



NERUNJIL / NEERMULLI KUDINEER

Ref:- Siddha Vaithiya Thirattu



Ingredients:

- *Tribulus terrestris*
- *Embllica officinalis*
- *Terminalia chebula*
- *Terminalia bellerica*
- *Asteracantha longifolia*
- *Smilax china*
- *Solanum nigrum*
- *Cassia fistula*
- *Foeniculam vulgare*
- *Cucumis sativus*
- *Lagenaris vulgararia*

Action:

Nerunjil/Neermulli Kudineer helps to maintain the body fluids and helps to regulate the hormones for normal kidney function. It also helps kidney to maintain the ionic concentration. It regulates frequent urination

Indications:

Nerunjil / Neermulli Kudineer can be prescribed for the following conditions

- Oedema
- Ascites
- Diuretic
- Urinary Retention

Dosages and direction for use:

Dose	Supporting drug	Supporting drug Strength	Carrier	Carrier Strength	Morning	Evening	Before food	After food	No.of days
30-50 ml	-	-	Hot water	100 ml	Y	Y	-	Y	50

Direction : - Take 300 ml water, mix 5 g of Nerunjil / Neermulli Kudineer Chooranam soak for 10 hours. Then boil till reduces to 50 ml. Drink warm and prepare always fresh consume 30 minutes after food.

Diet Instructions:

Eat Vegetarian Food, Must not eat Mustard, Mustard oil, Sesame seed, Sesame oil, Tamarind, Bitter gourd, Bottle gourd, August tree leaves, Pumpkins.

Side Effects:

Nerunjil / Neermulli Kudineer is not known for any known side effects if taken as per the prescribed dose along with diet instruction.

Note: The above information are for reference only. The actual usage of the medicine will be advised by physician based on the disease condition.