

# FITNESS

## Strengthen your Kidney with Yoga

Yoga might not think keeping you Kidneys healthy, but Yoga poses stimulate and massage various organs that help bring the body in an optimal condition. Along with yoga poses, turning to an Ayurvedic diet can keep the blood pressure levels and diabetes in check.

**Start off with these simple yoga poses to ensure the health of your kidneys:**



### **Salamba Bhujangasana (Sphinx pose)**

The Sphinx pose stretches and strengthens the abdominal organs. It also raises the immunity level of the body.



### **Ardha Matsyendrasana (Sitting Half Spinal twist)**

The Sitting Half Spinal twist stimulates the kidneys and liver. It also improves the body's immunity level.



### **Bhujangasana (Cobra pose)**

The Cobra pose also stimulates the abdominal organs and relieves the body of stress and fatigue. It is also known to help improve immunity.



### **Paschimottasana (Seated forward bend)**

The Seated forward bend is another kidney stimulating pose that also improves digestion and relieves you of menstrual discomfort.



### **Setu Bandhasana (Bridge pose)**

The Bridge pose stimulates the abdominal organs, including the kidneys. It also helps bring high blood pressure under control and relieves the body of stress.



### **Naukasana (Boat pose)**

The Boat pose strengthens and stimulates the abdominal organs. It also helps improve digestion and alleviates stress.

# DIET MENU FOR PATIENTS WITH CHRONIC KIDNEY DISEASE

## Use These Food Items



### WHEAT

Mix wheat, Soybean, Black Gram, Bajra & corn especially if you are diabetic



### DALS

Moong, Kulthi, Masoor Dals are high in Proteins, so use moderate quantity



### VEGETABLES

Lauki, Tori, Tinda, Mooli, Unripe papaya, Turnip, Carrot, Cabbage Use with caution if potassium levels are high



### JUICES (If potassium levels are ok)

Coconut water, Aloe vera juice, Wheat grass juice, Triphala juice, Bottle guard juice



### OIL/GHEE

Olive oil, Cow's ghee, Mustard oil

### SPICES

Haldi, Coriander, Cumin seed, Saunf, Ajwain



## RECOMMENDED DIET MENU

### Breakfast

- ✓ Kichdi (Use only moong daland old rice)
- ✓ Idli
- ✓ Sprouted moong
- ✓ Dalia (Porridges)
- ✓ Toned milk
- ✓ Toast



### Lunch

Roti, Dal, Old rice, Butter milk, Vegetable



### Evening Snacks

✓ Toast ✓ Fruit salad ✓ Iced tea



### Dinners

Roti, Vegetable or Moong dal kichdi



## IMPORTANT NOTES

- ✗ Avoid salt; take saindhav namak in little quantity
- ✗ Avoid smoking and alcohol intake
- ✗ Avoid junk food, sauces, and pickles
- ✗ Limit liquid intake up to 1500 ml per day

