

## KIDNEYS, INFLAMMATION OF THE

Scrofulous persons are quite apt to have acute inflammation of the kidneys. This disease is also brought on quite frequently, by exposure to cold and damp, also from the formation of gravel— hardened calculi— in the kidneys or their excretory ducts— the ureters—occasioned by drinking hard water, also from intemperance combined with poor living, also from the use of medicines given to promote the urinary excretions. Suppuration and the formation of abscesses in the substance of the kidneys often result from acute inflammation in these organs. Chronic inflammation may result in a gradual breaking down of the excreting glands of the kidneys, causing most serious difficulty.

**Symptoms.**— In the acute variety of this disease, there is deep-seated pain in the loins on the affected side, especially in the region of the kidneys; the pain sometimes extending along the duct from the kidney to the neck of the bladder, or to the groin. The pain is increased by pressure or by exercise. There is also numbness of the thigh on the affected side. There may be occasional chills, fever,

nausea, and vomiting, great thirst, constipation, and a swollen or bloated abdomen, and occasionally there may be suppression of the urine.

In chronic inflammation of the kidneys, the symptoms differ from the above in that they are scattered through a longer period, consequently are not so noticeable, yet, were they all concentrated into two or three weeks' time, they would be as above described.

**Treatment.**—Acute inflammation of the kidneys should be treated by applying hot fomentations to the loins and back, over the kidneys, or by alternating the hot fomentation with the cold compress, or by applying cold to the back, and heat to the bowels over the umbilicus. The hot sitz-bath should be taken frequently. The hot-air-bath and the hot wet woolen sheet pack are also applicable. The fever that attends should be treated as an ordinary fever. Wear the cool wet-girdle nights, and apply cold water over the kidneys frequently.

In chronic inflammation of the kidneys, the tepid sitz-bath, full-bath, half-bath, the dripping-sheet, and the spray-bath, are all applicable, and any of these may be taken three times a week. If there is much pain, apply hot fomentations. The diet must be strictly hygienic.

*One of a pair of organs in the abdomen. The kidneys remove waste and extra water from the blood (as urine) and help keep chemicals (such as sodium, potassium, and calcium) balanced in the body. The kidneys also make hormones that help control blood pressure and stimulate bone marrow to make red blood cells.*



*The Hygienic Family Physician: A Complete Guide for the Preservation of Health, and the Treatment of the Sick without Medicine, pg. 271-72 by M. G. Kellogg*