

Benefits of Cow Urine

*gavyam pavitram ca rasayanam ca pathyam ca hradyam balam buddhi syata
aayuh pradam rakt vikar hari tridosh hridrog vishapaham syata*

Meaning: Cow urine panchgavya is great elixir, proper diet, pleasing to heart, giver of mental and physical strength, enhances longevity. It balances bile, mucous and airs. Remover of heart diseases and effect of poison.

Today many AIDS patients are taking cow urine therapy. People who were suffering with migraine and headache for the past 15 years have recovered within six months of taking this therapy. Whether it is the question of relieving tension or improving the memory power, in the past few years the Cow Urine Treatment and Research Center, Indore, has treated one and a half lakhs of people. Out of the total patients 85 to 90 percent were patients of constipation there is an old saying that if the stomach is clean half of the diseases get cured automatically. The patient taking cow urine therapy says that he is enjoying sound health and passing bowels easily within one month of this therapy.

1.Cow urine has amazing germicidal power to kill varieties of germs. All germ generated diseases are thus destroyed.

2.According to Ayurveda the cause of all diseases is the imbalance in three faults (tri-dosas) i.e. mucous, bile and air. Cow urine balances the tri-dosas, thus diseases are cured.

3.Cow urine corrects functioning of liver. So, liver makes healthy pure blood. It gives disease resistance power to the body.

4.There are some micronutrients in our body, which give life strength. These micronutrients are flushed out through urine. Therefore gradually ageing steps in our body. Cow urine has all elements, which compensate for deficiency of nutrients in our body, which are required for healthy life. Thus Cow urine stops ageing process. So it is called an elixir and also life giving.

5.Cow urine contains many minerals especially Copper, gold salts, etc. It compensates for bodily mineral deficiency. Presence of gold salts protects body against diseases.

6.Mental tension hurts nervous system. Cow urine is called medhya and hradya, which means it, gives strength to brain and heart. Thus cow urine protects heart and brain from damages caused by mental tension and protects these organs from disorders and diseases.

7.Excessive use of any medicine leaves some residue in our body. This residue causes diseases. Cow urine destroys the poisonous effects of residues and makes body disease free.

8.Electric currents (rays) which are present in the environment keep our body healthy. These rays in form of extremely small currents enter our body through Copper in our body. We get Copper from cow urine. To attract these electric waves is quality of Copper. Thus we become healthy.

9.By acting against the voice of soul (immoral & sinful action), the heart and mind become narrow minded. Due to this the functioning of body is effected and causes diseases. Cow urine provides mode of goodness. Thus helps us to perform correct activities by mind. Thus protects from diseases.

10.In scriptures some diseases are said to be due to sinful actions performed in previous lives which we have to bear. Ganga resides in cow urine. Ganga is destroyer of sins, thus cow urine destroys such previous sins and so diseases are cured.

11.The diseases caused by entrance of ghosts in body are cured by intake of cow urine. The Master of ghosts is Lord Shiva. Lord Shiva holds Ganga on his head. Ganga is in cow urine also. Thus by taking cow

urine, the ghosts get to see Ganga over their master's head. So they are calmed and become peaceful. So they do not trouble the body. Thus, diseases caused by entrance of ghosts are also destroyed.

12. By regularly taking cow urine before sickness, we get so much immunity that any attack of diseases is repulsed.

13. Cow urine being miraculous poison destroyer, destroys the disease caused by poison (Toxin). Extremely dangerous chemicals are purified by cow urine. Cow urine provides immunity power by increasing resistance power against diseases in human body. It is anti toxin.

14. "Sarve rogaah hi mandagnau" All diseases begin with mandagni (Low fire i.e. digestive capacity). If fire is strong, diseases won't occur. Cow urine keeps the fire strong.

Chemical description of cow urine as per modern concepts and cure of diseases accordingly

Chemical contents of cow urine:-

1. Nitrogen N_2 , NH_2 Removes blood abnormalities and toxins, Natural stimulant of urinary track, activates kidneys and it is diuretic.
2. Sulphur S Supports motion in large intestines. Cleanses blood.
3. Ammonia NH_3 Stabilise bile, mucous and air of body. Stabilises blood formation.
4. Copper Cu Controls built up of unwanted fats
5. Iron Fe Maintains balance and helps in production of red blood cells & haemoglobin. Stabilises working power.
6. Urea $CO(NH_2)_2$ Affects urine formation and removal. Germicidal.
7. Uric Acid $C_5H_4N_4O_3$ Removes heart swelling or inflammation. It is diuretic therefore destroys toxins.
8. Phosphate P Helps in removing stones from urinary track.
9. Sodium Na Purifies blood. Antacid
10. Potassium K Cures hereditary rheumatism. Increases appetite. Removes muscular weakness and laziness.
11. Manganese Mn Germicidal, stops growth of germs, protects decay due to gangrene.
12. Carbolic acid $HCOOH$ Germicidal, stops growth of germs and decay due to gangrene
13. Calcium Ca Blood purifier, bone strengthener, germicidal
14. Salt $NaCl$ Decreases acidic contents of blood, germicidal
15. Vitamins A,B,C,D,E Vitamin B is active ingredient for energetic life and saves from nervousness and thirst, strengthens bones and reproductive ingredient for energetic life and saves from nervousness and thirst, strengthens bones and reproductive power.
16. Other Minerals Increase immunity
17. Lactose $C_6H_{12}O_6$ Gives satisfaction., strengths heart, removes thirst and nervousness.
18. Enzymes Make healthy digestive juices, increase immunity
19. Water (H_2O) . It is life giver. Maintains fluidity of blood, maintains body temperature
20. Hipuric acid $C_9H_9NO_3$. Removes toxins through urine
21. Creatinin $C_4H_9N_2O_2$ Germicide
22. Aurum Hydroxide $AuOH$ It is germicidal and increases immunity power. $AuOH$ is highly antibiotic and anti-toxic

(Source : Goshala)

Gomutra has been found to be a good digestive, laxative and a neutralizing agent against toxins. With regard to the Ayurvedic concept of tridosha, Gomutra is said to be a vitiator of kapha and is reported to alleviate vata and pitta disorders.

Cow's urine has been described in Ayurveda as a therapeutic agent. Gomutra is used as a cure for various diseases such as anaemia 5,6, jaundice 7, rakta pitta 8, heart diseases 9, piles 10 and

hoarseness of voice II as the main treatment or as anupan, i.e. as a base for other plant derived drugs or minerals such as loha-bhasma or loha-churna. It is interesting to know that cow's fermented urine is also used in Africa as a treatment for malaria 12; cattle do not suffer from malaria although there is babesiosis, an infection of red cells. (Source:- govigyan)

Gomutra - Basic principles

- Rasa - Katu, tiktha, Kashaya
- Veerya - Ushna
- Guna - Laghu

Basic principles

Gomutra :

Positive:

Lekhana, Kushtaghna, Kandughna, Udare hitam - it is good in ascetics. Generally Udara is enlargement of abdomen due to different causes. One of the most common is ascites or accumulation of peritoneal fluid.

Gomutra - Indications

- Mukha roga (Diseases of mouth)
- Netra roga (Diseases of the eye)
- Swasa (Breathlessness)
- Vata roga (Diseases due to Vata dosha)
- Paandu (Anemia)
- Pleeha (Enlargement of spleen)
- Shotha (Edema)
- Varchograha (Constipation) ·

Positive effects

Very much useful in Sthoulya or Obsessity because of its Lekhana Guna

Used as one of the main ingredients in Kshara vasthi

It has got digestive (Pachana) effect. Is used in arthrities induced due to indigestion.

Negative effects

Negative : Pittakaraka

Gomutra induced urticaria - case reported in Journal of Clinical and Experimental Dermatology.

The urticaria lesions subsided immediately after discontinuing the intake of Gomutra.

The above documented case in a way confirms what our Classical texts have stated.

Gomutra - uses

Classical Ayurvedic texts contain innumerable references for the usage of Gomutra :

Some examples :

- In the shodham of vishadravyas such as vatsanabha, kuchla etc.
- As anupana along with other medicines

Role of Gomutra in High Blood pressure

One of the probable modes of action when it reduces blood pressure may be it is acting as a diuretic.

The diuretic action can be determined by studying the urine output volume, sodium content in the blood before and after administration of gomutra to the subject.

Gomutra in Anemia

Role of Gomutra in Anemia

Anemia is defined as a pathologic deficiency in the oxygen carrying of the blood's hemoglobin.

Hypothesis : Presence of erythropoietin hormone in urine may be one of the reasons why gomutra is useful in anemia.

In Ayurveda the patient is given Snehapana with Panchagavya ghrta prior to administration of purgation therapy.

Gomutra and skin disorders

Cow urine when administered alongwith Hareetaki is the best medicine to alleviate skin diseases.

Gomutra and Cough

Pathya (Diet) in Cough:

Gomutra (Cow urine), Garlic, Hareetaki, Trikatu, Warm water, Honey

Use of Gomutra in Filariasis

The decoction of *Strebulus asper* is to be given alongwith Gomutra to relieve filariasis

Psychiatric illness and Panchagavya

Panchagavya Gritha is highly useful in psychiatric illness such as Mania, schizofrenia and depression

An orthopedic expert has tried Panchagavya gritha in chronic Osteomyelitis and obtained very good results.

Traditional reference

Panchagavya Ghrta which is prepared using all the five components is useful in the treatment of Unmada (mental illness), Apasmara (Epilepsy)

Gomutra and Leucoderma

This formulation is Gomutrasava and is also available as Chitrakasavam

Gomutra in Sciatica

In pain due to Sciatica, castor oil is to be given alongwith Gomutra for a duration of one month

Gomutra in Orchitis

Orchitis is swelling of the Testes

Here Gomutra is administered in combination with Triphala Kashaya

Gomutra in Ascites

Eranda taila (Castor oil) when given along with Cow urine or Cow milk relieves Ascites.

Duration : One to two months

(Source :- wishvagou)

**The healing properties of cow urine have been referred to in the ancient texts of Ayurveda, India's natural medicine. However ancient times were witness to happier grass fed cows. Drinking the urine of today's cattle that feeds on plastics and other waste will likely translate to imbibing huge amounts of toxins!

