a caudal direction, finally opening into the cloaca. It fulfils the function of an ureter for the subsequently developing mesonephros. The next developmental stage of the kidney, at the end of the fourth week, the mesonephros, is comparable with the renal structure of fish and amphibians. This is assumed to function for a short while during the early embryonic stage, before it atrophies. Even at this early stage, it possesses primitive renal corpuscles, including capsule, glomerulus and tubules. The differentiation of the tubules

takes place in a caudal direction, descending sequentially, and finally an egg-shaped organ develops on the dorsal wall of the abdominal cavity: the mesonephros. As new units grow in the area of the lumbar segments, the “nephrones“ in the thoracic area atrophy, so that about 40 such mesonephral canaliculi are formed simultaneously, discharging into the mesonephral duct.

All that remains of this mesonephros is the mesonephral duct, surviving as the Wolffian body or duct, which in the case of the male forms the vas deferens.

The third renal generation, the metanephros, develops from the fifth week, ultimately becoming the kidney and assuming production of urine around the 11<sup>th</sup> - 13<sup>th</sup> week.

It forms out of an ureter bud which burgeons forth dorsally from the mesonephral duct. From this bud the ureter, the renal pelvis, the renal calyces and the collecting renal tubule take shape. The remaining portion of the metanephros is formed of so-called metanephrogenous tissue, and the ureter bud grows into this in a craniodorsal direction, so that the functional tissue is folded over the ureter bud like a helmet. The result of this is that the kidney is formed of two parts: the urine-forming metanephrogenous blastoma and the urine-draining ureter bud. Up to the time of birth, various other nephrons are altered or dismantled, and new ones are added. However, birth puts a stop to the formation of new nephrons. From that point onwards renal growth only takes place as a consequence of differentiation and



an increase in size of the existing tissue.

To sum up, we may say that the formation of the urinary organs commences in the area of the visceral arches and, as the metanephros develops, it concludes in the area of the true pelvis. As the foetus stretches and increases in length, there is a relative ascent of the metanephros into the upper lumbar area whilst at the same time, the hilus rotates through 90°, so that finally it presents medially.

### **Structure**

The combined weight of the kidneys is 300 grams. The two kidneys are situated in a retro-peritoneal position and consist of two distinct elements: the renal cortex and the renal medulla. Each kidney is composed of eight to ten pyramidal lobes. The functional unit of the kidney is the nephron, consisting of the glomerulus with Bowman's capsule and the system of tubules. Just below the cortex, which surrounds each kidney, the glomeruli are found, within the cortical layer, whilst the tubules extend into the medulla as far as the renal pelvis. After production, the urine collects in the renal pelvis, and then flows via the ureter into the bladder, where it collects prior to being voided.

### **Renal function**

The metanephros commences production of urine as early as the eleventh week; this urine is excreted into the amniotic sac, swallowed by the foetus, and re-absorbed via the intestinal tract: In this way, the foetus regulates the volume of the amniotic fluid.

The most important post-natal function of the kidney consists in the regulation of the fluid spaces, the electrolyte balance and the acid-alkaline balance. The activity of the kidney is controlled in particular by the hormones of the pituitary, of the epithelial corpuscles and the adrenal cortex. Renin, produced by the kidney itself, likewise has a strong influence on the activity of this organ. The kidney plays a part in the adjustment of the blood pressure and influences blood formation by means of the hormone erythropoietin.

In order to ensure the fulfilment of their varied functions, the kidneys enjoy a plentiful supply of blood. In an adult, the blood-flow through both kidneys of approx. 1,800 litres, the so-called renal blood-flow (RBF), amounts to about 1,200-1,300 ml. per minute, which is about 20 % of the cardiac output. In the space of one day 180 l. of primary urine are produced by reason of this high flow of blood and the resultant filtration. This primary urine is then reduced in the tubular system to a quantity of 1.5-2 litres of urine.

These figures may well prompt the question as to how the kidney accomplishes this considerable task. In order to establish the energy exchange of the kidneys, one can measure the difference in oxygen content of the arterial and venous renal blood. The results show that the kidneys consume an enormous amount of oxygen. Their consumption amounts to  $\frac{1}{12}$  of that of the entire organism at rest. That is an amazingly high proportion, especially if we bear in mind that the weight of the kidneys is only 0.4 % of the total body-weight. This

consumption of oxygen is the highest of all organs, and is seven times greater than that of the musculo-skeletal system. As well as this, it is possible to calculate the concentration performance of the kidneys from the osmotic properties of the blood and of the excreted urine. From this we find, astonishingly enough, that the kidney expends only 0.3 %-1 % of its total energy consumption on this task. Beside this, we must take into account the fact that a considerable amount of the substances excreted in the urine are not secreted by filtration but by active excretion, which consumes a great deal of energy.

The fluid balance is very closely connected with the salt balance. The kidney can react to a diet low in salt, or to too much water, by withholding all salt against osmotic pressure and excreting urine of a low specific gravity; if the salt level is too high, however, it can excrete urine which is highly concentrated, in order to retain the water in the body. The concentration potential, in the cat for instance, may be as high as 50-60 atmospheric excess pressure. The kidney has the ability to concentrate selectively, and if it fails, the body is poisoned. The kidney is the most important organ for osmotic regulation.

We know from measurements of temperature that the venous blood leaving the kidney is 0.05-0.1° warmer than that of the arterial supply. For the quantity of blood passing through the kidney, this is a considerable increase in warmth derived from kidney function. Nonetheless, according to the amount of oxygen consumed, con-



siderable energy remains, the whereabouts of which remain unknown, and for which there is no explanation. If all the factors are added up on a purely arithmetical basis, then clearly the kidney, on account of its large oxygen consumption is not very “efficient“, its efficiency level being only 0.3 %-1 %, compared with 25 %-30 % in the case of muscle.

Whilst it is certainly important to be aware of these measurable quantities and to bear them in mind, we shall not do justice to the renal system if we only take into account the effects which have just been mentioned.

### **The Water Organism**

There is a tendency to look at renal function only within the context of the body’s fluid balance. However, there has already been an attempt by Volhard to conceive of the body’s total fluid content as a “water organism“. This “water organism“ includes not only the water, which is conveyed via the blood and continually filtered out in the kidney, but also the entire body-fluid, which, inter alia, is stored in the tissue. Looking at it from a humanistic point of view, the “water organism“ corresponds to the constructive etheric energies and is subordinate to the liver, which primarily influences the uptake and storage of water. Viewed from another angle, this knowledge is also familiar to the rest of science, if we regard the liver as the central organ in rhythmic regulation of the acid-alkaline balance. It is only when the water and the substances it contains have moved out of the tissues and into the blood that they become accessible to the

kidney. Diuresis depends not on the transfer of water from the blood, but on its transfer from the tissues. Thus, the whole organism is involved in a rhythmic process particularly concerning the liver, the tissues and the kidneys.

Renal function is also independent of water that has just been drunk, because this is first directed to the liver, and from there into the blood via the tissues. From the humanistic point of view, the water – like all other water-soluble substances absorbed intestinally – is first of all “vitalised“ in the liver. This means detoxification by means of breakdown and conversion. Thus, the constructive energies, which are designated etheric energies and are connected to water, may be used by the human body via the liver.

### **Connection between the Neuro-sensory pole and the Kidney**

In this context, the kidney acquires a special position, since, as already explained above, the pronephos initially develops in the area of the cervical segments, directly below the neuro-sensory pole. Also post-natally one may assume a direct link between these two organic systems, since both systems show certain similarities:

- At the time of birth, the development of nephrons is terminated, as no more of them are produced. The same is true of the number of neurons. Any further development in either system only comes about as a result of differentiation and (linear) growth.
- The whole brain is enclosed by a round membrane, just like the

glomerulus within Bowman’s capsule.

- Functionally, this link becomes clear owing to the fact that impulses passing through the nervous system or proceeding from the head can give rise to strong diuresis, as is shown by every mental-emotional concentration, and this can be intensified by excitement.

As a consequence of the kidney’s ontogenetic descent into the lumbar region, a strong “potential gradient“ comes into being between the organs of the neuro-sensory pole and the kidney, plus the adjacent genitalia, which is of great significance for the development of consciousness.

### **Gastrulation**

In humanistic sciences the neuro-sensory pole is considered the “receptor organ“ for astral energies. By this, we mean those energies, which enable us to develop to a stage beyond the pure growth of plants with - among other things - the ability to move about and to experience sensations. From this point of view, gastrulation (the formation of cupules) of the embryo typifies the separation between the creation of plant life and of animal life. Plant growth is only two-dimensional.

In the first place, this may be observed in the embryonic development of animal and human being alike. A germ layer is created. Then, however, what comes next is the formation of a concave shape, followed by a folding inwards. In embryology, this process of curling



inwards is regarded as “dynamic determination“, because it is through this movement that the individual organic areas are established. From a humanistic point of view, we might express this as the astral energies exerting an influence on the surface-forming tendency of the etheric/physical (plant) energies, thus enabling an organisation of the body. By means of this formation of cavities, both animal and human are able to distance themselves from the influence of the cosmos, to organise themselves, albeit whilst receiving cosmic impulses via appropriate neuro-sensory organs.

If we take another look at the further development of the metanephros/kidney, we may see two further “gastrulations“: firstly, in the creation of the glomerulus with its surrounding Bowman’s capsule from the extended tubule and, secondly, in the burgeoning of the ureter bud into the metanephrogenous blastoma. Both processes allow us to recognise very clearly once again, in miniature and on a larger scale, the separating off and special formation to be found in the kidney. This may also serve as a hint at its major task within the body as a whole, especially with regard to changes in energy. Another powerful link may be seen between the formation of the eye and the other “gastrulations“ in the kidney area. In the eye a cupulate inward curling also takes place when the lens is formed. From a humanistic point of view, this explains the powerful relationship between the eye and the kidney, as may indeed be demonstrated by the single fact that diuresis is diminished when one is blindfolded.

### Vital energy

In Oriental Medicine, the kidney is of critical significance for the vital energy, or even its base. It is regarded as the custodian of the prenatal essence, Ying. It stores this essence, dominating development, reproduction and ageing. In this view of things, the kidney is the “ruler“ of water. Furthermore, it receives Qi from the lung and retains it. It “rules“ the will-power, meaning - in this context - the will to endure. Conversely, a weakness of the kidneys will cause anxieties and existential fears.

Weakness of kidney energy is held responsible there for most chronic diseases, and consequently, the kidney is regularly treated first. The causes of a loss of kidney energy are regarded as being mental-emotional upsets, such as ongoing stress, discontent, emotional shock and depression. We are familiar with the expression: “It gets me down“ [*Gmn. lit.* “it goes for my kidneys“], referring to some emotional shock.

In this connection, we must refer briefly to the significance of the incisors (teeth). In this school of thought, they correspond to the kidney/bladder meridian. They stand for “biting through“, which refers not only to food, but also to the development of self-awareness. In any case, the permanent incisors erupt at a times of life, in which the child reaches school age and develops a little personality of its own. Seen in this light, we should re-think so-called “orthodontics“ or tooth-regulation.

Western Medicine likewise reco-

gnises the kidney as an organ, which regulates the warmth and energy balance of the body, as well as the fluid balance. We have already referred to the suspected energy-gain suggested by the measurable consumption of oxygen. The strong connection with regulation of body-heat also proceeds from its sensitivity to the effects of external cold. Short-term chilling in the area of back or buttocks may result in a transient haematuria. Quickly downing a glass of chilled water may provoke an attack of renal colic, without any calculi needing to be present.

From the point of view of energy production and conversation, and also generation of heat, the kidney makes a considerable contribution to the body’s constructive energy. As the kidney also produces the hormone erythropoietin, it has a double influence on the blood which, in the humanistic view, embodies the human being’s “heat organism“. On the one hand, via erythropoietin, the kidney promotes blood production and, on the other hand, it warms the blood. Thus, people with weak kidneys always look pale and are always chilly.

In considering pathological changes that occur in renal disorders, once again we can recognise the constructive action of the kidney for the body. “Renal rickets“, in children who suffer from renal acidosis and nephrocirrhosis, indicates an inability to form bony tissue. This form of rachitis cannot be distinguished from “genuine“ rickets, either histologically or radiologically. No vitamin D deficiency is present, so treating for this is unsuccessful. The



children remain dwarfish and die of uraemia. Because the constructive performance of the kidney is absent, the whole constructive process of the body fails.

The kidney's function and job in the body can only be understood, when we bear in mind its proximity to the adrenal gland. Both are closely bound up together by virtue of their position and their phylogenetic development. The adrenal gland has the highest cholesterol content of any organ in the body. Neither the animal nor the human body has any need of exogenous cholesterol. However, in diseases of liver and kidney, the cholesterol metabolism must always be borne in mind.

### **The kidney – an enigma**

The kidney's secretion is closely bound up with the vascular system. Thus, hypertension gives rise to a greater quantity of urine than does hypotension. On the other hand, however, the quantity of blood, which passes through does not determine the quantity of urine. Thus, in this respect also, the kidney eludes any quantitative conclusion, because it is dependent on the dynamic of the entire organism.

Renal secretion is not only influenced by change in atmospheric pressure influences, but also by our consciousness. Some people's sensitivity to the weather, and particularly that of animals, is well-known. According to Rudolf Steiner, we could therefore say that we are connected with our meteorological environment via the action of astral energies on our kidneys.

The fact that we cannot evaluate the

work of the kidneys on a purely arithmetical level is illustrated by the following observation: if the hormone ADH (antidiuretic hormone, adiuretin), produced by the anterior lobe of the pituitary, is allowed to act on the kidney, the urine becomes more concentrated, whilst the quantity of urine is reduced. Thus, the "external work" of the kidney increases, whilst paradoxically its energy consumption decreases! Maybe we can only comprehend this in terms of direct astral action from the area of the hypothalamus on renal activity.

If Ringer's solution is infused into the blood, diuresis increases without any increase in oxygen consumption; however, if *Natrum sulphuricum* (Sodium sulphate, Glauber's Salt) is given in solution, diuresis likewise increases, but with a simultaneous increase in oxygen consumption. The work and behaviour of the kidney cannot be grasped using physical measurements alone. As a result of the action of the anterior pituitary hormone, a new (astral) energy field comes into play, representing no form of energy that we can measure. We may observe the same thing when diuresis is increased as a result of a rise in atmospheric pressure, blood pressure or emotional stress. A kidney disconnected from the nervous system produces four to five times more urine than one which is linked to its nerve-supply. Due to the missing integration via the nervous system, the kidney no longer "recognises" water as a bodily substance which requires conversation, and excretes it.

Both in the view of Oriental

Medicine and from the findings of humanistic science, the kidney plays a prominent role within the body in providing us with "energy". In the view of Natural Sciences, however, some of these phenomena are not (yet) comprehensible. Kidneys, lungs and nervous system work in close co-operation, particularly in the area of the acid-alkaline balance on both physical and consciousness levels, however sour we may be in our tissues and thoughts.

### **Therapeutic reflections**

In order to do justice to the kidney's importance for energy supply, regulation and detoxification in the body, renal insufficiency or disease require a variety of measures:

1. Sufficient quantities of good **water** to be drunk, very warm if at all possible.
2. **Diet.** The constructive energies in the body can be supported by a vegetable diet. These energies are embodied by the intestinal flora, water, minerals and vitamins, which are present in large quantities in fresh fruit and vegetables. So long as the patient can tolerate them, he or she should consume a lot of raw vegetable material in the morning and afternoon, otherwise lightly steamed food with a dash of cold-pressed oil (linseed, rape-seed or sunflower oil). The oils should not be added until the food is on the plate. Oils such as these are stored solar energy. By eating a diet such as this, containing potassium, magnesium, sodium, calcium and trace elements, natural diuresis can be stimulated whilst, at the same time, main-



taining a correct acid-alkaline balance. It is also important to consume organic ampholytic acids, to regulate the acid-alkaline balance. This can be achieved by taking SANUVIS / dextrorotatory Lactic acid) CITROKEHL (Citric acid) and FORMASAN (Formic acid). Because these weak organic acids occur naturally in the body, they have a deep action on the metabolic processes. A deacidification can be achieved via the skin using the salt ALKALAN. To do this, the salt is massaged into the wet body for three to four minutes, washing it off afterwards under the shower, or one may take a footbath or a full-body bath, having dissolved ½-1 dsp. of ALKALAN in the bath-water.

### 3. Isopathic treatment

There are a number of isopathic remedies, which are particularly suited for supporting renal function or the kidney itself. The main remedy for all illnesses of the kidney-bladder meridian is NIGERSAN. It opposes the processes of disintegration and sclerosis in the body, especially in cases of tubercular weakness. This weakness often goes hand-in-hand with anxieties, which can be tackled very well with NIGERSAN and CITROKEHL. In such cases, one should also think particularly of MUCEDOKEHL, which exerts influence on the whole regulatory mechanism within the body via the hypothalamus, the limbic system and the pituitary. This is especially true of the kidney too, whose function is particularly

strengthened by the pituitary.

PINIKEHL is a remedy, which influences the spleen and the pancreas, organs which - according to Chinese medicine - have a strengthening action on the kidney. The spleen, pancreas and stomach meridians are also equated with the Earth element. In patients with renal insufficiency the "Earth element" needs to be strengthened in order for them to attain security and self-confidence.

If the kidney's lack of energy has been triggered by a damaged intestinal milieu, one should start treating with FORTAKEHL, since the lung/large intestine meridian has a direct action on renal function. Initially, it is important to build up the intestinal flora with its etheric energies, so as to get rid of the renal insufficiency.

In the event of chronic inflammatory processes in the area of the kidney and bladder, NOTAKEHL, possibly combined with PEFRAKEHL (for fungal infestations) should be considered for treatment, or combined with QUENTAKEHL in cases of viral origin.

### 4. SANUM medicines from the herbal kingdom

Many remedies from the plant kingdom are available to us in treating the kidneys. When discussing the "water organism", we already referred to the collaboration of kidneys and liver. TARAXAN (dandelion) detoxifies both kidneys and liver by

stimulating both organs and promoting their excretory function through the action of numerous active substances.

HEXACYL, containing Berberis, Sulphur and Lycopodium is an outstanding detoxifier for both organs, whilst SILVAYSAN (St. Mary's thistle) is excellent for protecting the liver from toxins on the one hand, and for detoxifying it on the other. RELIVORA Complex (made from Junglans, Drosera and Echinacea) is extremely good for strengthening the body's immune defences.

Thinking of the lung's significance in strengthening the kidney/bladder meridian, particular attention should be paid to CERIVIKEHL, since it is an excellent cleanser of functions and connective tissue in all chronic illnesses of the bronchi and lungs.

### 5. Teas, tincture and essential oils

In order to work effectively, the kidney requires an adequate supply of fluids. Drinking good-quality water is one way of satisfying this requirement. However, if the "heat organism" is also to be supported, the age-old means of doing this is by drinking hot teas. The hot water releases the aromatic components of the medicinal plant materials. Thus, renal activity is stimulated by the soluble contents and the essential oils in the teas. At this point, we may refer once more to the link between nose and bladder. On the one



hand, the aromatics can be assimilated into the bloodstream via the nasal mucosa with its rich blood supply; on the other hand they are also picked up by the nose itself. Olfactory nerve pathways convey the stimuli to the limbic system, among others, where fears and anxieties can be unleashed and animating signals originate.

In the view of many authors, flowering plants bear a strong relationship to the kidneys, even if only symbolically. People have imagined the stalk as the ureter and the flower, with its calyx and corolla, as the kidney. In the area of roots, leaves and stems, a flowering plant is purely and simply a vegetable/etheric creation, corresponding to the "water organism". It is only in the blossom itself that it develops aromas, essences and warmth, which only exist in connection with astral energies. In this area, it begins to enter the levels of animal and human living beings. Winged creatures, insects, embody an aerial quality and make contact with the flowers of plants via their scent. In this connection, plants develop astonishing "scent techniques" in order to entice animals, to make them linger and, finally, to let them go. We should not be surprised that insects sleep well in the warmth of the blossoms, which may well be several degrees higher than the nocturnal temperature outside, intoxicated by the aromatics, until they are woken by the morning sun.

We can take advantage of these

effects by drinking infused herbal teas.

As far as preparation of these teas is concerned, the instructions here refer to dried plant material. If the plants are fresh, about twice the given amount is required. Unless otherwise stated, a litre of hot water is poured over a maximum of one dessert-spoonful of dried plant material; this is covered and left to infuse for 10 minutes, and then strained into an insulated teapot. Drinking can then begin right away. A total of up to 2 litres of herb tea may be drunk daily.

Since the urogenital organs correspond to the Water element and come under the influence of the moon, teas which encourage excretion should preferably be drunk when the moon is on the wane.

There are many plants, which have a particular affinity for the kidney. The sequence, in which these are arranged here, should not be taken as implying any order of importance.

**a. Linseed** protects and strengthens all mucous membrane and the renal tissue. By means of a protective mucous coating, it is also able to prevent indurations and crystal formation in the renal passages. It is steeped in cold water over the space of a few hours (1-2 dsp. whole or possibly pressed seeds to the final amount of 1 litre of water), and this is heated up either by adding hot water or by careful heating or even boiling (5-10

minutes) according to the desired consistency of the slimy tea. Ginger, cinnamon, vanilla or cardamom may be added to the tea, which enhances the warming effect, or lemon juice. Lemon juice is particularly appropriate in teas for the kidneys, because the lemon is a "fruit of the light", and because renal insufficiency responds well to treatment with NIGERSAN and CITROKEHL (potentised Citric acid). A few pressed juniper berries (1 tsp.) in such a tea have an excellent action. Juniper is a warming diuretic with powerful energy, which is determined by all five elements. This tea may be used in all complaints, even when the problems are psychosomatic. However, juniper berries should not be added in acute inflammations of kidneys or bladder, or during pregnancy!

**b. Birch:** the tree of ascendant spring energy, directly associated with the flow of water and sap. To the birch are attributed disinfectant, anti-inflammatory, antispasmodic, diuretic and - in particular - blood-cleansing properties. The constituent substances of the birch are said to be capable of dissolving renal gravel and calculi, though only in an alkaline milieu (which means a vegetable diet!). Through their energy, the vegetable substances liven up the nervous system and stimulate the hormonal secretion of the adrenal glands. The tea should



be left covered to infuse for at least 15 minutes. This tea may be combined with linseed, or ginger or juniper may be added.

**c. Fennel** is a nerve tonic, it has an antispasmodic and calming action, it supports the urogenital tract and acts diuretically. If you want to be convinced of the effectiveness of fennel, try a tea compress on the bladder for local relief of urogenital problems, but also for pain relief in cases of otitis! Take 1 tsp. of bruised fennel seeds to ½ litre of hot water and leave them covered to infuse for 10 minutes. As a treatment, this should be drunk for 8-14 days. Adding fennel seeds to other “home-brewed” teas, such as raspberry, blackberry, strawberry leaves, with a small pinch of ginger or cardamom is a godsend when one is frozen or feels generally chilly. According to Lilo Gaudszun, adding lemon juice to this tea is “discordant”.

**d. Meadowsweet** (lat. *Filipendula ulmaria* or *Spiraea ulmaria*): the queen of the meadows is one of the Rosaceae and is the plant from which Salicylic acid was first able to be extracted (the name “Aspirin” comes from the Latin; a spirea). Thus, this magical plant contains pain-relieving substances, and its action is both anti-inflammatory and powerfully detoxifying. The signature of

its flower and the fact that it grows near water are a clear indication of the “water organism”. It helps with all ailments that are linked to the acid-alkaline balance, and with those, which require kidney support. The tea should only be drunk for about two weeks, after which there should be an interval.

**e. Lady’s Mantle:** this plant is also one of the Roseaceae, and its signature points strongly to the kidney. On account of their tannins, the Rosaceae generally have a powerful detoxifying action on the intestines, and this is true of both Lady’s Mantle and Meadowsweet. The bouquet of the remaining constituents (vitamins, flavonoids) supports the renal parenchym and the constructive energies, thus promoting the function of the kidneys as energy-consumers within the body.

**f. Bearberry** is an evergreen ericaceous plant. Thanks to its main constituents arbutin, tannins, flavonoids, organic acids among others, its leaves are able to have a disinfectant, anti-inflammatory and detoxifying action, particularly on the kidneys. In a tea, only 1/3 of the herbs should be bearberry leaves, because the tannins have a strong astringent action, and therefore its taste needs getting used to. The antiseptic action of arbutin only develops inside the kidney, and only in urine which is alkaline. Thus, it is

recommended to accompany the tea with a vegetable diet and plenty of vegetable broth. To make the tea, the leaves are steeped overnight in cold water and either heated to just below boiling point, or else brought to an acceptable drinking temperature by adding hot water. If the parts of the plant are boiled up, tannins are released in large quantities, and in cases of diarrhoea, these have a binding action.

**g. Bedstraw:** in the signature of its flowers, it particularly resembles Meadowsweet and, to some extent, Lady’s Mantle. Bedstraw is rich in tannins, rennin, glycosides and saponins. Plants (or their parts) containing saponins - and these also include beanpods and carnations - change the surface tension of water, thus stimulating diuresis. As well as this, they are credited with an action similar to that of hormones. They also have antispasmodic and releasing action on the emotional level. Bedstraw’s rich Silicic acid content links it with Horse-tail. Silica’s importance for transmission of information, strengthening of “ego-energy” and the structuring of tissues is well-known. To make these constituents accessible to human beings, Bedstraw and Horse-tail must both be steeped in cold water for several hours, and then either brought quickly to the boil or strained in the cold state. Bedstraw may be replaced by



ginger or coriander, but in that case the parts used must be immersed in boiling water.

**h. Stinging nettle:** this plant comes under the influence of Mars. It is a “fire plant“, therefore a powerful stimulant of the metabolism and strongly diuretic. The plant contains many biologically active substances (vitamins, iron, potassium, calcium, Silicic acid), and these act either eliminatively or constructively, depending on the lunar phase, during which the tea is consumed. The regenerative energy of this nitrogen indicator is superb. From its root to its seeds the plant contains a great variety of materials, extending from minerals (Si, Fe, etc) via the chlorophyll in the leaves, typical of plants, to the flowers and seeds in the sphere of animal hormones (steroids) and proteins (histamine). The action of the tea can be “spiced up“ by the addition of ginger; the eliminative action can be supported by adding (e.g.) coriander when brewing the tea.

**i. Solidago:** Golden Rod is a specific remedy for renal function. It is particularly indicated when loss, disappointment or painful experiences on the emotional level result in energy losses, which then trigger renal insufficiency. Golden Rod is a genuine “sun plant“, and its active substances support the renal parenchym, combat any

inflammatory tendency and get the flow of energy going again. Diuresis is stimulated by Solidago, and the formation of calculi is prevented.

**j. Horse-tail:** this plant is rich in minerals, especially Silicic acid and potassium salts, and it contains many flavonoids. For this reason, it gives structure, both mental and physical. It is suited to the removal of oedematous fluid and the prevention of calculi. Through its strong relationship to connective tissue, it lends it support, whilst at the same time helping to cleanse it by promoting renal function. This plant is indicated in osteoporosis. To make a tea, 1 dsp. of the dried herb is steeped for several hours in one litre of cold water, and then heated to boiling point, or it may even be simmered for up to 10 minutes while covered.

**k. St. John's Wort:** The properties of this plant are discussed under Oils. To make a tea ½ litre of boiling water is poured over ½ tsp. of the herb, and it is covered and left to infuse for 10 minutes. A maximum of ½ litre should be drunk daily.

**Cinnamon, cloves, juniper, ginger, cardamom, coriander and vanilla** are spices that are particularly compatible with the kidney, as they embody the principle of warmth and light. As with lemon juice, they can almost always be added to an individual tea.

Of course, it is also possible to take the above-mentioned plants in the form of a **tincture**. In this way, the healing energy can also be applied successfully, particularly if it is not possible to prepare a tea. The mother tinctures produced by the Alcea company are of outstandingly high quality, since they are produced by a special process, which means that they are also very economical in use.

**Essential oils** represent another possibility for utilising the transient ingredients of plants. In this case, we are dealing with active substances in high concentration, which means that the dosage must be extremely sparing.

On the one hand, essential oils can be diffused in the air to enhance people's environment, and on the other hand, they can work on the patient externally and internally.

Via the air which is breathed in, both the olfactory centre and other parts of the brain can be reached, as well as the lungs. We have already discussed the close link between the neuro-sensory pole and the kidneys. Positive signals from this source, particularly ones which dispel anxieties, bestow an indescribable energy upon us: kidney energy. The action of plant essences on the lungs is particularly significant, when we bear in mind the link between the lung/large intestine meridian and the kidneys. The etheric and astral energies in the body are reinforced by the ex-



pansion of the bronchi and the resultant freer flow of breath. Optimum free respiration permits the expulsion of carbon dioxide and supplies us with plenty of oxygen, which again promotes the energies that break down substances in the body. The acid-alkaline balance and the processes of breakdown and construction in the body are regulated optimally. Qi is able to flow!

The essential oils of the citrus family (lemon, orange, bergamot, mandarin) are particularly suitable for improving the air in a room, raising the spirits and dispelling anxieties. For example, one can put one drop of essential oil of lemon in a vaporiser. It is also sufficient to put a drop of this essential oil in some cold water and to put it on the radiator or near a source of heat. If one wishes to take advantage of the antiseptic action, along with the bronchi-expanding effects of essential oils, one should think of a drop of peppermint or lavender oil for vaporising.

For use on or in the body, a fatty oil, also known as a carrier oil is required. Essential oils are highly concentrated and contain substances, which can be extremely irritant. Working with a 0.5 % or 1 % blend, generally one is within a range, which is well tolerated on the skin whilst exhibiting a healing action. Suitable carrier oils include sesame, sunflower or olive oils, but also more expensive oils such as sweet almond or sea buckthorn. One may also work with waxes, such as

jojoba. These have the advantage of not going rancid and they are well tolerated by the skin.

### **St. John's Wort**

*Hypericum perforatum* is a real „sun plant“. This may be seen from the time when it flowers. The yellow flowers open up at the Feast of St. John the Baptist (Mid-summer's Day) and - like the leaves - they contain the oil with its valuable ingredients. The active substances in St. John's Wort have a strong affinity for the pituitary, which means that the plant is especially suited for treating weak kidneys. If it is taken over a lengthy period of time, especially the tea, deposits of hypericin are stored in the pituitary, causing staining. The plant materials are phototoxic, meaning that they make us extreme „light accumulators“, resulting in the well-known reddening and even burning of the skin. If the flowers are crushed a reddish, strongly staining juice is expressed. The buds, flowers and leaves near the flowers can be macerated, e.g. in olive oil, so that the essential oils and fat-soluble ingredients are subsumed into the carrier oil. This process should be carried out in the sunlight over a period of 4-6 weeks. As this continues, the oil takes on an intense red hue as an expression of the absorption of light-energy. This macerated oil can be used on its own or else it may be used as a carrier oil for other essential oils. The macerated oil of St. John's Wort is a wonderful „vulnerary oil“: it heals wound of body and of soul, both seen and unseen.

Massaged in along the spine, or into the painful area, e.g. in sciatica, it brings rapid relief. Particularly men, who are suffering from sciatica should repeat this massage frequently, since such pains indicate weakness in the urogenital area. They may be the first signs of prostate disease.

We should pay great attention to our feet, as a daily foot massage with macerated oil of St. John's Wort will energise the whole body. In addition, if the oil is rubbed into the sole of the foot, the active substances are not immediately metabolised in the liver, but are released first of all into the pulmonary and general circulation.

If it is desired to use macerated oil of St. John's Wort as a carrier oil in the treatment of disorders of the urogenital tract, the following are essential oils that may be added to it: lavender, thyme, rosemary, juniper or chamomile, to mention but a few. The dosage should be selected according to the mechanism of action of the plant-source of the oil concerned. To make a light skin oil, take e.g. 50 ml. of carrier oil and add to it one drop of juniper oil or five drops of lavender oil. The blend must be matched to the individual patient. As the skin is a very absorbent organ, there is a prompt response.

If one has a thorough knowledge of the modes of action and suitable application of the essential oils, certain oils with



appropriate carrier oils may be given orally, either as an oil rinse or to be completely assimilated by the body.

**6. Useful plants**, which have a particular action on the kidneys: These include all vegetables or herbs, which act positively on the sodium-potassium balance or, on account of specific ingredients, have an action which is diuretic, aquaretic, antiseptic or supportive of the kidneys in some other way. They may be plants, which amongst other things, contain a particularly large amount of potassium, such as potatoes, parsnips, celery, courgettes, parsley and lovage, or things like horseradish, nasturtium and watercress, which are particularly rich in mustard oils (thiocyanates), and therefore have an antibacterial action, among others. Like bearberry leaves, bilberries also contain arbutin in both leaves and fruits, and this also has a disinfectant action on the urogenital tract. Because these plants do not have a diuretic action, the patient needs to drink enough to ensure that the action is positive.

Pears, apples and rose-hips also have a healing action on the kidneys. The pumpkin is renowned for the fact that, apart from its flesh, its seeds provide a particularly large amount of tocopherol, selenium and sterols. In discussing these plant materials, we must not overlook their closeness to animal and human hormone-like substances (cholesterol, sexual hormones). A good vegetable diet, appro-

priately seasoned, has an energising action via the tongue. By this means, body fluids can be set in motion, arousing feelings of vibrancy and liveliness, not to mention the secretion of euphoric hormones.

#### **Treatment plan**

1. Adequate amounts of good-quality drinking water, along with weak teas which have a beneficial action on the kidneys and liver;
2. Diet of (as far as possible) exclusively organic vegetable food and good vegetable oils, with cereals mainly excluded:
3. SANUM treatment
  - De-acidification using ALKALA N powder, SANUVIS 2X, 5 drops 3 times a day and 1 CITROKEHL tablet
  - FORTAKEHL 5X drops over a period of 10-14 days, starting with 2 drops in the morning, rubbed in above the bladder, and one drop in each nostril; the dosage can be increased up to 6-10 drops twice a day
  - Following on from that, SANKOMBI 5X, in the mornings 4 drops rubbed in around the navel and one drop in each nostril; in the evenings the same dosage, but using NIGERSAN 5X drops. Later the dosage of both remedies can be increased up to 10 drops, rubbed in, orally and intra-nasally. These remedies can be continued for weeks

or months.

- In the middle of the day, the patient is given up to 8 drops of PINIKEHL and 1-2 capsules of MAPURIT, orally
  - To promote elimination, one can give 1 injection of TARAXAN 3X once or twice a week, or 1-3 times daily 2-5 drops of HEXACYL
  - If the connective tissue is severely clogged, or if the respiratory tract is involved, FORMASAN is given once daily: initially 5 drops increasing maybe up to 10 drops, in hot water
  - In weekly rotation, immune modulation with SANUKEHL and bacterial preparations (UTILIN, RECARCIN, LATENSIN and UTILIN "S")
4. Phytotherapy and aromatherapy: purposeful use of preparations made from plants and their essential oils.
  5. Homoeopathic, and other subtle treatments, to stimulate the body's flow of energy.
  6. Useful plants with particularly efficacious ingredients for the kidney bladder area or the "water-organism".

#### **Conclusion**

I have attempted, via developmental history, anatomical construction and the place of the kidney in the overall physical scheme of things, to portray the importance of this organ for the



various physical levels. For treating disorders of the human "Water and Heat organism", the Sanum company's products, used in conjunction with plants and active substances of plant origin, are particularly suitable. We are dealing with natural substances, which occur in human beings and their food, and which therefore resonate strongly within the body, whether for the energising or the regulation of all bodily functions.

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