The Urinary System

The Urinary System: Primary Functions

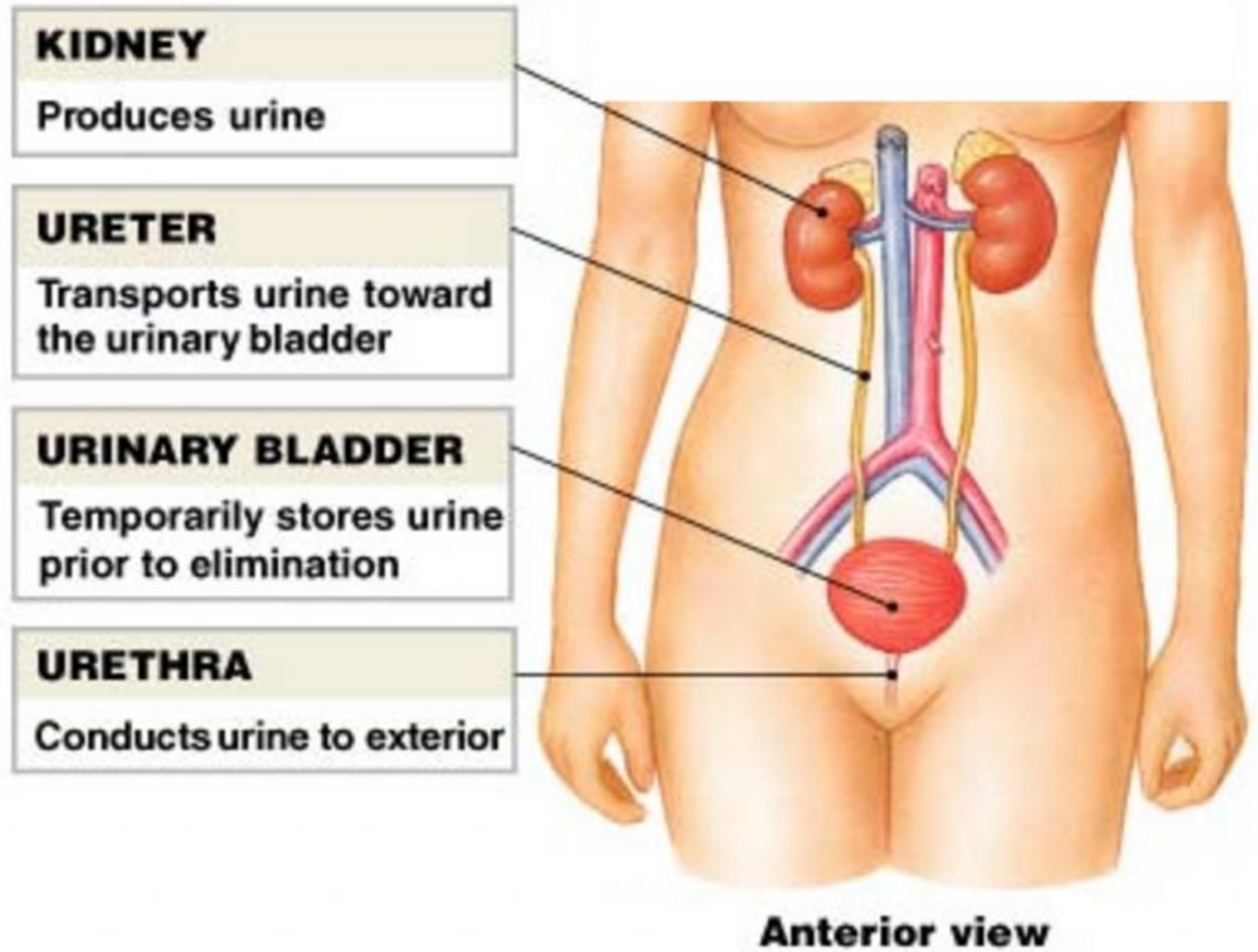
- Helps regulate the water and chemical balance of the body
- Removes waste and excess fluid from the body
- Controls blood pressure
- Makes hormones to keep your bones healthy
- Lubricates the nervous system, the chemical and electric balance of the body
- Maintains healthy balance of minerals (electrolytes) in the body

Overview of the Urinary (Renal) System

Filtration system. Filter 150 liters of blood per day, about ½ cup per minute!

Muscle contractions along the tubes push the urine

Can hold up to 2 cups



The Kidneys

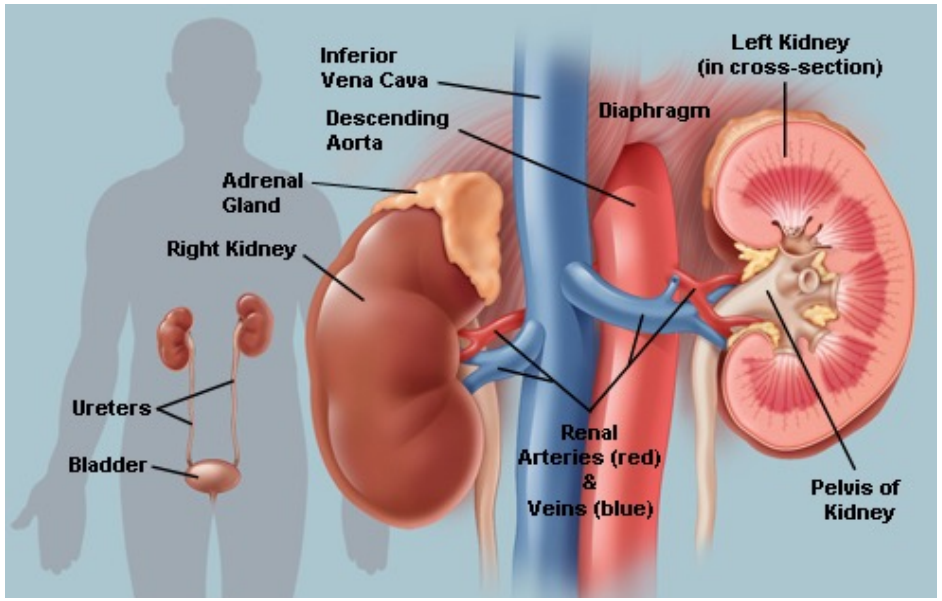
LOCATION: just above the waist in the back, under the diaphragm

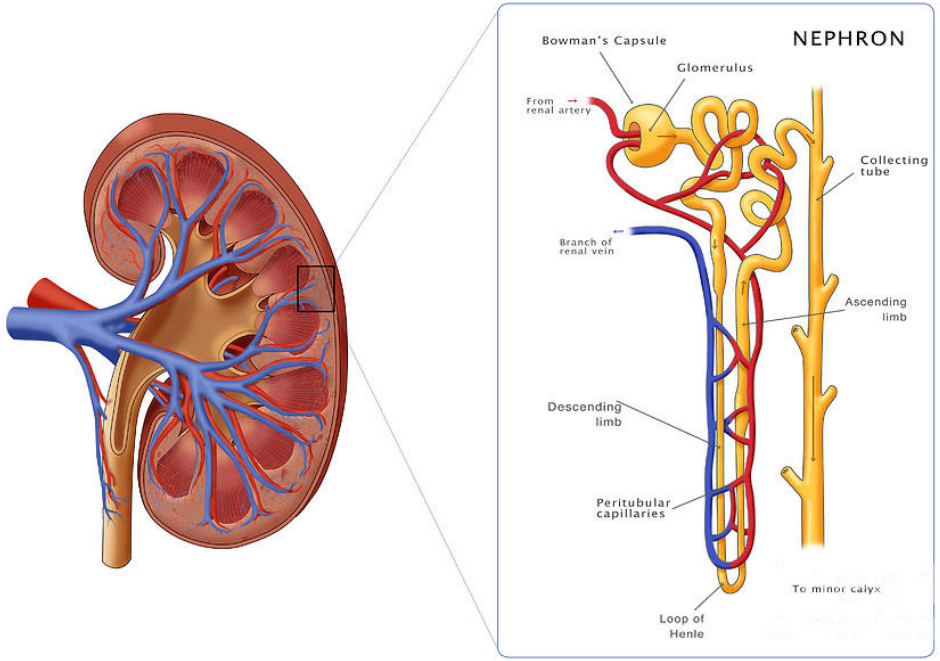
FUNCTION:

1. To remove waste and excess water from the blood to produce urine.
2. To stimulate the red blood cell production in the bone marrow
3. To regulate the blood pressure
4. To regulate and balance electrolytes, and blood PH

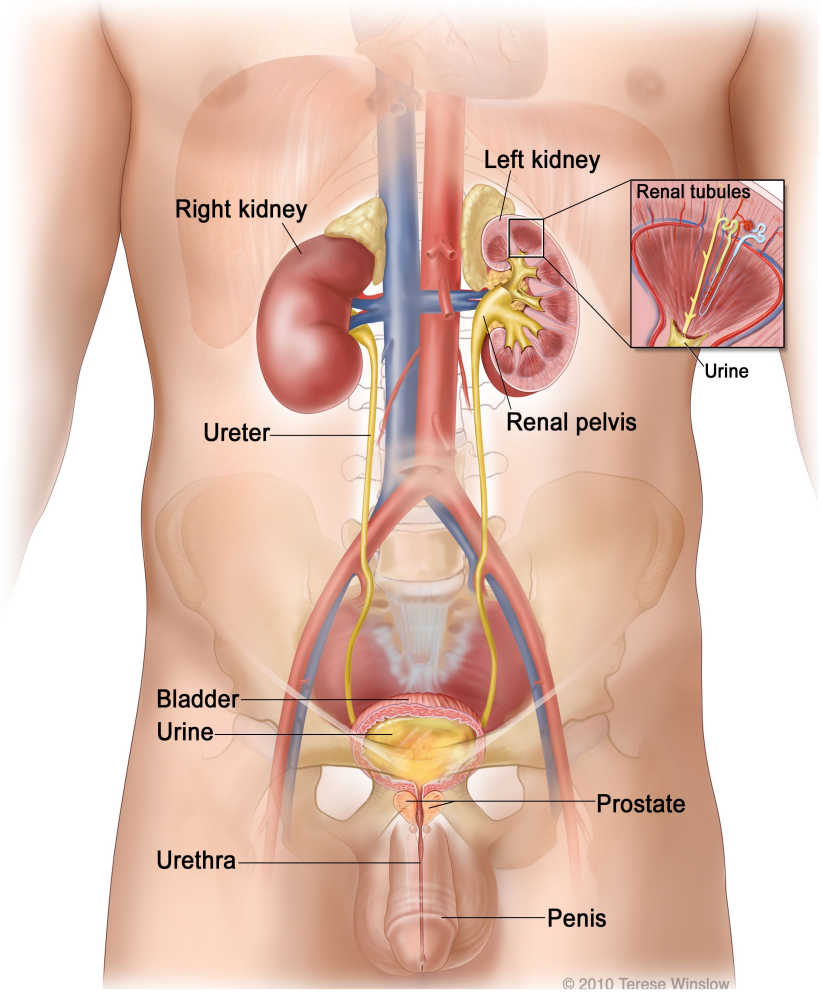
NEPHRONS - The functional filtration system

1. about 1,000,000 in each kidney!
2. comprised of: glomerulus and tubule. Glomeruli filter the blood. Tubules return needed substances to your blood and filter the waste and excess water which gets sent thru the ureters to the bladder (urine)

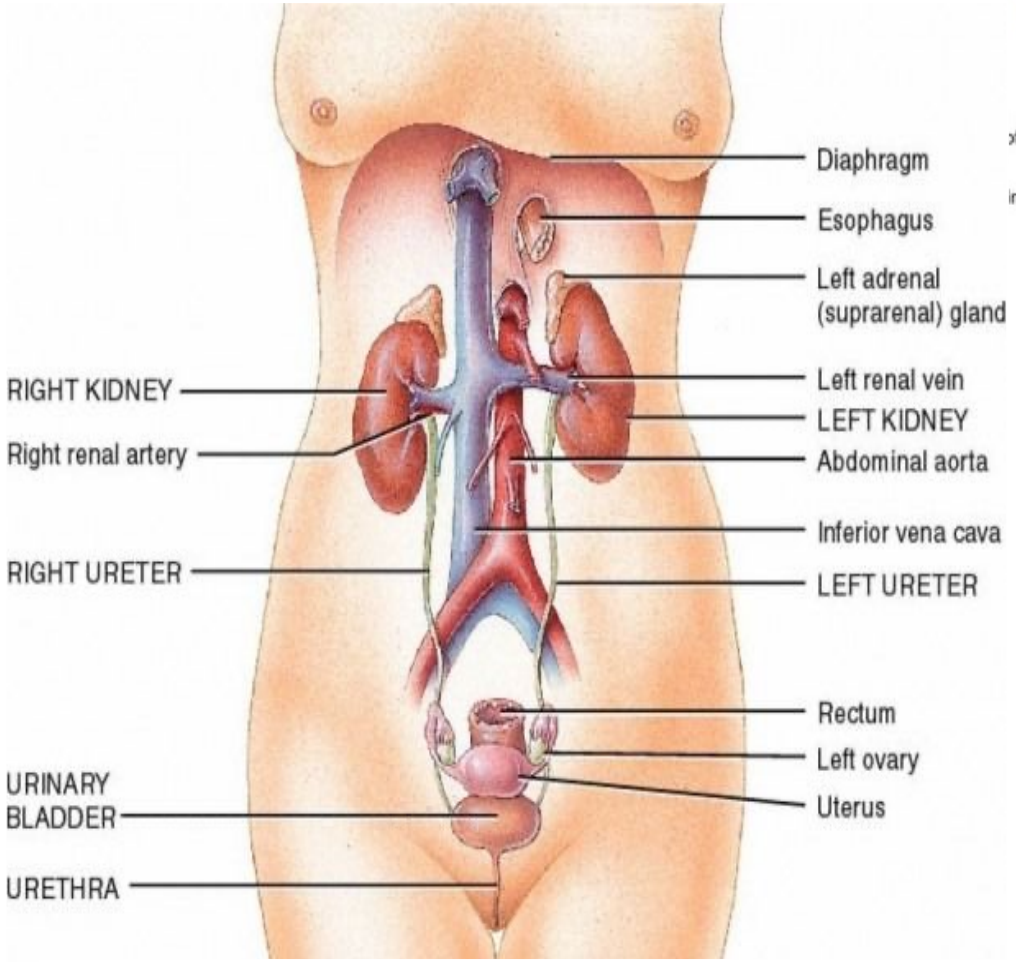


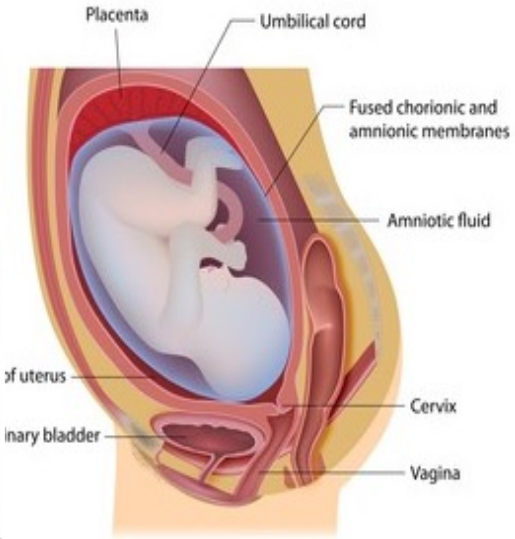


Genito– Urinary System in Males



Genito–Urinary System in Females





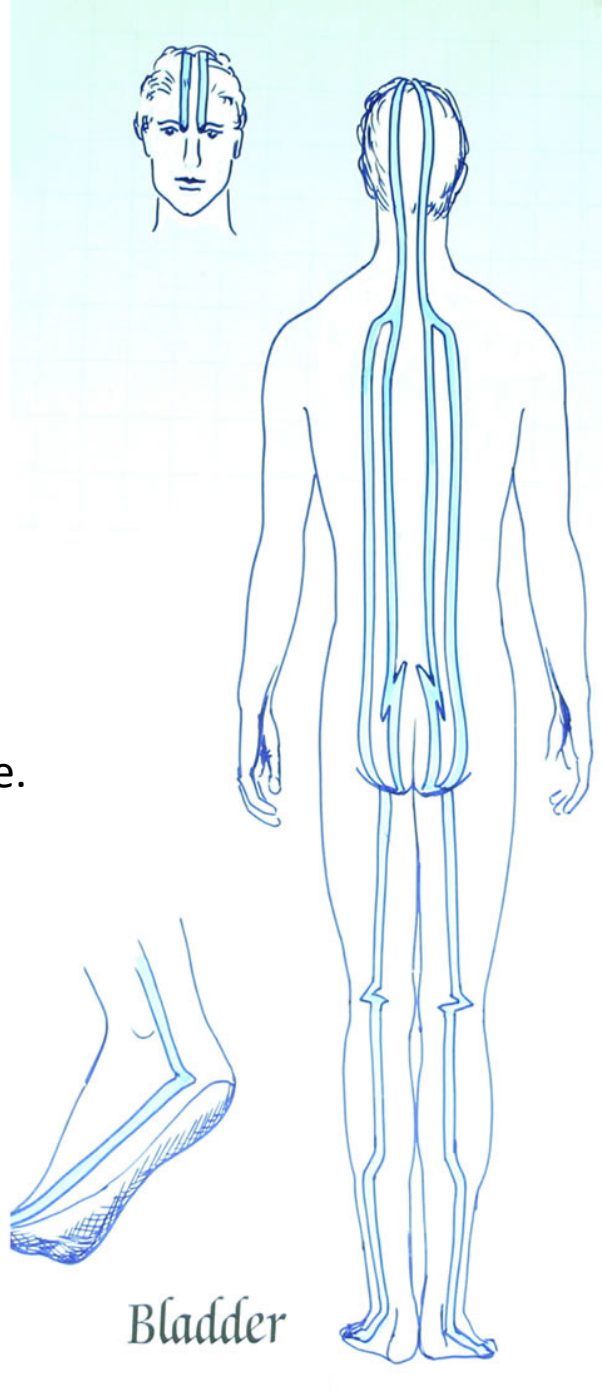
Energy Anatomy

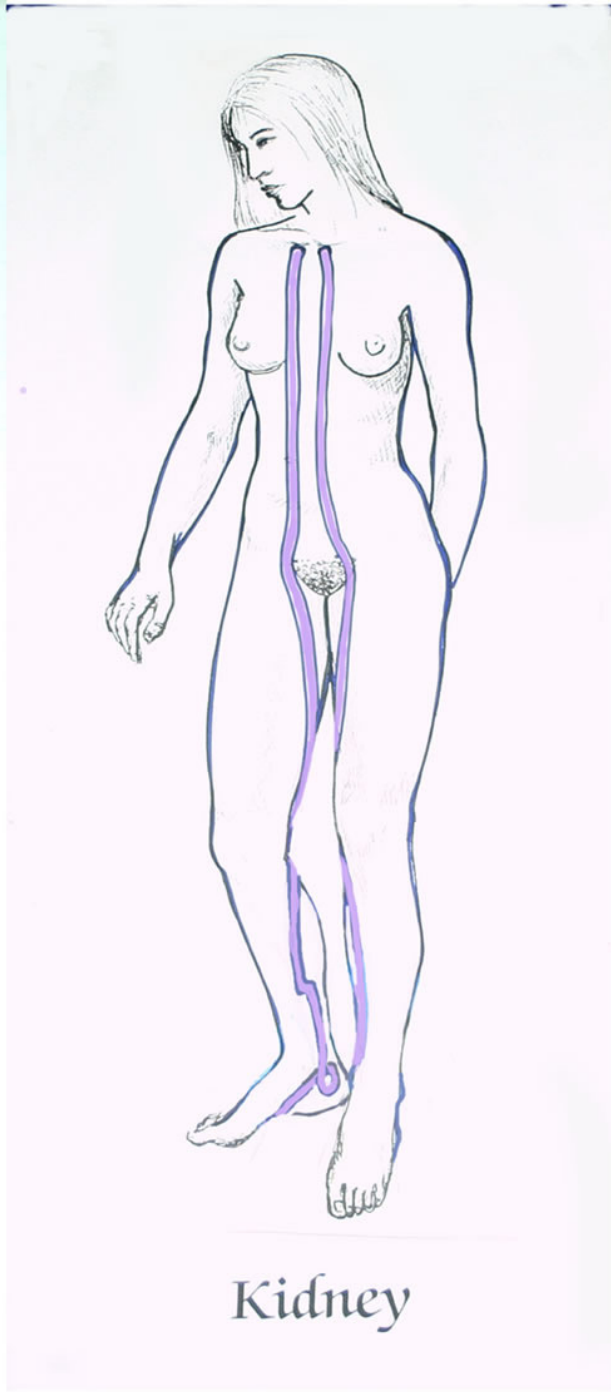
Kidneys

* Source of prana, jing, life force essence
* Ignite all processes and functions within the entire body, mind, and spirit.
* Provide the driving force needed to overcome obstacles and persevere to accomplish our goals, and live life to the fullest
* Root of all yin and yang
* Governs the element of water.
* Strong kidney energy: wisdom of flow, gentleness, perseverance.
* Weak kidney energy: fear, lack of motivation lackluster energy and skin, difficulty finishing things

Bladder

* Balanced bladder energy: Ability to let go and let flow
* Weak bladder energy: nervous tension, reactivity, lower back
* Helps govern the nervous system





Tips for a healthy renal system.

Keep active and fit

Drink plenty of fluids – especially water, water, water!

Go to the bathroom when you feel it

Eat a healthy diet

Pranayam, pranayam, pranayam!

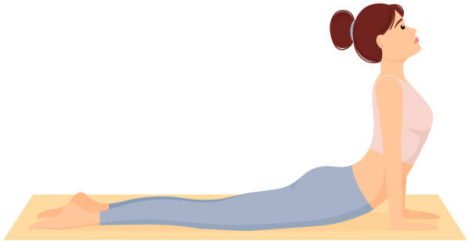
Do pelvic floor exercises (mulbhand!)

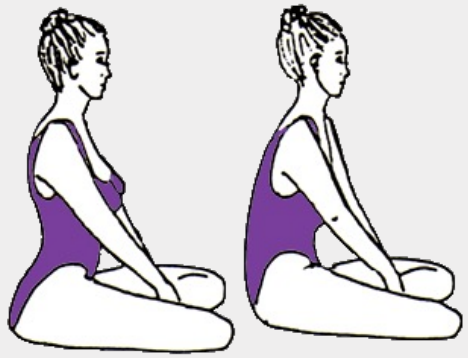
Immerse yourself in the water element

Yoga Postures: Spinal flexes, Spinal twists, Cobra pose, Camel, bow pose, forward bends

Kundalini Yoga Kriyas: Exercise set for the Kidneys; Relaxation and Releasing fear; Kriya for the kidneys and adrenals; Movement Relaxation Series; Toning the Kidneys; Meditation for Emotional Balance; Meditation to Remove Fear of the Future.

Cat Cow Pose





Pelvic lift

Yoga Postures: Spinal flexes, Spinal twists, Cobra pose, Camel, Bow pose, Forward bends, Dancing!