

## N2 NIRURI

The  
Primary  
Organs  
Detox



**Niruri**  
Phyllanthus  
Niruri



**Fenugreek**  
Trigonella  
Foenum-graecum

Phyllanthus niruri is a small annual herb that grows in subtropical and tropical regions like Brazil, India and Malaysia. It pops up everywhere, especially after rain. While many consider it a weed, the precious solutions to a number of our modern day ailments can be found in the leaves, stems and roots of the plant. Since ancient times, Phyllanthus niruri has been used as a natural remedy in ayurveda, traditional Chinese medicine (TCM), jamu and western herbalism. It goes by many names: the Malays call it Dukung Anak; the Indians Bhumyamlaiki or Bhui-amla; in Chinese it's Zhen Zhu Cao or Ye Xia Zhu; in the west, it's Chanca Piedra. Its most famous nickname is Stonebreaker, for its ability to dissolve kidney and gallbladder stones. In the Indian herbal system it is a major remedy for liver-related and gastric disorders. Other uses include fever, pain, obesity, vaginitis, jaundice, malaria and bacterial infections. In Indonesian jamu, it's used as an antiviral and hepatoprotective agent. In Malaysia, Dukung Anak is used for diarrhea, kidney disorders, gonorrhea and coughs. So richly diverse are its potentials, it has been crowned the "secret herb of the century" and "magic herb". Science has unveiled that it has over 80 different phytochemicals, some unique to the plant. The active constituents of Phyllanthus niruri include lignans, tannins, coumarins, terpenes, flavonoids, alkaloids, saponins and phenylpropanoids. Common lipids, sterols and flavonols also occur in the plant. Some of the most intriguing therapeutic properties include anti-hepatotoxic, anti-lithic, anti-hypertensive, anti-HIV, anti-hepatitis B, and anti-cancer. The liver protective activity of Phyllanthus niruri has been attributed to two novel lignans, phyllanthin and hypophyllanthin. Other studies show that Phyllanthus niruri has anti-diabetic and kidney protective effects.

## THE IMPORTANCE OF A HEALTHY LIVER AND KIDNEYS

The kidneys and liver are vital organs without which life is not possible. Together the liver and kidneys make up the body's main detoxification organs. They work in synergy to perform many of the body's vital processes.

The liver is an amazing organ. It is a super multi-tasker doing over 500 different functions. It is the largest organ after the skin – the adult liver is about 1.5kg – and the only visceral organ that can regenerate itself. You can have half your liver removed and it will grow back. The major functions of the liver are: 1. Production of bile to break down food in the small intestines so it can be absorbed by the body. 2. Storage of vitamins and minerals like vitamins A, D, E, K, B12 and iron. 3. Immune function: the liver contains immune cells to kill pathogens entering the liver via the gut. 4. Detoxification: The liver filters and removes bacteria, toxins – including those that our body produces – and substances the body has no use for.

The kidneys are so important that we have a pair, so you have a "spare" should one fail. They are small, each the size of a fist. The kidneys are master regulators and filters. Some of the kidneys' main functions are: 1. Regulating fluid and electrolyte (mineral) balance vital for cell performance. 2. Controlling blood glucose and blood pressure. 3. Regulating body pH, or acid-alkaline balance; even small variances in pH can result in death. 4. Blood filtration: The kidneys receive and filter about 1200ml of blood per minute – about a quarter of our blood flow. 5. Secretion of hormones such as antidiuretic hormone and aldosterone. Because the roles of the kidneys and liver impact so many parts of the body, an underpar liver or kidneys can affect you in many ways. Hence it pays to be mindful of, and take good care of the kidneys and liver.

**N2 Phyllanthus Niruri** In formulating HerbalistAsia's Phyllanthus niruri product, we were interested in Phyllanthus niruri's ability to support liver and kidney health and boost the elimination of toxins.

## DETOXIFICATION AID

Detoxification is the body's process of removing toxic substances. Let's make it clear that there's no such thing as a detox diet, pill or procedure. Detoxification is a vital process that your body is programmed to perform all the time. But you can help to reduce the load on the liver and kidneys by avoiding alcohol overloads, unhealthy food and overdosing on drugs and medicines. A healthy liver and kidneys is what ensures the detox process keeps humming along round the clock, non-stop. An efficient body detox system will lead to an improved immunity system, reduced digestive sensitivities and a strong wall against allergies and environmental pollutants. Phyllanthus niruri's liver and kidney protective properties have been proven in various clinical studies.

## SERVING SUGGESTION

Bring 300-400ml water to boil. Slice a lemongrass at a slant (use only the base of the lemongrass).

Snip a pandan leaf into short segments. Add to the water and boil for about 5 minutes.

Remove from heat and leave to infuse for 5-10 minutes. Stir in 1 heaped teaspoon of niruri powder and sweeten to taste with honey and lemon juice. Enjoy warm or cold.

