



Organic agents which increase the flow of urine

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Abstract

Diuretics remove fluids from the body through urination. They help rid the system of excess water and toxins and are often used in the form of prescription drugs or over-the-counter medications. But there are natural diuretics that achieve the same effect, and some people believe they work better. Natural diuretics are food or herbs that stimulate the kidneys to produce more urine and thereby help in removal of excess fluids and flushing out toxins from the body.

Keywords: natural diuretics, fluids, juice etc.

Introduction

Diuretics are prescribed for people suffering from edema - accumulation of fluids in the body tissues. People suffering from high blood pressure or heart diseases may be prescribed diuretics. Women suffering from PMS symptoms such as bloating are often advised to take diuretics to rid the body of excess fluid retention. Often diuretics are taken in a bid to lose weight. If taken indiscriminately, diuretics can lead to serious consequences such as dehydration and potassium deficiency. (Wikipedia)

Diuretics can also help in reducing swelling due to water retention in different parts of the body. Normally in such cases, conventional medicines practitioners prescribe diuretic drugs which may have their own disadvantages. Natural diuretics are usually safe and easy include in diet

Benefits of Natural Diuretics

- These foods can remove excess fluids from the body
- Such food help in maintaining electrolyte balance in the body.
- These also help in flushing out toxins and free radicals which may cause malignancies.
- Regulate digestion and reduces bloating.
- These foods provide potassium magnesium, vitamins and other minerals.
- Help in maintaining the blood pressure.

Reasons for Water Retention

- No matter, how careful we are about our diet we do end up accumulating extra fluids in our body. The culprits may include the Chinese meal which one has enjoyed while eating out. Or it may be some packaged and preserved food, usually eaten due to shortage of time. Processed foods include a large amount of sugar and salts, added as preservatives.
- In many women, water retention happens before their menstrual cycle. This leads to bloating and discomfort in the abdomen.
- Another major factor is stress and lack of sleep that is

quite common among working professionals and young people. Both lead to water retention in the body.

- Due to our present-day hectic but sedentary lifestyles and varying degrees of digital addiction, stress, lack of sleep and bingeing on junk food have become almost permanent features of our life. Hence, it is a good idea to add some natural diuretics in our regular diet.
- There are certain serious medical conditions like hypertension and congestive heart disease which cause fluid retention usually; diuretics are prescribed by the doctors to overcome water retention. In such Cases it is best to consult your doctor before adding natural diuretics in your diet.
- Now a day's many dietician are including natural diuretics in the weight loss diet plans. This is good way to lose the excess water weight of body. In addition, these also increase the metabolic rate of body which leads to faster weight reduction.

Natural Diuretics Foods

Foods that are diuretics are generally those that increase urine flow and help rid your body of excess fluids. You may eat various natural diuretic foods for water retention, but keep in mind that along with the fluids you may also be flushing out important minerals and vitamins. Sometimes you need to take supplements if you are taking in a lot of diuretic foods (Bonci L, 2009). For now though, we will focus on foods that are diuretics and tell you what they are:

Liquids

1. Green Tea

Green tea has been used as a medicine for thousands of years, originating in China but widely used throughout Asia this beverage has a multitude of uses from lowering blood pressure to preventing cancer. The reason that green tea has more health benefits attached to it than black tea is (apparently) due to the processing. Black tea is processed in a way that allows for fermentation whereas green tea's processing avoids the fermentation process. As a result, green tea retains maximum

amount of antioxidants and poly-phenols the substances that give green tea its many benefits. Here's a list of some of its amazing benefits — benefits that you may not have been aware of. Some of these benefits are still being debated, so please do your own research if you want to use green tea for medicinal purposes.

- 1. Weight Loss:** Green tea increases the metabolism. The polyphenol found in green tea works to intensify levels of fat oxidation and the rate at which your body turns food into calories.
- 2. Diabetes:** Green tea apparently helps regulate glucose levels slowing the rise of blood sugar after eating. This can prevent high insulin spikes and resulting fat storage.
- 3. Heart Disease:** Scientists think green tea works on the lining of blood vessels, helping keep them stay relaxed and better able to withstand changes in blood pressure. It may also protect against the formation of clots, which are the primary cause of heart attacks.
- 4. Esophageal Cancer:** It can reduce the risk of esophageal cancer, but it is also widely thought to kill cancer cells in general without damaging the healthy tissue around them.
- 5. Cholesterol:** Green tea reduces bad cholesterol in the blood and improves the ratio of good cholesterol to bad cholesterol.
- 6. Blood Pressure:** Regular consumption of green tea is thought to reduce the risk of high blood pressure.
- 7. Depression:** Thiamine is an amino acid naturally found in tea leaves. It is this substance that is thought to provide a relaxing and tranquilizing effect and be a great benefit to tea drinkers.
- 8. Anti-viral and Anti-bacterial:** Tea catechins are strong antibacterial and antiviral agents which make them effective for treating everything from influenza to cancer. In some studies green tea has been shown to inhibit the spread of many diseases.
- 9. Skincare:** Green tea can apparently also help with wrinkles and the signs of aging, This is because of their antioxidant and anti-inflammatory activities. Both animal and human studies have demonstrated that green tea applied topically can reduce sun damage.
It is a natural diuretic and you can have two cups of green tea daily.

2. Barley water

Barley or jow is millet. About two to three glasses can be consumed every day to speed up your metabolism and burn more calories. It can cure urinary tract infections and helps the body to keep cool during the summer. It lowers cholesterol and blood sugar, help in digestion and aids in weight loss.

Barley water ranks high in the category of healthy beverages because it is loaded with essential nutrients. Since barley is a good source of soluble and insoluble fibre, vitamins, essential minerals (calcium, iron, manganese, magnesium, zinc and copper), anti-oxidants and phytochemicals which are believed to lower the risk of heart disease and diabetes, barley water too draws out these benefits to make itself a health booster. To prepare, soak one table spoon barley in one and half glass of water over night. Simmer it for 10 minutes in the morning. Cool and strain. Why you should give it a try -

- 1. Aids in Detoxification:** Regular usage of barley water

helps flush out toxins from the body and the intestines through the urinary tract. This process is primarily triggered by a group of sugars called beta-glucans which are present in the cell walls of barley. It therefore helps in cleansing the internal system of the body.

- 2. Home Remedy for Urinary Tract Infections:** Since barley water acts as a diuretic, in many households in India, it is considered to be a natural remedy for urinary tract infections, and children or adults are often recommended a few glasses of barley water on a daily basis till the infection subsides. It is also said to be a good remedy for kidney stones or cysts.
- 3. Helps in Digestion Related Problems:** In Ayurveda, barley water is considered as a digestive tonic which helps in facilitating the process of digestion, especially for those who have low. Different body types, such as Vata, Pita and Kapha, can also mix in a few spices respectively to further aid in the process. It is often recommended to those suffering from constipation or diarrhea, and it also helps restore the electrolyte balance during infections.
According to the book *Barley for Food and Health: Science, Technology, and Products* by Rosemary K. Newman and C. Walter Newman, " Barley water is a beverage known since ancient times as a folk remedy or preventative for numerous ailments, such as gastroenteritis and heat exhaustion." Since it is a light beverage, it is easy on the stomach, and because it contains essential minerals, it aids in various processes of the body.
- 4. Promotes Weight Loss:** Since barley is an excellent source of fiber, barley water too retains this characteristic in some measure. It therefore proves to be a great option for those seeking to lose weight as it tends to fill you up for a longer time, thus cutting down on your food intake. Moreover, as it is good for digestion, it also stimulates the metabolism of fats. But this definitely does not mean that you can indulge in fatty foods and expect barley water to work its magic.
- 5. Lowers Cholesterol and Blood Sugar:** Being a good source of fiber and beta-glucans, barley water also works towards keeping a check on blood cholesterol (by inhibiting the absorption of LDL and triglycerides from food) and blood sugar (by improving insulin resistance). Moreover, it has anti-inflammatory properties which not only help in cooling the body but in protecting the heart as well.

3. Cumin (jeera) water

Cumin contains high amount of iron, so the water can check anemia and boost immunity. It boosts sluggish metabolic rate it is beneficial for the liver and aids respiratory system because cumin is anti-congestive by nature, and help get rid of the mucous accumulated in chest. It can regulate blood pressure, as cumin is high in potassium. It can reduce blood sugar level if taken on empty stomach. Jeera water also help get rid of acidity and bloating, and provides relief from indigestion. It acts as a painkiller and is especially beneficial in curing stomach ache. Cumin water is good for pregnant woman and new mom as it improves digestion during pregnancy and promotes lactation. Soak one table spoon of jeera in one and half glass of water over night. Boil, cool and

strain. It is best to drink it early in the morning on an empty stomach. (Ahmad, S. 2017)

- 1. Improves digestion:** The presence of thymus and other essential oils in cumin seeds stimulate the salivary glands thereby helping in the digestion of food. Apart from this, it strengthens a sluggish digestive system. Hence, if you do suffer from indigestion try drinking some jeera tea. Apart from that this jeera-banana combo can help you lose weight too.
- 2. Beats constipation:** Due to its high fibre content, jeera boosts the activity of the gastrointestinal tract which in turn stimulates enzyme secretion. This is why jeera powder is commonly used as a natural laxative. In fact, its laxative properties are so powerful that Ayurveda practitioners believe that it is capable of preventing and healing severe digestive disorders like piles.
- 3. Fights cancer:** According to the studies conducted by the Cancer Research Laboratory of Hilton Head Island, South Carolina, USA, jeera can help in the fight against cancer. This is because it contains an active compound, known as cumin aldehyde that helps in retarding the growth of tumours. However, this anti-cancer property was confined to kala jeera.
- 4. Regulates blood pressure and heart rate:** Being high in potassium a mineral that helps maintain the electrolyte balance in the body this seed is an elixir for heart patients. This mineral not only helps in the regulation cell production but also helps maintain your blood pressure and heart rate. Because of its regulatory properties, jeera helps patients who have heart disease and helps prevent it as well.
- 5. Relieves asthma and cold:** The potent anti-inflammatory, anti-bacterial and anti-fungal properties of cumin seed, makes it a great home remedy for cold and asthma. These compounds soothe inflamed muscles and boost your immunity to fight the infection.
- 6. Helps prevent anemia:** Did you know that 100 grams of jeera contains 11.7 milligrams of iron? Iron is the main component in the production of hemoglobin – a substance that carries and transports oxygen throughout our body. This is why jeera is the most natural and effective supplement for people suffering from anemia.
- 7. Improves sexual health:** Yes, it's true. The humble seed can up your sexual quotient. Packed with zinc and potassium, jeera is an all-rounder when it comes to improving your performance in the bedroom. Zinc is important for sperm production and potassium maintains a healthy heart rate and blood pressure.
- 8. Great for pregnant mothers:** As a seed, it acts as a wonder spice for mothers-to-be and new mothers. Its properties of relieving constipation and improving digestion greatly help pregnant women deal with pregnancy symptoms like nausea and constipation. Along with aiding in better delivery, this spice enhances lactation. Also, the high amount of iron and calcium content in the seed increases milk production without any side effects.
- 9. Helps to deal with insomnia:** Can't sleep? Maybe jeera can help. The tiny cumin seed might just do the trick for you. Jeera contains a high amount of melatonin, which

when consumed with bananas increases the production of chemicals within the brain. This concoction helps beat insomnia and gives you a good night's sleep.

- 10. Enhances memory:** Packed with minerals like riboflavin, vitamin B6, niacin and many more, jeera is well known for its ability to maintain and restore memory and mental health. In Ayurveda, it is often used to treat patients suffering from amnesia. While home remedies are something we all rely on in our everyday life, it is essential that you go to a trained physician if your symptoms persist or get worse.

4. Fennel water

Fennel (sonf) water is beneficial in checking constipation, indigestion, irritable bowel syndrome and bloating. The water can aid with bronchitis, congestion and cough as fennel seeds have expectorant properties. It helps purify loud and check free radicals. Boil one table spoon of in one glass of water for 10 minutes. Cool and strain (Tadimalla, R.T. 2018).

- 1. Beats Bad Breath:** Munching on a few fennel seeds will sweeten and refresh your breath after a meal and especially get rid of bad breath after an odorous meal. Its antimicrobial properties fight the germs that cause bad breath. Its antibacterial and anti-inflammatory properties also soothe sore gums. In addition to chewing on a fennel seeds, you can swish lukewarm fennel tea in your mouth and gargle with it to reduce bad breath.
- 2. Aids Digestion:** Fennel is highly beneficial in relieving digestive problems such as indigestion, bloating, flatulence, constipation, colic, intestinal gas, heartburn, and even irritable bowel. This herb stimulates digestion and has carminative effects that soothe the digestive tract and prevent the formation of gas. Moreover, it can help rebuild the digestive system after radiation or chemotherapy treatments. Simply chewing a teaspoon of fennel seeds after meals aids digestion and relieves stomach pains and bloating. When suffering from indigestion, you can drink fennel tea or take one-half teaspoon of fennel seed powder along with water two times a day.
- 3. Relieves Water Retention:** Drinking fennel tea on a regular basis helps flush out excess fluids from the body as it works as a diuretic. You can also reduce puffy eyes caused by fluid retention by applying strong fennel tea under your eyes. In addition to preventing and relieving water retention, fennel helps remove toxins and reduces the risk of urinary tract problems. It also has diaphoretic properties that will stimulate perspiration.
- 4. Reduces Obesity:** Fennel is excellent for combating obesity as it suppresses the appetite and creates a feeling of fullness. Fresh fennel works as a natural fat buster by boosting the metabolism and breaking down fats. Plus, being a diuretic, fennel helps reduce water retention, which is a common cause of temporary weight gain. One simple way to facilitate weight loss with this herb is to dry roast, grind and sieve fennel seeds and consume one-half teaspoon of the powder with warm water twice daily.
- 5. Protects Against Cancers:** Fennel bulb can help decrease the risk of developing colon cancer because it helps remove carcinogenic toxins from the colon.

6. Relieves Menstrual Problems: Many factors, including stress and poor diet, can interrupt a woman's regular menstrual cycle. Fennel seeds have emmenagogue properties that promote and regulate menstrual flow. The herb also has phytoestrogens that help with issues like premenstrual syndrome, menopausal disorders, and breast enlargement.

5. Lemon water

Lemon is a good source of vitamin C which is an antioxidant that helps protect cell from damaging free radicals. It aids in digestion and boosts immunity. It may also help prevent kidney stone. It may reduce inflammation, risk of heart disease and stroke and lower blood pressure. Squeeze one lemon in a glass of water and drink without any salt or sugar

Lemon Water Benefits

- Natural body cleanser, detox agent
- Improves digestion
- Aids in weight loss
- Prevents cold and flu
- Stops bloating
- Helps with urinary tract infections
- Keeps your mouth clean.

6. Apple cider vinegar

It can reduce blood sugar and cholesterol, helps in weight loss. Mix two table spoons in one and half glass of water and drink.

1. Help Control Blood Sugar and Prevent Diabetes:

Acetic acid, the main component of all types of vinegar, appears to block enzymes that help you digest starch, resulting in a smaller blood sugar response after starchy meals such as pasta or bread.

2. Weight Loss: If you're trying to lose weight, apple cider vinegar is sometimes said to help. While preliminary research suggests that vinegar may increase fat oxidation, a study found that the effect appears to be very modest (one to two pounds total weight loss in 12 weeks).

7. Beetroot juice

Although most people think of beets as a reddish vegetable, they also come in other color varieties, namely white, golden and rainbow-colored. The green leaves attached to beets are edible and are highly nutritious. The popularity of beets grew in the 19th century when people discovered that they are a rich source of sugar. When the British restricted sugar cane access, Napoleon ordered the beet to be used as the main source of sugar, increasing their popularity.

The Nutrients in Beet Juice

Beet juice is highly nutritious. It contains a number of essential vitamins and minerals:

- Folate
- Manganese
- Potassium
- Dietary fiber
- Vitamin C
- Iron, magnesium, copper, and phosphorus

Health Benefits

Beet juice is a powerful cleanser of the blood. It contains nutrients that work to protect against heart disease, and certain types of cancer, particularly colon cancer. The pigment that is responsible for the purple-red color of beets is a cancer-fighting agent called betacyanin. In patients with stomach cancer, beet juice has been found to have critical impact, inhibiting cancer cell mutations. The B vitamin folate in beets aids in tissue growth. Foods rich in folate are important when a woman is pregnant. The folate aids in proper development of the baby & spinal column. (Pines, 2014)

8. Coconut water

Coconut water provides various health benefits, including re-hydration, weight loss, a remedy for digestive system disorders and cholera, it is useful for intravenous hydration, as well as controlling hypertension, lowering cholesterol levels, and protecting the heart. Coconut trees are considered wonder trees by mankind. Not only the fruit but the whole palm is reported to be very useful. Coconuts provide coconut water and the flesh inside the nut. the water and flesh supply us with essential nutrients that can keep our stomachs full and give us the energy to increase endurance.

9. Cranberry juice

Cranberry juice is full of antioxidants, fiber and vitamins. It is high in vitamin C and can boost your immune system. Drinking cranberry juice has been known to treat and prevent urinary tract infections and other bladder and kidney infections. Cranberries contain certain acids that prevent kidney stone development. Minerals in cranberries can help rinse the body of infections caused by the E. coli bacteria. The juice may also reduce urinary odor and burning sensations.

10. Fruits

Fruits such as watermelon, pineapple, orange, peach, pears and apple have large water content and act as diuretics.

11. Vegetables

Vegetables like cabbage, tomato, carrots, raw cucumber lettuce, celery, parsley, egg plants, pumpkin, cauliflower and beets are good diuretics.

12 Herbs

Tulsi leaves, garlic, ginger and spices like cinnamon act as diuretics.

Conclusion

Taking diuretics in the form of drug may cause side effect like weakness, dehydration, tiredness, etc. Natural diuretics not only help in removing excess fluids from the body, but these also provide many vitamins, antioxidants and vital minerals which helps in keeping your body healthy.

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