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Water Therapy: To Reduce The Risk Of Acute Kidney Injury.

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Objectives: One of the factors that cause acute kidney injury is dehydration, which is a lack of fluid intake in the body, an essential fluid in the body is water. Water must be consumed regularly to maintain balance and prevent dehydration that results in acute kidney injury. Therefore humans need to drink water. Excessive water consumption will also not be suitable for the body, so it must be consumed regularly. A study published in the United States medical journal, *Frontiers in Human Neuroscience* states that water consumption is beneficial for health.

Methods: Articles from 2010-2020 were collected from an electronic database. Then as many as ten selected articles were reviewed to answer the purpose of this study.

Results: Dehydration or loss of body fluids caused by lack of drinking seems trivial, and many people may experience it daily. However, this condition can lead to kidney failure. Lack of drinking makes the blood thick, and minerals (calcium) quickly settle in the kidneys and become kidney stones, interfering with kidney function. Therefore, it is highly recommended for anyone to meet the needs of drinking 8-10 glasses or two liters per day. On a typical day, these drinking activities can be done in the morning as much as two glasses, at 11 pm one glass, after lunch two glasses, two glasses in the afternoon, two glasses at night, and before going to bed one more glass. Instead, drink pure water free of minerals, especially sodium, which is often used as a cleanser to help improve kidney health conditions.

Conclusions: helping regulate body temperature to preventing constipation and dehydration. Generally, people undergoing water therapy drink 1-1.5 liters of water at a time. When doing therapy for the first time, people will usually go to the toilet many times until the body adapts to the increased amount of fluids.