



A kidney is a bean-shaped organ located in the lower abdomen, just below the rib cage. Each kidney is about the size of a fist and weighs approximately 130 grams. The kidneys have a vital role in the body as they are responsible for filtering blood, producing urine, and maintaining the balance of electrolytes, water, and waste products. The kidneys are made up of millions of tiny filtering units called nephrons.

Each nephron filters blood and removes waste products, excess water, and electrolytes. The filtered blood and waste products then flow into the ureters, which are tubes that connect the kidneys to the bladder.

The urine then flows into the bladder and is stored until it is released through the urethra during urination. The kidneys also play a role in regulating blood pressure, maintaining