

Conference Abstract

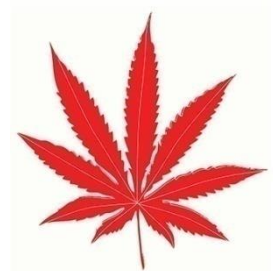
http://dx.doi.org/10.21065/AdvFoodNutriSci.4.141

9th Pak Pharma Healthcare Expo

1ST Pakistan Food –Nutrition International Summit 2019

Monday –Thursday, July 10-11, 2019

Pak-China Friendship Centre, Garden Avenue, Islamabad, Pakistan.



Conference Abstract

CORN SILK (STIGMA MAYDIS) – FLUSHING OUT KIDNEY STONES

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Citation:
Syeda H.B Nishmaya K. Corn Silk (Stigma Maydis) – Flushing Out Kidney Stones. Adv Food Nutr Sci. Vol. 4. 2019.p.141-142.

Funding:
The authors received no direct funding for this research.

Competing Interests:
The authors declare no competing interests.

Additional information is available at the end of the article.

Ethics approval and consent to participate: No ethical approval needed for this research work.

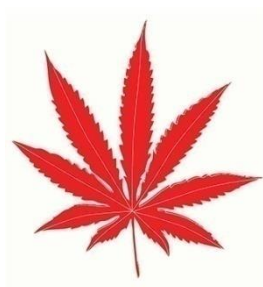
Consent for publication: Author is agreed to submit this abstract for publication in this research journal.

Availability of data and materials: The information and data collected and/ or incorporated in this study is included in this manuscript.

Keywords: kidney stones, corn silk infusions, diuretic, urinary tract infections (UTIs).

ABSTRACT

Kidney stone is one of the major health issues in different countries around the world. The global incidence of kidney stones is increasing with an estimated prevalence up to 15%. Different factors are known to affect the occurrence of kidney stone like age, medical and nutrition history, drug usage, environmental factors and family history. Based on applauded attributes, Corn silk (stigma maydis) is currently used as a medicine for flushing out kidney stones for its special action of being what is known as a “soothing diuretic”. The diuretic action of corn silk infusions increases the flow of urine beyond the equivalent amount of water and thus increases the passage of urinary stones through the urinary tract. It also reduces the chance of sedimentation in future. Corn silk also play an important physical role in treatment by increasing smooth muscle contraction leading to increased urinary output. In addition, the main problems that are known to be treated with stigma maydis are bladder infections and urinary tract problems. Corn silk is used as traditional herbal medicine in China for irritable bladder, bed wetting and fluid retention. It is also used as a medicine and dietary supplement in Turkey, United States and France. As such, this review will cover the research findings regarding the significant role of corn silk in healthcare, specifically in clearing kidney stones out of the body as well as different ways in which corn silk can be used.



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The abstract appearing is approved to present in 9th Pak Pharma Healthcare Expo | 1ST Pakistan Food –Nutrition International Summit 2019, July 10-11, 2019 at Pak-China Friendship Centre, Islamabad, Pakistan. The submissions were selected and processed by the Organizing Committee to be presented in oral or poster session, and were subject to review by the Program Committee.