

DIVERSIFIED EFFECTS OF GOMUTRAM IN AYURVEDA

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ABSTRACT

Cow is equated to mother in the Indian tradition and her urine panacea of all diseases. Gomutram is a divine medicine and is used for treatment of diabetes, blood pressure, asthma, psoriasis, eczema, heart attack, blockage in arteries, fits, cancer, AIDS, piles, prostrate, arthritis, migraine, thyroid, ulcer, acidity, constipation, gynaecological problems, It is also used as bio-enhancer, increase the nitrogen content of the soil, for better rearing of honey bees, hasten the pubertal age of the heifers exposed to bull's urine and as pesticide and larvicide for the fodder crops. Gomutram contains all substances, which are naturally present in the human body. Thus, consumption of Gomutram maintains the balance of these substances and this helps cure incurable diseases. It is natural, eco-friendly with no residual effects, economical and easily available, hence can be harnessed as potential therapeutic agent.

Keywords: Gomutram, panchagavya, traditional medicine, Gomutram Therapy

INTRODUCTION:

The cow' is a mobile medical dispensary and Gomutram is a panacea of all diseases¹. The Gomutram, one of the ingredients of 'Panchagavya' is capable of treating many curable as well as incurable diseases and has been used extensively in ayurvedic preparations

since time immemorial as cited in ancient holy texts like Charaka Samhita, Sushruta Samhita, Vridhavagbhatam, Atharva Veda, Bhavaprakash, Rajani Ghuntu, Amritasagar, etc². A lots of research has been conducted in Gomutram 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, prostate, fits, AIDS, piles, migrain, ulcer, acidity, constipation, gynecological problems, ear and nose problems and several other diseases³. The use of Gomutram in India can be traced back to the Vedic and probably pre-vedic period also. Gomutram as such has been most widely referred, used and venerated animal urine owing to its immense therapeutic specialty. While externally it has been used as lotion, ointments and bath, but, internally it has been used in preparation of oral medications and drinks. There is existence of innumerable instances in various ancient medical texts of the curative properties of Gomutram for a horde of human ailments. In ancient Indian system of medicine, urine of cow was accepted, used almost as a broad spectrum antibiotic quite akin to that of twenty first century. The Gomutram is not only used against several diseases as therapeutic agent but also has got several other uses as in agriculture and sericulture sectors. So this article attempts to bring forth the diversified use of this heretical

potion as was in vogue in ancient Indian system of medicine as gleaned from the ancient medical texts and current scientific findings.

Cow is described as *Kamdhenu* (one which fulfills all the wishes) since Vedic times in Indian civilization. According to Ayurveda various cow products like cow's urine, cow's dung, cow's milk, ghee and curd are used to treat various disease conditions in human beings. These five products are collectively called as *Panchagavya*. Tremendous interest is generated in the therapeutic value of cow products due to the patent awarded by USFDA (patent no.6.410.059B1). This was awarded for the synergistic activity of Gomutram distillate with some antibiotics and anti-cancer agents.

Biochemical analysis of Gomutram

The biochemical estimation of Gomutram has shown that it contains sodium, nitrogen, sulphur, Vitamin A, B, C, D, E, minerals, manganese, iron, silicon, chlorine, magnesium, citric, succinic acid, calcium salts, phosphate, lactose, carbolic acid, enzymes, creatinine and hormones³. Any deficiency or excess of these substances inside the body causes disorders. Gomutram contains all of

these substances with a balanced proximate composition. Therefore, consumption of Gomutram restores the balance of these substances and thus helps in curing of incurable diseases. Experimentally it has been concluded that fractions of Gomutram obtained by solvent extraction possesses anti-microbial activity due to presence of aforesaid components which are solely responsible for the action ⁴. It has again been observed that Gomutram enhances the phagocytic activity of macrophages and thus helpful against bacterial infections. It also facilitates the synthesis of interleukin-1 and interleukin-2 ^{5,6}, augments Band T-lymphocyte blastogenesis, and IgA, IgM and IgG antibody titers ⁷.

Traditional uses of Gomutram

Gomutram is believed to have therapeutic value and used in many drug formulations. Essentially, Gomutram is used as disinfectant and for purification. With an approximate shelf life of around 5 years, this can prove to be the most effective natural antiseptic and disinfectant, when compared to the synthetic chemicals those are currently available to the consumers ⁷. Thus, it strengthens the fact that cow's urine is not a toxic

effluent as 95% of its content being water, 2.5% urea and the remaining 2.5%, a mixture of minerals, salts, hormones and enzymes [8]. In the rural villages in India, cow's urine is being used since a very long time as an effective antiseptic for wounds, skin diseases, bathing, etc ⁷. Ancient Indian Vedic Scriptures including Manu Smriti, Charaka Samhita and Sushruta Samhita and present day researchers have quoted that rational use of this animal product eliminates any non-functionality of respiratory systems, hepato-gastro-intestinal systems, cardiovascular systems, cancer and many others ^{9,10}.

GOMUTRAM THERAPY

As therapeutic agent

Historical anecdotes have said that drinking gomutra can prevent strokes and helps break down blood clots and scabs. In **1954 G.W.Sobel** isolated the enzymes in urine that the folklore claimed. He named it Urokinase and is now used in preparations to break up clots in heart diseases and prevention of strokes. Gomutram is basically an excellent germicide and a potent antibiotic. Therefore, Gomutram therapy destroys all the pathogenic organisms and if it is taken on a daily basis, it boosts immunity ¹². Some of

the diseases that are proven to be cured by Gomutram 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^{13,15}. Presence of urea, creatinine, swarn kshar (aurum hydroxide), carbolic acid, phenols, calcium and manganese have strongly explained for exhibition of antimicrobial and germicidal properties of Gomutram^{3,9,10}. On the other hand uric acid's antioxidant property and allantoin correlates with its anticancer effect. Urine consumption improves immunity which is due to presence of swarn kshar and fastens wound healing process which is due to allantoin¹⁶. 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 levels¹⁶. It contains nitrogen in very high concentration which acts as a renal stimulant, whereas uric acid, phosphates and hippuric acid act as diuretic agents. Presence of copper and calcium promote its anti-obesity and skeletal/ bone health effect¹⁶. Aurum hydroxide and copper act as antidotes for various poisons in the body as certain poisons can be refined and purified if soaked in go-mutra for 3 days³. Guggul (*Commiphora mukul*), bhalataka (*Semecarpus anacardium*), loha (iron) and silver can be purified and aconite (*Aconitum napellus*) is detoxified using this Gomutram therapy^{16,17}.

Apart from curing diseases, Gomutram also helps in maintaining the homeostasis of body where it influences 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 Gomutram 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 radicals⁴. Recent study have proved that Gomutram, distillate, re-distillate and residues, all exhibit antioxidant activity and that Gomutram could be a potential source of natural antioxidant that could have greater importance as supportive therapy in preventing or slowing oxidative stress related degenerative diseases²⁰. It has *Shool haran* properties (B.P.Mutravarga 2) which is by far most common complaint of the patient suffering with Vata-vyadhi. It reduces sotha i.e. swelling. (S.S. 45/218) (B.P. Mutravarga 2). It has kandughana properties thus reduces itching. (B.P. Mutravarga 2) Sushruta has specially mentioned the kshara properties of gomutra which are broadly useful in ano-rectal disorders like piles, fistula etc.(S.S. 45/218) Due to slightly madhura rasa (C.S. 1/120), it is supposed to have some ropana guna for wounds healing. It also has lekha and bhedana guna which are necessary for contaminated and non-healing wounds. It is easily available and cost effective.

GOMUTRA is very effective medicine in Tympanitis, Kila-Leucoderma, Kusta- Leprosy, Pandu, Kamla-Jaundice Kasa, swas- Respiratory infection, Atisara- Diarrhoea, Mukh roga, Akshi roga-ENT Disorders (Bhavprakash mutravarga 1-6). Sushrutsamhita, an authentic Ayurvedic text mentions the use of Panchagavya Ghrita in the treatment of mania, epilepsy, fever and Hepatitis. Panchagavya Ghrita is a cow ghee based preparation.

Gomutram is useful in liver disorders, heart, and skin and kidney diseases. It is also used in insomnia and anemia. It is beneficial in digestive disorders such as dyspepsia, anorexia, constipation, colic's. Use of gomutra in Otagia relieves pain.

GENERAL DOSAGE:

25ml (2 1/2 tola) at a time. Two times a day (Morning and evening) is 50 ml (5 tola). If taken more it cleanses intestines and more motion takes place. It is harmless, as there is no poison. In general small quantity should be taken, Half the general dose.

Gomutram is reported to contain various vitamins (A, B, C, D and E), enzymes and various minerals like

iron, copper, sodium, phosphate, manganese, potassium, nitrogen and urea, uric acid. Along with the minerals it also contains hippuric acid (removes toxins through urine) and Aurum hydroxide, which acts as a germicidal and increases immunity power, It is a powerful anti-biotic and anti-toxic.

Gomutra wins over various diseases by acting on varieties of germs, germicidal. It helps in balancing the tridosh and helps in proper functioning of liver. It also helps in compensating the deficiency of various nutrients in our body and helps in regaining the health from diseased conditions. It is called as Brain & heart which means it, gives strength to brain and heart and prevents their damage caused due to mental tension and helps in protecting the organs from various disorders and diseases. Gomutram being miraculous poison destroyer destroys the disease caused by poison, by purifying the toxic chemicals via kidney. Hence Gomutram helps in boosting immunity power by increasing the resistance power against diseases in human body.

As Bio – enhancer

Panchgawya' is made up of five cow products; milk, curd, ghee, urine and dung, The recent invention related to

Gomutram was its role as a bio-enhancer. Distillate cow's urine is an activity enhancer and availability facilitator for bio-active molecules (antibiotic, antifungal and anticancer drugs) ¹⁸. The distillate helps in absorption of antibiotic across the cell membrane in animal cells, gram positive and gram negative bacteria at 40-50°C ¹⁹, transport across the gut wall by two to seven times [20]. It also increases the activity of gonadotropin releasing hormone conjugate with bovine serum albumin (GnRH-BSA) and zinc²¹. The GnRH-BSA conjugate has a deleterious effect on reproductive hormones and estrous cycles of female mice. So, concentrated Gomutram acts as a bio-enhancer of immunization efficacy to modulate these effects ²¹. Gomutram has been granted US Patents (No. 6,896,907 6,410,059 and 6,410,059) for its medicinal properties. It acts as a bio-enhancer of anti-infective, anti-cancer agents/ nutrients from compounds, antibiotics, drugs, therapeutic, nutraceuticals, ions, and also independently as a bioactive agent.

In Rasashastra

Rasashastra may be defined as a branch of *Ayurveda* which deals with

the various pharmaceutical processes of *Shodhana*, *Marana*, *Jarana*, *Murchana* and other detail description of metals, minerals, poisonous herbal drugs and animal products used therapeutically in practice of *Ayurveda*. Some metals and minerals, vegetable and animal products are toxic by nature. To make them free from toxicity and to make them easily digestible, absorbable and assimilable, these are subjected to the process of *Shodhana* and *Marana*. It is because of this, these products are included within the scope of *Rasashastra*. These are palatable, relatively less invasive and highly effective in minimal doses even in so called *Asadhya Rogas*.

Gomutra is used in shodhana of Abhraka, Shilajithu, Sasyaka, Makshika, Rajavarta, Dhatu, Svarna, kantaluha, Mandoora, Tamra, Louha, Mandoora, Kaamsya, Tutta, Pittala, Vaikranta, Vajra, Karpara, Tankana, Langali, Vatsanabha, Dattura seeds etc. Further Gomutra is also used in Marana samskara of Abhraka, kanta paashana bhasma, Satvapaatana of Vaikranta, Svarna Makshika, Loha dravana, Rasa bandhanas, preparation of yantra and musha etc. Also Gomutra is used in paarada samskaras, Mukhikarana, vida

nirmana, Dhanyabhraka nirmana,. It is also used as anupana (adjuvant/vehicle): In urusthambha shilajith and gomutra (Shilajithwadi yoga) are given, In arshas snuhiksheera and gomutra are used as an external application. Gomutra is also utilized in certain formulations such as Gomutra mandooram, Gomutra hareetaki, Gomutra ksharam, Musthadi mandooram, Vishyandana tailam, Vidangadi louham, Hamsa mandooram, Dipika rasa, Chandraprabha vati, Udayaditya ras, Kushtadi vati, Punarnavadi lepa, Arshakutara ras, Pathyadi vati, Amruta rasayanam, Karaveeradya tailam etc

ADVERSE EFFECTS

Common side effects of urine therapy include diarrhoea, itch, pain, fatigue, soreness of the shoulder, fever, etc which appears more frequently in patients suffering from long term or more serious illnesses. Each episode may last 3-7 days, but sometimes it may last for 1-6 months. Hence, some abstain from this therapy due to such bad episode and others due to the stigma associated with it. If one persists and overcomes the difficulty, anyone can enjoy the eventual happiness of healthy life ²². The

patients should be optimistic and realize the natural healing power. Persons suffering from chronic disease who adopt Cow's Urine Therapy in a cheerful manner and with the positive attitude will realize and observe the benefits in their mental and physical health within a short period of 10 to 15 days.

CONCLUSION

Go-mutra therapy provides an especially rich and provocative research topic. The ancient scriptures of Ayurveda consider Gomutram to be the elixir of life. It is the most effective natural remedy and the safest method of treatment bestowed upon us by nature. This project has documented the constituents of the Gomutram and its medical importance and has brought forth their efficacy in different phases of life. However, there is still a need not only to explore further research possibilities but also to stop cow sacrifice across the world. she is a very sacred and holy animal so to worship as God. Each and every part of cow is useful even after its death. It dedicates itself in the service of mankind. In agricultural countries like India, majority of rural population have cow as their additional source of income. Gomutram 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. 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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