**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 ingredients of Panchagavya, 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, Vagbhattacharya, Bhaavprakash 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), Kila (skin disorder), Shool (pain), Gulm, Atisar (diarrhea), Vaatrog, Kaas (cough), Kusth (skin disorders), Krmi (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 have 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 Brahmambu & thus, it is considered as elixir of life by Acharayas 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:** Panchagavya, Go-mutra, Brahmambu, 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, Sutratrana 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 uction, as ointment, Asthapan (enema), purgation, fomentation, for treatment of constipation, alleviation of diseases in general Udara (abdominal distention), piles, Gulma, Kustha (skin disorders), Kila (skin disorders), poultice and effusion. They are prescribed as appetizers, antitoxic, bactericidal; they are known as best remedies for those affected by many ailments. In ancient Indian system of medicine, Go-mutra 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, Go-mutra 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 Udarrag (abdominal distention).\(^2\) As per Sushrut, Go-mutra is Katu Ras (pungent in taste), Teekshna (sharp), Ushn (hot) and Kwahaliya (alkaline); that’s why it does not vitiates the Vaat. Further Sushrut has said that Go-mutra 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, Udarrag, Aanah (abdominal distention), Virechan (purgative) and Asthapan (kind of enema) etc.\(^3\)

\(^2\)Udara - abdominal distention, piles, Gulma, Kustha, Kila (skin disorders), poultice and effusion.

\(^3\)Katuras - appetizers, antitoxic, bactericidal; it is known as best remedies for those affected by many ailments.
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 hydrosode, phosphate, lactose, carbolic acid, uric acid, enzymes, creatinine and hormones etc.[9]

The above mentioned contents of Go-Mutra 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 Go-Mutra – freshly collected first urine in morning from a healthy cow.
2. As a distillate (Go-Mutra – arka).
3. As a medicated product like Panchagavya Ghritha.
4. As Go-Mutra Basti (enema) in various disorders mentioned in Ayurvedic classics.
5. As nasal administration - Nasya, for many psychological disorders.
6. Go-Mutra 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 Go-Mutra for maintaining positive health.

Ayurvedic Medicines with Go-Mutra as Ingredient

1. Tailpanchak (Carak Samhita Chikitsasthan 5/96)
2. Shwetakarveeradya Tail (Carak Samhita Chikitsasthan /105)
3. Kanakksheeri 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. Dhatu Radi Tail (Sharangdhar Samhita 2/9/199-210)

Ayurvedic Medicines with Go-Mutra 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 Kapjali 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 Go-Mutra

1. Gulm

Go-Mutra is useful in treatment of Gulm as evident by its presence in Tailpanchak. Enzymes present in Go-Mutra helps in improving digestion.

2. Kusth (Skin disorders)

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

This much wide use of Go-Mutra 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. Shvitra (leukoderma)

Go-Mutra is advised in the form of Lepa (local application) along with Kakodumber (Ficus hispida Linn), Avalgaj (Psoralia corylifolia Linn) and Chitrik (Plumbago zoeliana Linn).[11] This action of Go-Mutra 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 Go-Mutra has been described. Internal use is prescribed in the form of Ghrit (butter) e.g. Panchagavya Ghrit and as Nasya (nasal inhalation). In case of Apsammar (epilepsy) especially Kapila (black in colour) cow urine is prescribed as Nasya (nasal inhalation).[13] While externally it is advised to take bath with Go-Mutra.[14] Ayurvedic classics has proclaimed Go-Mutra as Medhya (intellect promoting). This property of Go-Mutra 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)

Go-Mutra-Haritaki is a well established drug for Shoth (oedema), as prescribed in Ayurvedic classics.[15] Even Go-Mutra 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

Go-Mutra is described as Sevaniya Aahar (useful diet) in Udar Rog.[17] Drinking of Go-Mutra is advised in treatment of Kaphodar.[18] To the patient suffering from Buddhodara (intestinal obstruction), fomentation therapy is given thereafter, Niruha (decotion 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)

Ghirit 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.[24] 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, Dysmenorrhea, 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.[20] 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).[29]

**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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