


Review Article
GO-MUTRA : BOON TO HUMAN BEINGS
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ABSTRACT

Cow is considered as mother in Indian tradition. *Go-mutra* (cow urine) is one of the ingredient of *Panchgawya*, extensively used in Ayurved for treatment of many diseases. *Go-mutra* (cow urine) is used in treatment since time immemorial as cited in *Atharvaveda*, *Carak Samhita*, *Sushrut Samhita*, *Vagbhata*, *Bhavprakash* etc. *Go-mutra* (cow urine) is a divine medicine considered as *Medhya* (intellect promoting) and is used for treatment of various diseases. *Go-mutra* (cow urine) as a single medicine is capable of curing diseases like *Kandu* (pruritis), *Kilas* (skin disorder), *Shool* (pain), *Gulm*, *Atisar* (diarrhea), *Vaatrog*, *Kaas* (cough), *Kusth* (skin disorders), *Krimi* (worm infestation), *Pandu* (anaemia) and *Udarrog* (abdominal distention). *Go-mutra* (cow urine) is extensively used in various Ayurvedic preparations like *Go-mutra Haritaki*, *Sanjeevani Vati* etc.

Recent studies has proved efficacy of *Go-mutra* (cow urine) in diseases like diabetes, blood pressure, cancer etc. Various chemical substances like Aurum hydroxide etc. and vitamins present in cow urine explain its medicinal properties. Due to such vast utility of *Go-mutra* (cow urine), its synonym is *Brahmbambu* & thus, it is considered as elixir of life by *Acharays* of Ayurveda. *Go-mutra* (cow urine) is the most effective natural remedy & safest method of treatment bestowed upon us by mother-nature. This paper will put forward the constituents of *Go-mutra* and its medicinal importance.

KEYWORDS: *Panchgawya*, *Go-mutra*, *Brahmbambu*, Divine medicine.

INTRODUCTION

'The cow' is a mobile medical dispensary and cow urine is a panacea of all diseases^[1]. All the five products such as urine, milk, ghee (butter), curd and dung obtained from cow possess medicinal properties, and are used singly or in combination with some other herbs against many diseases including Cancer, AIDS and Diabetes. This kind of alternative treatment, termed as "cowpathy".

As per *Charaka Samhita*, *Sutrasthana* chapter-1 All types of urine have following qualities:

Ushna: Hot

Teekshna: Piercing

Arooksha: Not completely dry

Katu: Pungent

Lavana: Salty tastes

They are used for unction, as ointment, *Asthapan* (enema), purgation, fomentation, for treatment of constipation, alleviation of diseases in general *Udara* (abdominal distention), piles, *Gulma*, *Kustha* (skin disorders), *Kilasa* (skin disorders), poultice and effusion. They are prescribed as appetizers, antitoxic, bactericidal; they are known as best remedies for those affected by *Panduroga* (anaemia), when taken orally it pacifies all the three *Dosas*.^[2] While describing specific qualities of cow urine *Carak* has said that cow urine is slightly sweet, it also alleviates *Dosas*, it is bactericidal, it cures *Kustha* (skin disorders) and *Kandu* (pruritic). If taken orally, it is equally effective for *Udarrog* (abdominal distention).^[3]

A lots of research has been conducted in Cow Urine Treatment and Research Center, Indore over the past few years and it has been reported that *Gomutra* is capable of curing blood pressure, blockage in arteries,

arthritis, diabetes, heart attack, cancer, thyroid, asthma, psoriasis, eczema, prostrate, fits, AIDS, piles, migraine, ulcer, acidity, constipation, gynecological problems, ear and nose problems and several other diseases.^[4] There exist innumerable instances in Ayurveda about the curative properties of cow urine for a horde of human ailments. In ancient Indian system of medicine, *Gomutra* was accepted, used almost as a broad spectrum antibiotic quite akin to that of twenty first century. Today, the cow urine is not only used against ailments of diseases as therapeutic agents but also have several other uses as in agriculture and sericulture sectors. So this article attempts to bring forth the diversified uses of cow urine as described in Ayurveda as gleaned from the ancient medical texts and current scientific findings.

Properties of Cow Urine as per Ayurveda

As per *Carak*, *Gomutra* is slightly sweet along with *Katuras* (pungent in taste), it also alleviates *Doshas*, it is bactericidal, it cures *Kustha* and *Kandu* (skin disorders). If taken orally, it is equally effective for *Udarrog*.^[5] As per *Sushrut*, *Gomutra* is *Katu Ras* (pungent in taste), *Teekshna* (sharp), *Ushn* (hot) and *Kshariya* (alkaline); that's why it does not vitiate the *Vaat*. Further *Sushrut* has said that *Gomutra* is *Laghu* (light in nature), *Agnideepak* (improves digestion), *Medhya* (intellect promoting) and *Pittal* (increases *Pitta dosh*). It pacifies *Vaat* and *Kapha* and used in treatment of *Shool* (pain), *Gulm*, *Udarrog*, *Aanah* (abdominal distention), *Virechan* (purgative) and *Asthapan* (kind of enema) etc.^[6]

Biochemical Analysis of Go-Mutra

The biochemical estimation of cow urine has shown that it contains sodium, nitrogen, sulphur, Vitamin A, B, C, D, E, minerals, manganese, iron, silicon, chlorine, magnesium, citric, succinic, calcium salts, Aurum hydroxide, phosphate, lactose, carbolic acid, uric acid, enzymes, creatinine and hormones etc.^[7]

The above mentioned contents of *Gomutra* on an analysis are found to be very useful in balance of body constitutes.

Administration/Forms of Intake

There are several forms of intake like

1. As crude *Gomutra* – freshly collected first urine in morning from a healthy cow.
2. As a distillate (*Gomutra – arka*).
3. As a medicated product like *Panchagavya Ghritha*.
4. As *Gomutra Basti* (enema) in various disorders mentioned in Ayurvedic classics.
5. As nasal administration - *Nasya*, for many psychological disorders.
6. *Gomutra Ghana Vati* available as tablet form in markets can also be used.

All these are based on requirement. In general it is advisable to consume 5 – 20 ml of *Gomutra* for maintaining positive health.

Ayurvedic Medicines with Gomutra as Ingredient

1. *Tailpanchak* (*Carak Samhita Chikitsasthan* 5/96)
2. *Shwetkarveeradya Tail* (*Carak Samhita Chikitsasthan* /105)
3. *Kanaksheeri Tail* (*Carak Samhita Chikitsasthan* 7/112-116)
4. *Panchgavya Ghrith* (*Carak Samhita Chikitsasthan* 10/17)
5. *Mahapanchgavya Ghrith* (*Carak Samhita Chikitsasthan* 10/18-24)
6. *Sanjeevani Vati* (*Sharangdhar Samhita* 2/7/18-21)
7. *MandurVatak* (*Carak Samhita Chikitsasthan*/102-105 & *Sharangdhar Samhita* 2/7/ 34-36)
8. *Kashishadya Tail* (*Sharangdhar Samhita* 2/ 9/142-146)
9. *Marichyadi Tail* (*Sharangdhar Samhita* 2/9/ 150-152)
10. *Bilvadi Tail* (*Sharangdhar Samhita* 2/9/174)
11. *Vajra Tail* (*Sharangdhar Samhita* 2/9/186-189)
12. *Dhaturadi Tail* (*Sharangdhar Samhita* 2/9/199-210)

Ayurvedic Medicines with Gomutra as Anupan and Sahpan (Vehicle)

1. *Sahpan* (vehicle) of *Punarnavadi Kwath* (*Sharangdhar Samhita* 2/2/78-79)
2. *Sahpan* (vehicle) of *Chavyadi Kwath* (*Sharangdhar Samhita* 2/2/119)
3. *Sahpan* (vehicle) of *Sakhotaktwakkwath* (*Sharangdhar Samhita* 2/2/127)
4. *Anupan* (vehicle) of *Navayas Churn* (*Sharangdhar Samhita* 2/6/160-162)
5. In *Kaphaj Gulm*, *Anupan* (vehicle) of *Kankayan Vati* (*Sharangdhar Samhita* 2/7/55)

6. In *Pandu*, *Anupan* (vehicle) of *Yograj Guggul* (*Sharangdhar Samhita* 2/7/67)

Therapeutic Uses of Gomutra

1. Gulm

Gomutra is useful in treatment of *Gulm* as evident by its presence in *Tailpanchak*. Enzymes present in *Gomutra* helps in improving digestion.

2. Kusth (Skin disorders)

Gomutra is widely used in treatment of *Kusth* (skin disorders). *Gomutra* is used both internally and externally in the treatment of *Kustha* (skin disorders). *Carak* has advised internal use of *Gomutra* with *Daruharidra* (*Berberis aristata* DC) *Kalk*.^[8] Even in advanced stage of *Kusth* *Carak* has advised use of *Gomutra* as *Pan* (for drinking), *Snan* (for bathing) and *Pradeh* (local application of paste).^[9]

This much wide use of *Gomutra* in *Kusth* can be attributed to its wide antimicrobial and antifungal properties. A study was conducted to study the effect of cow urine on microbes. It was found that gram negative, gram positive bacteria & Fungi were significantly inhibited by concentrated cow's urine. Some of the constituents of urine which are related to microbiocidal properties are Halogenated phenol -Antifungal. 2 Phenyl Phenol - Antimicrobial, Antiviral Carbolic acid, Manganese - Antibacterial, Pesticide. Aurum Oxide -Antimicrobial, Antitoxic.^[10]

3. Shivitra (leukoderma)

Gomutra is advised in the form of *Lepa* (local application) along with *Kakodumbar* (*Ficus hispida* Linn.), *Avalguj* (*Psoralia corylifolia* Linn.) and *Chitrak* (*Plumbago zeylanica* Linn.).^[11] This action of *Gomutra* can be attributed to its antimicrobial, antioxidant property.^[12]

4. Unmad (Insanity) and Apasmar (epilepsy)

In *Manas Vyadhi* (mental disorders) both internal and external use of *Gomutra* has been described. Internal use is prescribed in the form of *Ghrith* (butter) e.g. *Panchgavya Ghrith* and as *Nasya* (nasal inhalation). In case of *Apasmar* (epilepsy) especially *Kapila* (black in colour) cow urine is prescribed as *Nasya* (nasal inhalation).^[13] While externally it is advised to take bath with *Gomutra*.^[14] Ayurved classics has proclaimed *Gomutra* as *Medhya* (intellect promoting). This property of *Gomutra* can be due to presence of many vitamins in it. Additionally, due to antimicrobial activity it protects from infections which can alter prognosis of disease.

5. Oedema (Shoth)

Gomutra-Haritaki is a well established drug for *Shoth* (oedema), as prescribed in Ayurved classics.^[15] Even *Gomutra* as single drug is prescribed in *Shoth* while taking milk as the only diet.^[16] Nitrogen is natural stimulant of urinary tract, activates kidneys and it is diuretic.

6. Udarrog

Gomutra is described as *Sevaniya Aahar* (useful diet) in *Udar Rog*.^[17] Drinking of *Gomutra* is advised in treatment of *Kaphodar*.^[18] To the patient suffering from *Baddhodara* (intestinal obstruction), fomentation therapy is given thereafter, *Niruha* (decoction enema) and *Anuvasana* (fat enema) is given adding cows urine, herbs having *Teekshna*

(sharp) quality, oil and salt.^[19] This can be attributed to diuretic and antimicrobial and its ability to improve motion in intestines.

7. Pandu (anemia)

In *Pandu*, Ayurved classics has advised *Gomutra* as a single drug or in combination with other drugs such as *Haritaki* (*Terminalia chebula* Retz.) or as *Anupan* (vehicle) of medicine.^[20]

This is due to presence of iron and erythropoietin stimulating factor in *Gomutra*. Iron and erythropoietin stimulating factor maintain hemoglobin levels. While ammonia present in *Gomutra* maintains the structural integrity of blood corpuscles.^[21]

8. Vish (Poisoning)

Ghrith prepared with *Nagdanti* (*Croton oblongifolius* Roxb.), *Trivrit* (*Operculina turpethum* Linn.), *Dravanti* (*Croton tiglium* Linn.), *Danti* (*Baliospermum montanum* Muell. Arg.), *Snuhipay* (*Euphorbia neriifolia* Linn.), *Mahishghrit* (butter made from buffalo milk) and *Gomutra* is said to be *Sarp* (snake), *Keet* (other poisonous animals) and *Garvish Nashak* (artificial poison destroyer).^[22] Aurum hydroxide and copper present in *Gomutra* act as antidotes for various poisons in the body.^[23]

9. Gynecological disorders

In leucorrhoea douching with *Gomutra* along with *Triphala Rasa* (extract of three myrobalans) and *Takr* (buttermilk) is prescribed in Ayurveda.^[24] Leucorrhoea (Vaginal Discharge) in females may be physiological or pathological. If pathological its cause may be specific or non-specific. Leucorrhoea is one of the common causes for chronic vascular headache and cross infection in otorrhoea and nasal vestibulitis. Cow Urine due to its antimicrobial activity is a simple, non-toxic medical treatment for vascular headache, chronic otorrhoea and chronic nasal vestibulitis due to Leucorrhoea.^[25]

10. Vran (wound)

In *Sushrut Samhita* *Gomutra* is described as one of the *Krimighan Dravya* (anti-microbial) in *Vran Chikitsa* (wound treatment). External application of *Gomutra* has also been advised for wound healing.^[26] Urine consumption improves immunity due to presence of aurum hydroxide and fastens wound healing process which is due to allantoin.^[27]

Apart from these classical uses, some of the diseases that are proven to be cured by cow urine are Cough, Dysmenorrhoea, Migraine or headache, Constipation, Thyroid and Skin diseases like eczema, ringworm, and itching, Acne, Cancer, Heart Diseases, Musculoskeletal Disorders, Male Sexual Disorders, AIDS, Diabetes Mellitus, Blood Disorders, Respiratory Disorders, Gastrointestinal Disorders, Endocrine Disorders, Gynaecological Disorders, Ophthalmic Disorders, Psychiatric Disorders, Urological Disorders, Asthma, Kidney Shrinkage, Hepatic Disorders and Cancer etc.

Cardiovascular system is maintained by a number of its attributes as kallikrein acts as a vasodilator, the enzyme urokinase is a fibrinolyte, ammonia maintains the structural integrity of blood corpuscles, nitrogen, sulfur, sodium and calcium components act as blood purifiers,

while iron and erythropoietin stimulating factor maintain hemoglobin levels.^[28] Presence of copper and calcium promote its anti-obesity and skeletal/ bone health effect.^[29]

Cancer-The Cow Urine Therapy is suggested to possess potent Anti-Cancer abilities.

Following properties are enlisted as responsible for Anti-Cancer Results

- **DNA repairing potential:** Cow urine efficiently repairs the damaged DNA. Damage of DNA by chemicals is the major cause for Cancer. This property reduces the spread of malignant cancers and helps fighting tumor.
- **Apoptosis:** It induces self-destruction tendency in the abnormally growing cells. Lymphocytes undergo suicidal tendency due to chemicals. Lymphocytes are major cells that fight against cancer cells. Cow urine induces an apoptosis of Lymphocytes.
- **Antioxidant Property:** The volatile fatty acids show antioxidant properties which controls damage in DNA.
- **Antimicrobial Activity:** Many viruses cause cancer. These microbes are killed by cow urine.
- **Bio-enhancing Property:** Bio-enhancers are substances which promote and augment the bioactivity or bioavailability or uptake of drugs. This will reduce the dosage & duration of antibiotic therapy and anticancer drugs like Taxol (anticancer drug).
- **Anti free radicals:** The free radicals cause cell damage thereby inducing tumour cell growth or cause recurrence. Cow urine prevents free radicals.
- **Immuno-modulating activity:** Cow Urine has vital potential to enhance the activity of macrophages, lymphocytes (both T & B cells) humoral cellular immunity, cytokines (Interlukine1 & 2).^[30]

DISCUSSION

The ancient scriptures of Ayurveda consider *Gomutra* to be the elixir of life. It is the most effective natural remedy and the safest method of treatment bestowed upon us by nature. Apart from curing diseases, cow urine also helps in maintaining the homeostasis of body where it affects certain body functions by lowering cholesterol level, relieving tension, improving memory, enhancing the functioning of liver, slowing the aging process, giving strength to brain, heart and also destroying the toxic effects of medicinal residues in the body. In fact, if cow urine is taken regularly even without having any illness, it keeps our body healthy by boosting immunity, by eliminating toxic substances through generation of antioxidants and scavenging of free radicals. In agrarian country like India, where majority of rural population have cow as their additional source of income. Cow urine based formulations would definitely prove to be a potential medicine which in turn would reduce the pressure on the existing use of chemicals and antibiotics. While this sounds a little unconventional for many, it could be a major step in disease management.

CONCLUSION

Cow urine thus, easily available is really a boon for human beings. Recent researches are proving the facts about *Gomutra* that are mentioned in classics of *Ayurveda*.

Let's hope this urine therapy could open doors for curing wide range of dreadful diseases because as we know it is eco-friendly, economically viable, and easily available at abundance.

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