

## 肾严重水肿

肾严重水肿，眼睛均肿大且难消下去。

苏子：9 克

蒹蓄：3 克

甘草：2 片

炮制方法：

苏子：黑粒的苏子炒五成后使用

蒹蓄：带根的全草，炒一成后使用



Herbal Order

将三种药材混合一起放在一起制成茶包，放入 1000 克水，在热水壶中煮 10 分钟后可以饮用。

切记不能多喝，病人每次喝 3 口即可，不可过量增加肾脏负担。饮用后 7 日见效。（因人而异）

作用：

严重的肾水肿对心脏会造成很大的伤害，该药物不仅能缓解肾水肿，同时对心脏起到保护作用。

## Severe Renal Edema Relief Formula

Severe renal edema is characterized by significant and persistent swelling of the eyes.

### 【Ingredients (Daily Dosage)】

- Perilla Fruit (*Perillae Fructus*): 9 grams
- Knotgrass (*Polygonum aviculare*, whole herb with roots): 3 grams
- Licorice (*Glycyrrhizae Radix et Rhizoma*): 2 slices

### 【Processing Methods】

1. Perilla Fruit: Take black-seeded perilla fruit and stir-fry it until it reaches 50% doneness (light brown with a faint aroma) before use.

2. Knotgrass: Take the whole herb with roots and stir-fry it until it reaches 10%

doneness (slightly heated without obvious color change) before use.

#### **【Preparation & Administration】**

1. Mix the three processed medicinal materials to make a tea bag.
2. Place the tea bag into 1000 grams of water, boil it in an electric kettle for 10 minutes, then it is ready to drink.
3. Important Note: Do not drink excessively. The patient should only take 3 sips each time to avoid increasing the kidney burden.

#### **【Onset of Effect】**

- Effects may be observed within 7 days of use (effects vary from person to person).

#### **【Efficacy】**

Severe renal edema can cause significant damage to the heart. This formula not only relieves renal edema but also provides a protective effect on the heart.