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A review on Gomutra: Benefaction to human beings for healing by nature.

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ABSTRACT

Gomutra (Sanskrit: gomūtra; "cow urine") refers to the usage of cow urine for therapeutic purposes in traditional Indian medicine also used as an important component of the mixture called Panchagavya. Ayurveda has also emphasized the importance of Gomutra in the management of various disorders in all treatises. In SushrutaSamhita, the description of Gomutra (Cow urine) has been given as effective substance of animal origin with innumerable therapeutic importance. As per Ayurvedic literatures Gomutra is useful in number of diseases particularly in Gulma, Kushta, ascites, Arbud (cancer) and it is also used along with herbs to treat various diseases like fever, anemia, epilepsy, abdominal pain, various worm infestations, constipation.

Keywords: Gomutra, Gulma, Kushta, Panchagavya etc.

INTRODUCTION

In Hindu methodology 'Cow' has a prominent place and considered as ritual secrets also called as 'Gomata'. Gomutra is also an important component of the mixture called Panchagavya. Ayurveda has also emphasized the importance of Gomutra in the management of various disorders in all treatises. In Sushruta Samhita, the description of Gomutra (Cow urine) has been given as effective substance of animal origin with innumerable therapeutic importance. In our country, the consumption of cow urine (Gomutra) has been practicing since thousands of years to cure many illnesses. Cow urine (Gomutra) one of the ingredients in 'Panchagavya' is believed to have therapeutic value. [1] In India cow urine is used by majority of rural population as folklore remedy in almost all the states. As per Ayurvedic literatures Gomutra is

useful in number of diseases particularly in Gulma, Kushta, ascites, Arbud (cancer) and it is also used along with herbs to treat various diseases like fever, anemia, epilepsy, abdominal pain, various worm infestations, constipation. [2]

Properties of Gomutra: [3, 4]

Synonym

Sanskrit	- Gojal, Godrava, Surabhijal
Hindi	- Gomutra
Marathi	- Gomutra, Gomteerth
English	- Cow-Urine

Rasapanchak

Rasa	- Katu, Madhur
Virya	- Ushna
Vipak	- Katu
Guna	- Tikshna, Ushna, Laghu

Karma - Medhya, Deepan, Sara

Doshagnata - Kapha-Vata-Shamak

Components of cow urine [5]

The cow urine mainly contains water (95%), urea & Mineral salts(2.5%),Hormones and Enzymes (2.5%).The main constituents shows therapeutic response are nitrogen, sulphur, ammonia, copper, phosphate, sodium, potassium, manganese, carbonic acid, calcium, salt, vitamin (A,B,C,D,E),Lactose, Enzyme, Hippuric acid etc.

Therapeutic Properties of Gomutra (cow urine)

1. Gomutra has Lekhan and Sara property. It is Agnidipan and Medhya. It is useful in many diseases viz. Krimi, Kushtha, Udara, Gulma. It is also used for Virechan and Asthapanbasti. Cow urine maintains the Tridosha (vata, pitta, kapha) level protects body against various diseases with growing immunity.
2. Cow urine contains all the nutrients which are required for proper health maintenance.
3. In Ayurveda cow urine is called as Medhya and hridya means it protects heart and brain from damaged caused by mental tension.
4. Cow urine eliminates drug residue from the body and prevents the poisonous effect of the drug residue.
5. Cow urine contains copper thus it plays a role in providing a healthy body.
6. Cow urine provides mode of goodness thus helps to make the mind active and stress free.
7. Cow urine has major poisonous destroyer activity thus it prevents the disease due to poisonous intake and help to remove and purify the chemical toxin.
8. In Ayurveda, Gomutra is claimed to be helpful in the treatment of leprosy, abdominal colic pain, bloating, and cancer. [6]

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Antimicrobial and Anthelmintic Activity [7]

The cow urine could be used for the treatment of the disease caused by Pathogenic bacteria, Opportunistic fungi and parasitic helminthes. It was reported from various analysis that cow urine concentrate shows more inhibition of gram positive bacteria in comparison of gram negative bacteria. Cow urine shows marked anthelmintic activity by causing paralysis and death of worms in a dose dependent manner. It was concluded that cow urine increases antibiotic activity against various pathogens due to its bio enhancing property.

Khadiradi kashaya along with Gomutra used in this study proves very good utility in the management of Purishajkrimi; it has very appreciable result in main symptoms of Purishaj krimi. [8]

Dose of Gomutra (cow urine) [9]

The general dose of the cow urine is 25ml at a time. When it is taken two times in a day the dose is 50ml. It is not harmful and provides protection against several diseases and improves immune power if taken on regular basis.

CONCLUSION

Practitioners of Ayurvedic medicine from India routinely use Gomutra as a remedy to treat many common disorders. In inaccessibility of Gomutra one can use the Gomutra Arka prepared with appropriate method and having similar properties like Gomutra. Gomutra Arka which is prepared by distillation of the Cow urine and more palatable due to its lower ammonia content and also need further research on its pharmacokinetics and pharmacodynamics aspect. Gomutra is very useful medicine with least side effects.

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