



Cow Urine: Principles & Applications

-From Ayurveda (commonly practiced by Indians but rarely known to the world).

1. Purpose of publishing the book.

Vedas are source of *Indian* culture. Vedas originate from Brahma. Vedas are eternal. Ayurveda branch of Vedas deals with holistic aspects of health. Health means physical, mental and spiritual well being. Cow, as Kamdhenu is provider of all happiness “*matrah sarva bhutanam, gavah sarv sukh prada*”. Meaning cow being mother of all living entities gives all pleasures to everyone. Cow family is born at the home of cowherd. Now a days cowherd treats cow as economic commodity. One reason for this is the destruction of pastures, which has forced him to think in economic terms. He retains the cow till she delivers the calves and milk and reaps economic benefits. But as soon as economic benefits cease he disposes off the cow very cheaply and thus the poor cow is mercilessly killed in a slaughterhouse.

We should avoid condemning cows to abattoirs; instead establish their life-long dignity in every village and in every house. We need to highlight the therapeutic aspects, medicinal value of cow urine and cow dung in a simple manner as mentioned in panch gavya. So that

1. Nation is pawed from the bane of cow slaughter and resulting inevitable calamities.
2. Cowherd is saved of severe sin of selling cows to butcher.
3. The butcher can make his human birth meaningful by avoiding abominable act.
4. Beefeaters may be saved from grave diseases caused by beef eating.
5. The earth is saved from cow bloodshed, and attains Swargadapi gariyasi i.e. blessed with divine resources even more than heaven.
6. Using cow urine medicine, mankind is cured of severe diseases. He attains right consciousness, good health and becomes happy and peaceful.
7. The cowherd, on understanding the therapeutic (medicinal) applications of the cow urine (Panchgavya) at home realises that economic advantages extend beyond milk and calves.

More ever home treatment of family members and neighbours for diseases saves heavy expenses and time incurred on medical treatment. Thus one can protect health and save national money and move ahead to adopt national traditional products.

If some time he cannot keep the old cow or bull himself, he will give it to another shelter, thus by saving cows from butchers. Lastly by describing the procedure of making formulations of the medicine, medicines can be made at home. The cowsheds can use cows for making medicines based on *Panch gavya* (Five products from cow namely milk, curd, ghee (clarified butter), urine and dung). *Panch gavya* can improve public health at lower rates and encourage maintaining cows properly. Individuals having



cows at home can save cow by utilising them for making medical formulation.

Thus cowsheds will not depend on donations only. Cows will not be sent to slaughterhouses.

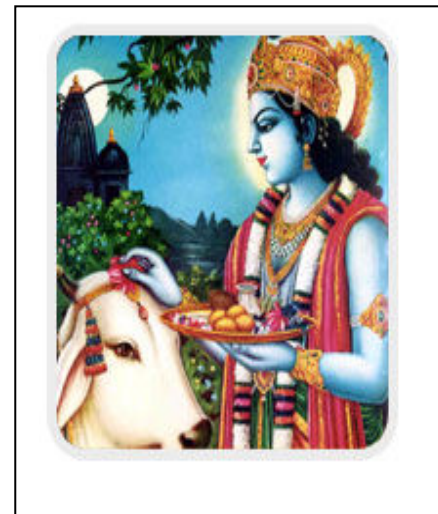
Organisations will become affluent and financially self dependent and the following slogan will be meaningful and successful. *Ghar - ghar gay, gram-gram gaushala, yahi hai hamari nirog shala.* The slogan means "Cow in every house and cowshed in every village this is our disease free home"

Necessary information for making cow urine medicine is given so that they can be made at home. For information regarding described subjects in this book, write to the address given below:

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2 WHY DISEASES OCCUR?

Question: What is disease? Disobedience of nature.

Answer: Unnatural food habits and behaviour is the causes of diseases. What causes disease?

Imbalance of three elements Air (Vat), Bile (Pitta), Mucous (kapha) cause diseases.

What is the treatment? Balancing of three elements air, bile and mucous. Balancing the three elements should be the aim of cure. Cow urine balances three elements, but it enhances bile (to some extent).

"*Sarve rogaah hi mandagnau*" All diseases begin with mandagni (Low fire i.e. digestive capacity). Fire and bile are similar. If fire is strong, diseases won't occur. Cow urine keeps the fire strong. Toxins cause germs in the body. Germs give birth to diseases. Cow urine is germicide. "*Rogahi visham dosha*" meaning diseases are caused by imbalance of elements bile, mucous and air.

Cow urine balances elements, *Samya dosharogata* meaning when three elements are balanced there are no disease. Irregular bowel movements cause diseases. Cow urine regulates bowel movements.

Weakening of immunity system also causes disease. Cow urine is elixir. *Gavyam tu samprotkam, jivaniya rasayanam* meaning cow urine gives life and is elixir. 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 compensates the loss of micronutrients (enzymes). This is confirmed by this treatment therapy.

Amongst urines, cow urine is best. In Ayurveda where ever urine is mentioned, it is to be understood as cow urine. Statements of scriptures confirm this. Cow is our mother and we are her children. Therefore cow urine is beneficial. Cows have symbiotic relationship with human beings. It is said *ja ghar tulsi aur gaya ta ghar vaidya kabhi na aye.* It means in a home, which has a Tulsi (sacred basil) plant and cow then, doctors don't come to that house.

Mutreshu, gaumutram gunto Adhikam. Avisheshat kathane, mutram gaumutramucchyate. Meaning amongst all urines, cow urine is best. If not specified then urine means cow urine.

The older the cow urine, the more useful it is. It does not decay. Ganga resides in cow urine, as per scriptural story. Cow urine contains copper and gold salts, which are elixirs. Gold has capability to cure



diseases. Gold can counter all kinds of poisons, that is why it is used in teeth, ears, nose and finger as ornaments. So that food, air, water enters the body through mouth, eyes and nose enter after touching gold. Even to this extent that for maintaining personal hygiene the gold ring is put on left hand finger so even while washing anus gold comes into contact with body. There was a custom to eat food in golden pots. Even to this day there is a provision to take water in copper pots. There is a Bengali saying "*Jo khay gauchoor cona, tar deh hoi sona*" which means that one who drinks cow urine his body becomes golden complexioned and effulgent.

Diseases are mental and physical. Cause of mental disease is tension or stress. *vishad karoti iti vish*. Stress gives rise to poison (toxin) in body. Result of poison in body is virus or infection. This virus is called *vishanu* (living entity of toxins) in Sanskrit. These cause cancer in human body. These triggers uncontrolled cell growth causing various types of cancer. When such poison and virus *vishanu* enter blood it is called blood cancer etc. In 99% of the cases, cancer is caused due to mental tension of various types. Even to the extent that a child in mother's womb is also affected due to mother's tension. In due course of time the child suffers due to blood cancer or other diseases.

Cow - urine destroys miseries and diseases. It purifies both body and mind. Thus mental disease does not persist. It is in the mode of goodness (*Satvik*). Cancer is due to virus in poison. These toxin generated viral diseases like cancer are destroyed by regular intake of cow urine. Cow urine is fully successful in destroying toxins. A lot of poisonous herbs mentioned in Ayurveda are purified from their poison by cow urine. Cow urine keeps mind happy & calm. So body remains healthy. Bodily diseases don't occur. Even if they occur they can be successfully cured by cow urine.

3 What is cow? What is cow-urine?

From vedic reference:

In a calm voice a cow Nandini says to King Dilip "*Na kevalam payasa prasutim - ve hi man kam dugham prasannam*"

Trans : "Whenever I am pleased and happy I can fulfill all desires. Don't consider me to be just milk supplier" Cow is abode of gods. She is Kamdhenu (desire fulfiller) personified. She is receiver of the auspicious rays from all heavenly constellations. Thus it contains influences of all constellations.

Wherever there is a cow, there is influence of all heavenly constellations, blessings of all gods are there. Cow is the only divine living being that has a *surya ketu nadi* (vein connected to sun) passing through her backbone. Therefore the cow's milk, butter and ghee has golden hue. This is because *Surya ketu Vein*, on interaction with solar rays produces gold salts in her blood. These salts are present in the cow's milk and cow's other bodily fluids.

What is cow urine?

In cow blood there is *pran shakti* (Life Force). Cow urine is cow's blood that is filtered by kidney. Kidneys filter blood. Whatever elements are present in blood are present in cow urine also.

4 Relevant Questions-Answers.

Question 1 Which cow's urine should be taken?

Answer: Instruction from scripture is: "*Agramagram charantinamoshdhinam vane vane*". The cow which roams in jungle, exercises herself, fully grazes grass and medicinal herbs as she desires, drinks clean water and is in a healthy state. Such cow's urine has medicinal value and should be taken.

Question 2 What should be the age of cow whose urine can be taken?

Answer: Any age group young, grown up, old. Any cow's urine of any age group should be used.

Question 3 Is bull's (young or old) urine usable for medical purpose?



Answer: Bull's urine is more strong. But its medical value is no less as species is same. Just by smelling bull's urine, infertile woman can conceive child. In Mahabharat Virat parva it is said "*Rusbhmanshcapi, janami rajan pujit lakshnan. Yesham mutramupaghray api bandhya prasuyate*". Meaning - I can recognise the best quality bulls, just by smelling whose urine the infertile woman can conceive.

Question 4 In which container, the cow's urine should be kept?

Answer: Do not keep cow's urine in copper or brass container. Earthen, glass, china-clay containers may be used. Steel pot can also be used.

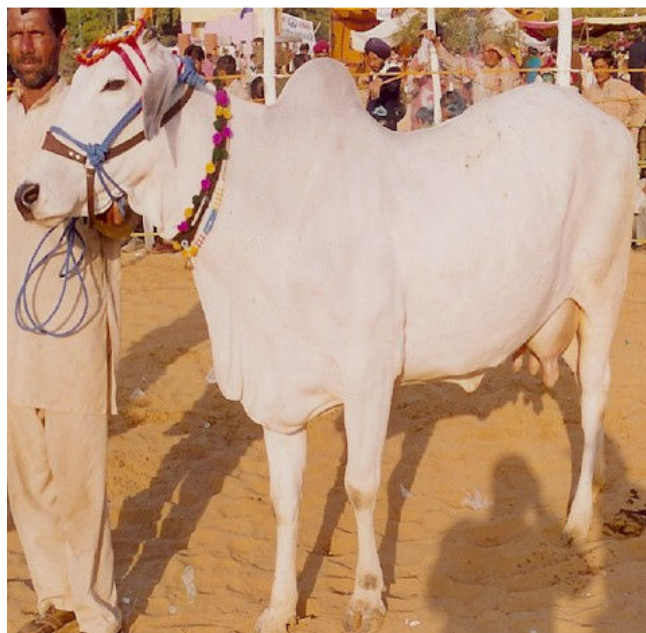
Question 5 How long can it be preserved?

Answer: Cow urine is useful eternally, lifelong. It should be covered nicely to avoid dust. Quality does not deteriorate. Colour may change to red or black, due to copper or iron in the urine. Ganga has resided in cow-urine. Ganga water never deteriorates, it remains pure and harmful germs can not exist in it.

Similarly, cow urine never deteriorates.



Indian bull



Indian cow

Question 6 Should one take cow urine of Jersey or crossbreed cow?

Answer: No. Should not be taken. Only Indian traditional breeds cow urine should be taken.

Question 7 What is the daily cow urine dose for an adult?

Answer: General dosage is 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.

Question 8 In which disease *Gaumutrasav* (a fermented preparation from cow urine) should not be taken?

Answer: In diabetes and blood sugar *Gaumutrasav* should not be taken. Since jaggery is in *Gaumutrasav*. But distilled form, tablet form or plain cow urine may be used.

Question 9 What is the dose for pregnant women and child?

Answer: Half the general dose.



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

Table - Chemical contents of cow urine and cure of diseases as per them.

S. No.	Name of chemical	Effect of chemical on diseases
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 ₅ H ₄ N ₄ O 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 gangren
13.	Calcium Ca	Blood purifier, bone strengthener, germicidal, ?? Rakta skandak ??
14.	Salt NaCl	<i>Sanyas vishamta</i> ?? 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 reproductiveingredient for energetic life and saves from nervousness and thirst, strengthens bones and reproductive power.
16.	Other Minerals	Increase immunity
17.	Lactose C ₆ H ₁₂ O ₆	Gives satisfaction. Strengthens Mouth ??, strengths



		heart, removes thirst and nervousness.
18.	Enzymes	Make healthy digestive juices, increase immunity
19.	Water (H ₂ O)	It is life giver. Maintains fluidity of blood, maintains body temperature
20.	Hipuric acid C _g N _g Nox	Removes toxins through urine
21.	Creatinin C ₄ H _g N ₂ O ₂	Germicide
22.	22. Aurum Hydroxide AuOH	It is germicidal and increases immunity power. AuOH is highly antibiotic and anti-toxic
23.		Eight month pregnant cow's cow urine contain hormones which are healthy and nutrituous.

6 Mother Cow - Poison (Toxin)Destroyer.

"Ja Ghar tulsi Aru gay, ta Ghar vaidya kabhu na jaye" meaning A house having Tulsi (sacred basil) plant and cow is never visited by a doctor.

It is said: Jivantu Avadghnayah ta me vishsya dushanih. Meaning let cows live without slaughter for their whole life they remove poison and toxins. In ayurveda poisonous material are purified by cow urine only.

"go mutre tridinam sthapyay visham ten vishudhyati" Meaning use of cow urine for three days cleanse poison.

Following is speciality of mother cow.

If by chance some poisonous or harmful material enters cow's food, she absorbs it in her flesh. She does not let it go into cow urine, cow dung or milk or releases in very small quantity. These results have been compared with other animals by feeding them various items and then testing milk and urine. Therefore cow urine and dung is pure and removes toxins. Cow milk is certainly anti-toxin. Cow urine is included in "panchgavya". "Panchgavya" is said to be curer of all diseases. Panchagavya is made up of five cow products viz. milk, curd, ghee, urine and dung.

"Yatvagasthi gatam papam dehe tishthti mamke prasnat panchgavyasya dahasagnirivendhnam"

Meaning : From skin to bones, what ever sins (diseases) are in my body, are destroyed by panchagavya just as fire destroys fuel.

AYURVEDIC DESCRIPTION OF COW URINE & IT'S MEDICAL USE

Ayurveda is medical branch of Vedas. "Braham vakya janardanam" Meaning Vedas have emanated from Brahma's mouth. It is for welfare of everyone. Therefore it is called *aptopadesh* i.e. advice by near and dear ones. Cow urine makes one disease free by *prabhav* (nature). "Acintya shakti iti prabhav" meaning: Inconceivable power is called "Prabhav". *Prabhav* is that power which cannot be conceived and described. Qualities of cow urine are stated in ayurveda.

DESCRIPTION ACCORDING TO AYURVEDA

TASTE: bitter, hot (as in chilly), sour, sweet and salty. Includes five tastes (*rasas*).

Properties: Pure, toxin destroyer, germicide, balances bile, mucous and air (*kapha, vata, pitta*), *tantrik*



??, enhances brain power. Even if drunk alone it can destroy all diseases. All other qualities are described further.

Virya: ushma virya hai, vipak : katu hai ??

Effect: *Tantrik ??*, destroyer of all diseases, It cures all bodily and mental illnesses. It is divine drink of yogi's providing divine powers. Ganga always resides in cow urine. It is destroyer of all sins (diseases). Even researches in America have proved that cows stomach always contains vitamin B.

It is in mode of goodness. It brings goodness in thoughts. By drinking it regularly for six months, man's nature comes in the mode of goodness. It destroys mode of passion and ignorance. It purges out toxins from the whole body through urine, sweating and excreta. It is destroyer of psychological diseases. In ayurveda it is said:

"gavyam pavitram ca rasayanam ca pathyam ca hrdayam 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 removes all blood disorders. It balances bile, mucous and airs. Remover of heart diseases and effect of poison.

7 Qualities of cow urine according to Ayurveda.

All qualities of cow urine are written in chapter 45 of *sutra sthan* of *Sushrut sanhita*. *Sushrut sanhita* is Five thousand years old *Ayurvedic* text and Ayurveda is from Vedas. References to cow urine's qualities have also come in other ayurvedic texts as *Charak Sanhita*, *Rajnighantu*, *vridhdha vagbhatt*, *Amritsagar*. According to "Ashtang sangharah"

"gavyam sumadhuram kinchid doshaghnam krumi kushthanut

kandunghana shamyet pitam samyak doshom vahe hitam"

(*charak sutra* chapter 1 verse 100)

Following qualities are described in *sushrut sanhita sutra* section chapter 45 verse 217, 220 and 221 it is described as follows:

Cow urine is bitter, ?? *charaka*, *kashaila* ??, pungent, hot, easily digestible, strengthens brain, cures cough. It is destroyer of colic, stomach pain, constipation, itching pain, eczema, and mouth diseases. It destroys Vitiligo, Lecoderma, leprosy, *basti rog* ???. It cures eye diseases.

It cures Ameobiosis, dysentery, diarrhoea, all problems due to gas, cough, swelling, stomach diseases, is antibiotic, jaundice, spleen enlargement, ear diseases, asthma, constipation, anaemia are fully cured.

Only cow urine of cow of Indian breed should be used for treatment. Amongst all urines, cow urine has maximum qualities. Thus, only cow urine should be used.

Bhav Misra has written following qualities in *Bhav prakash sangrah*: section *purvakhanda* chapter 19 verse 1-6. *Bhavprakash* is very popular book amongst *Ayurvedic* texts. In this the qualities of cow urine are described as: Qualities of Cow urine are *charaka* ??, hot, pungent, salty, bitter, *kshila* ??, *lavan anuras* ??, appetiser, helps in growth of fine brain tissues, reduces mucous and air, increase bile. It cures stomach ache, gas problems, other stomach diseases, eczema, eye diseases, and all mouth diseases. It cures white spots, Leucoderma, Vitiligo and Leprosy. It cures cough, breathlessness, jaundice, anaemia, dysentery, joint pains. It kills all harmful germs and bacteria. By drinking cow urine only cures all diseases. It is beneficial for Liver, *Tilli* ??, swelling, inflammation, stomach diseases, constipation and piles. If put in ear then it cures all ear diseases. It destroys urinary diseases, Increase in toxins, muscle disorders and many other diseases. In summary cow urine alone is capable to cure all diseases.

Description in other ayurvedic texts is as follows:

There is a book named "*Aryabhishak*" meaning "*Vaidya* (Doctor) of *Arya's*", a book written in *gurjar* language. It is a good collection. Till now 15 editions have appeared and about 50 thousand books have



been sold. In this book cow urine is described as follows.

Cow urine is *Tura ??*, bitter, pungent, salty, hot, digestive, appetiser, laxative, increases bile, little sweet, helps motion, uproots faults in body. It cures cough, Leprosy, colic, stomach diseases, anaemia, Leucoderma, Vitiligo, pains, *Arsha ??*, eczema, asthma, digestive track toxins, fever, constipation, inflammation, mouth diseases, skin diseases, female diseases, dysentery and *mutravrodha ??*.

Acharya Sri Vapalal bhai vaidya was India's famous botanist. He has written about cow urine in his book "*dravya gun shastra*" that cow urine is slight sweet, killer of faults, germicidal, and destroys itching. It is very good for stomach diseases. In urine experiments for curable disorders, cow urine should be taken.

Persian text, "*Ajayabulmakhalukat*" describes treatment of various incurable diseases by cow urine.

8 Why diseases occur? World recognised principle.

HOW COW URINE SUCCEEDS IN CURING DISEASES?

Before describing this it is essential to know why diseases occur. So, it will be easier to understand the curing process properly.

Question: Why diseases occur?

Answer: Following are the reasons:

- 1 By attack of various germs on various parts of body.
- 2 Due to decrease in immune power of body.
- 3 Due to imbalance of tridosh (bile, mucous and air).
- 4 Due to lack of healthy nutrients in the body for any reason.
- 5 Due to lack of some minerals.
- 6 Due to mental tension / stress
- 7 Due to excessive use of medicines.
- 8 Due to lack of electric waves in body.
- 9 In old age due to any of the above reasons.
- 10 Due to lack of healthy ingredients in food.
- 11 Due to working against the voice of soul (i.e. immoral sinful activities).
- 12 Due to sins committed in previous births.
- 13 Due to entrance of spirits in body.
- 14 Due to hereditary causes.
- 15 Diseases occur due to poisons and toxins in body.



9 How cow urine wins over diseases?

- 1 Cow urine has amazing germicidal power to kill varieties of germs. All germ generated diseases are thus destroyed.
- 2 Cow urine balances the tridosh (mucous, bile and air) 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 Cow urine has all elements, which compensate for deficiency of nutrients in our body, which are required for healthy life.
- 5 Cow urine contains many minerals especially Copper 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 & 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) keep our body healthy. These currents (rays) are present in environment. 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 Cow urine is an elixir. Stops ageing process. Destroys diseases.

10 The nutrients, which are less available in food, are compensated by nutrients present in cow urine and thus helps to regain health.

11 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.

12 In scriptures some diseases are said to be due to 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.

13 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.

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

15 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 contributes to immunity power. It is not only non-poisonous but also destroys poison. It is anti toxin.

10 DISEASES CURABLE BY COW URINE.

1. DYSPEPSIA
2. INDIGESTION
3. DIARRHOEA
4. HERNIA
5. ACIDITY
6. APPENDICITIS
7. DISORDER OF DUCTLESS GLANDS.
8. APPENDICITIS
9. EPILEPSY
10. VERTIGO
11. ANOREXIA
12. TUMOUR
13. PILES
14. PROSTATE ENLARGEMENT
15. CALCULUS
16. BONE FRACTURE



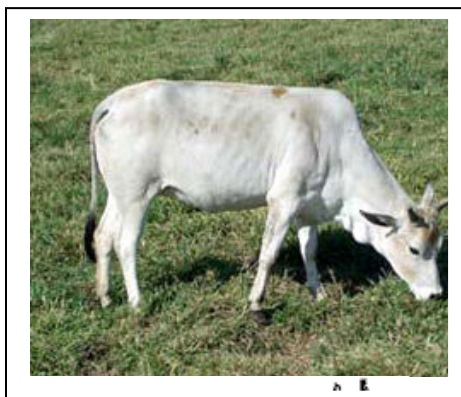


17. DIABETES
18. OPIUM POISON
19. FLATULENCE
20. CONSTIPATION
21. RHEUMATISM
22. PEPTIC - ULCER
23. DISORDER OF STOMACH
24. GASES
25. SUN STROKE
26. CARBUNCLE
27. DYSENTERY
28. ANAEMIA
29. ECZEMA
30. INCREASE IN BILE
31. ENLARGEMENT OF SPLEEN
32. CONSTIPATION
33. POLY URIA
34. ALCOHOLISM
35. MEASLES
36. MOUTH DISEASES
37. UNCONSCIOUSNESS
38. DYSUREA
39. URETER ULCER
40. OBESITY
41. LIVER DISEASES
42. HIGH BLOOD PRESSURE
43. HAEMORRHEA, HAEMORROIDS
44. BLOOD IMPURITY
45. INSANITY
46. SYPHILIS
47. PLEURISY
48. URSASTAMBH ??
49. SCORFULA
50. CONSTIPATION
51. LEPROSY
52. EAR DISEASES
53. WORMS
54. JAUNDICE
55. COUGH
56. COLIC
57. INTERNAL HEAT ??
58. VAMAN KARNA (Vomitting, Nausea) ??
59. VIRECHAN DENA (Use as Enemea) ??
60. INFANTILE DISEASES
61. MEMORY LOSS
62. FISTULA





- 63. *BHASKAK* ??
- 64. DENTAL DISEASES
- 65. RING WORM
- 66. SEX DEBILITY
- 67. INSOMNIA
- 68. NASAL DISEASES
- 69. EYE DISEASES
- 70. WHITE HAIRS
- 71. CORYZA,
- 72. HAEMORRHAGE
- 73. VOMITING
- 74. ARTHRITIS
- 75. GOUT
- 76. ECZEMA
- 77. ABSCESS
- 78. TOXICITY
- 79. CHOLERA
- 80. POISONOUS BOILS
- 81. FEVER
- 82. KIDNEY DISEASES
- 83. FEVER AND DIARRHOEA
- 84. THIRST
- 85. SKIN DISEASES
- 86. WOUNDS
- 87. HEAD ACHE
- 88. OEDEMA, swelling
- 89. FILARIA
- 90. ASTHMA
- 91. PNEUMONIA
- 92. *SANGRAHANI* (*Sprau* ??)
- 93. *SENDRIYA VISH BUDDHI* ??
- 94. GONORRHOEA
- 95. NERVOUS DEBILITY
- 96. FEMALE DISEASE
- 97. GINEA WORM
- 98. BREAST DISORERS
- 99. *HALIMAK* ??
- 100. *HARIDRAK* ??
- 101. *HICHAKA* ??
- 102. HYSTERIA
- 103. HEART DISEASES



11 COW URINE PREPARATIONS.

Question: Are there other forms of cow urine in which it can be used?

Answer: Yes, there are 3 other forms. They are as follows:

1 *Gaumutrasav* (fermented preparation) -



Ingredients: Cow urine 10 kg, old organic jaggery 2 kg.

Process: Only earthen pot or glass pot must be used. First boil cow urine so that ammonia gas is removed. By this the odour of cow urine will go away. Filter it, add jaggery and dissolve it. Then boil again. Filter it again. Keep this mixture for 15 days without disturbing. Then decant the liquid (*Asava*) part cautiously from top, without shaking, so that the thick part urea remains settled at bottom and decanted liquid part is transparent. 25 ml should be taken twice a day after meals. All the qualities are similar to that of cow urine. This processing is done to stabilise the qualities of cow urine.

Gaumutrasav should be fully used as cow urine itself. Quantity is little less than cow urine dose. It is long lasting. The older it is, the more effective it becomes. Therefore cow urine in form of asava is fully effective.

2 *Gaumutra Arka* (distilled cow urine) -

The vapour of cow urine is to be collected by tube device like in distillation process. An earthen or iron pot with cover having tube for vapour outlet is filled with cow urine and put over fire for heating. The vapour, which comes out from this device through the tube, is collected in a pot. The pot is put over cold water, to cool the vapour and get it condensed. The water under the pot should be changed regularly to keep the pot and water cool. The tube of device has to be transparent, so that vapour is visible. If smoke starts coming out, reduce flame or fire. The qualities of ark (distilled urine) are not the same as whole cow urine or *asav*, as many components remain in the residue and some of them are lost as vapour. Yet it is more popular as it does not smell. Benefit will be achieved on taking for longer period. It can be easily given to children and women. If honey is added with it, it becomes more effective. Dose 12 millilitre after food with honey.

Mostly this is used to reduce the cholesterol in the blood and to decrease the excess weight. It can be easily given to children in cough and other diseases. It is useful also for *sukumara* ?? woman. In homes it can be prepared even by using a pressure cooker. Removing whistle part of cooker and attach a tube there. It can be prepared using a kettle nozzle for outlet of vapour. Then the vapour should be taken through tube to the collection pot. Even small quantity of cow urine can be used in home.

3 *Gaumutra ghanvati* (Tablet) -

Use deep iron pan. Go on boiling cow urine till it becomes concentrated and salts remain. This has to be done just as sugarcane juice is concentrated and jaggery is formed. When the cow urine is concentrated remove it from fire and let it cool. From one kilo cow urine 50 gram concentrate is available. Scratch it from pan and make round tablets of the size of gram. To make tablets non-sticky; burn some dried good quality cow dung cakes to ashes and filter the ash using a thin cloth or sieve and keep the tablets in the ash. To make colour of tablets attractive add one percent *geru* ?? powder to cow dung ash. The colour becomes attractive. The tablets should be kept in the powder. The cow dung powder acts as absorbent. The tablets could now be put in plastic bags and packed in containers. When tablets get over after use, the ash powder could be thrown out.

In Sun the tablets might melt. So we should be careful and keep them away from sunlight. If the tablets stick to each other due to moisture, it should not be considered as spoiled. Another method to keep them dry is as follows. Take cow urine concentrate mix with 25% powder of *Harde* (English name: Chebulic myrobalan, Latin name: *Terminalia chebula* Retz) and make tablets.

In medical science scripture *mutrashtaka* cow urine use is mentioned. Amongst all urines cow urine is best. Wherever urine is mentioned, it should be taken as cow urine. It has already been described, quoting references that cow urine is the best medicine, with no defects, simple, fruitful, in made of goodness and harmless. Precautions should be taken to follow the diet for each disease very strictly. The table for diet to be followed is given a little latter.

Note - if on taking any cow urine preparation one has loose motions 3-4 times, consider it as cleansing of



intestines. If it continues for more than two or three days halve the intake amount for a few days. Later on take full amount again.

12. COMPARISON OF EFFECTS & AMOUNT OF QUANTITY OF THE THREE PREPARATIONS(DISTILLED, TABLET AND FERMENTED).

Question 1 Is there any difference in using the preparations Tablet, distilled, fermented forms of cow urine? Can one replace one for the other? Please clarify.

Answer: Maximum benefit is in using cow urine in its natural form. The preparations are made for convenience. But one may consider that there is not much difference. Use for longer period gives full benefit. There are preparations for ease in using and storage of cow urine. This is to make use of cow urine more easy and practical. One can take one form of cow urine instead of other. There is not much difference in benefits. We can take *asav* instead of tablet or distilled instead of *asava*. Only in case of diabetes, blood sugar etc. one should not use *gaumutrasav* (fermented cow urine) because jaggery is added in *asava* which is harmful in these diseases.

Question 2 What is the difference in quantities of these three preparations if one is taken in place of the other?

Answer: Following is the ratio for three preparations:

1. Cow urine ten millilitres is equivalent to one tablet (600 mg)
2. Cow urine ten millilitre is equivalent to ten millilitre of fermented cow urine (*asav*).
3. Cow urine ten millilitre is equivalent to five millilitre of distilled cow urine (*ark*). Take this *ark* with honey or water.

Question 3 Is there any difference in diet in the use of these three preparations.

Answer: Precautions depend on habits and the disease of the patient. There is no difference in diet to be followed in use of any of the three preparations. There is no special diet for any of the three forms of cow urine when used. Diet depends on disease.

Question 4 Please describe about the diet to be followed in the use of Fermented cow urine, Distilled cow urine, cow urine tablet and cow urine alone for various diseases.

Answer: The description of the diet for the use of *gaumutra* (cow urine), *gaumutra ghanavati* (tablet), *gaumutra arka* (distilled), *gaumutra asav* (fermented) according to diseases is given below a little latter.

13. DOSE FOR PREGNANT WOMEN AND CHILDREN.

For children above 15 years full dose of *gaumutra ghanavati* (tablet of cow urine) or other form may be given according to disease along with associated diet regulation.

Children below 15 years and pregnant women should be given half the dose irrespective of season.

One tablet is made out condensed matter of ten millilitre of cow urine. There is no general diet for this. Do not eat same kinds of food according to disease. It is very important to know according to Ayurveda, diet for every type of disease. To explain diet for the disease to a sick person is itself important part of treatment. By taking cow urine there are no side effects. Even if there are side effects due to use of other medicines earlier, they are removed by cow urine.

14 IMPORTANCE OF DIET REGULATION FOR CURE OF DISEASES.

Ayurveda says :

Pathye sati gadartasya kim aushadha nishevanam

Pathyeasati gadartasya kimaushadha nishevanam.

Meaning if a diseased person follows diet, what is the need of medicine? If he does not follow diet precautions, what is the use of giving medicine?



If the tablets stick to each other due to moisture, it should not be considered as spoiled. If the sick person was taking some medicine earlier, please continue it for some time, when cow urine medicine shows effects then slowly give up the old medicine.

15 TABLE SHOWING, QUANTITY, DIET ACCORDING TO DISEASE.

In this table the quantity is for tablets. If other compositions are taken, there is no difference in effects, diet, time followed remains the same. But the quantity, instead of 2 tablets one can take 20 ml Gaumutra Asav (fermented) or in place of two tablets 10 ml Gaumutra ark (distilled). In case of diabetes, blood sugar etc. Gaumutra asav (fermented) should not be used.

s. no	Disease	Qty.	Time	Taken with	Precaution - diet to be avoided.
1	Dyspepsia (lack of appetite)	2 tablets early morning	& while sleeping	water	Milk sweets, sweets, curd, rice and banana
2	Indigestion	"	"	"	Milk sweets, food fried in oil, any food till one is hungry should be avoided.
3	Diarrhoea	"	"	"	Food fried in oil, heavy food, red chilly, spicy food.
4	Hernia	"	"	"	Milk, rice, pulses (beans all types), potato, banana, curd, food fried in oil.
5	Acidity	"	"	"	Milk, tea, all types of sour food, potato, rice, banana, curd, food fried in oil.
6	Appendicitis	"	"	"	All pulses (beans), milk, curd, potato, rice, banana, food fried in oil.
7	Disorder of ductless gland	"	"	"	Curd, potato, rice, banana, milk sweets
8	Appendicitis ??	"	"	"	Potato, rice, curd, banana, milk sweets, pulses (beans), milk, chick pea flour
9	Epilepsy	"	"	"	Milk, curd, potato, rice, banana, milk sweets, meat, food fried in oil.
10	Vertigo	"	"	"	Potato, rice, food fried in oil, heavy food difficult to digest.
11	Anorexia (no taste for food)	"	"	"	All sweets and milk.
12	Cancer	"	"	"	All sweet foods, sour food, potato, rice and heavy food.



13	Piles	"	"	"	Food causing constipation, potato, rice, food fried with oil, red chillies, brinjal (egg plant), milk in more quantity, curd, sex, riding on the back of animals, sitting cross legged for long time
14	Prostrate enlargement	"	"	"	Sweet food, rich heavy food, food leading to constipation, milk curd, potato, banana, rice.
15	Calculus	"	"	"	Potato, rice, curd, banana, rich food, salt, red chilly, all kinds of pulses (beans), food fried in oil, sex, alcohol, meat, eggs.
16	Bone fracture	"	"	"	All kinds of sour food, rich food.
17	All urinary diseases	"	"	"	Sweet Tea, food at night, Sugar, rich food, food fried in oil or ghee (clarified butter), sweets, rice, banana, curd
18	Opium poison	"	"	"	Rich Food
19	Flatulence	"	"	"	All grains, curd, rice.
20	Constipation	"	"	"	Rice, Potato, Banana, Curd.
21	Rheumatism (joint pain)	"	"	"	Corn, milk, all sour things, all pulses (beans), ghee (clarified butter), potato, salt, rice, banana, cold water with ice.
22	Peptic ulcer	"	"	"	Tea, red chilly, oil, alcohol, potato, rice, milk, curd and banana
23	Disorder of stomach	"	"	"	Oily food, rich food, excessive tea, potato
24	Gases (Passing air)	"	"	"	Tea, food fried in oil, milk, rich food, potato, alcohol, sex, cigarette, remaining hungry, all pulses (beans).
25	Sun stroke	"	"	"	Hot water, ice cold water, spicy food
26	Carbuncle	"	"	"	Sugar, all types of sweets, rich food, sleeping in daytime, sex.
27	Dysentery	"	"	"	Sweet things, red chilly, spicy food, milk, food fried in oil.
28	Jaundice	"	"	"	Excessive ghee (clarified butter) or oil, Urad (Kidney beans Latin: Phaseolus Radiata), curd potato, ice, red chilly, hot food, rich food, alcohol, smoking, sex
29	Eczema	"	"	"	Milk, curd, buttermilk (whey), milk sweet, sweets, green vegetables



30	Pittavridhi (increase in bile)	"	"	"	Red chilly, spices, food fried in oil, milk is prohibited.
31	Enlargement of spleen	"	"	"	Hot spices, curd, potato, food that causes constipation, pickles, rich food, sex, staying in intense sun or near fire.
32	Constipation	"	"	"	Potato, rice, curd, banana, milk sweets, Chic pea flour food, food fried in oil, tea, alcohol, cigarette
33	Poly urea	"	"	"	Excessive sour food, new rice, sweets, ghee (clarified butter), do not eat food during indigestion
34	Alcoholism	"	"	"	No precaution about food. Don't take bath immediately after taking alcohol.
35	Measles	"	"	"	Oil, jaggery, sour items, red chilly
36	Mouth diseases	"	"	"	Sweet things, milk, ghee (clarified butter), sour things, potato, tobacco and its products, lime, alcohol, drugs
37	Unconscious- ness	"	"	"	Drugs, sex, meat preparations, tobacco and its products, cigarettes.
38	Dysurea	"	"	"	Curd, potato, all kinds of intoxicants
39	Uretur - ulcer	"	"	"	Sweet things, rich food, sleeping in day time.
40	Obesity	"	"	"	Sweet things, rich food, sleeping in day time.
41	Liver Enlargement	"	"	"	Potato, rice, curd, food fried in ghee (clarified butter) or oil, all pulses (beans), sex, rich food.
42	Blood pressure	"	"	"	Banana, potato, rice, curd, food fried in oil difficult to digest, alcohol, meat, smoking, sex, fasting, food in night.
43	Haemorrhoids	"	"	"	Red chilly, fried food in oil, pickles, spicy food, rich food, food causing constipation, potato, rice, curd, banana, alcohol, meat.
44	Blood impurity or abnormalities	"	"	"	All milk product, green vegetables, meat, sweet food, excessive salt, milk not allowed.
45	Insanity	"	"	"	Buffalo milk and its products, meat, alcohol, rich food, potato, food fried in oil.
46	Syphilis	"	"	"	Milk product, meat, alcohol, oil, spices sex, smoking, salt, green vegetables, sweet and sour food.
47	Pleurisy	"	"	"	Cold wind, residence near water, rice, ghee



					(clarified butter), oil, curd, smoking, alcohol, meat, curd, cold fruits.
48	urustambha ??	"	"	"	Vomiting, laxative, enema, oil massage, sour items, rich food, pulses (beans).
49	Scrofula	"	"	"	All kinds of sweet and sour foods, milk, jaggery, sugar, buttermilk (whey), curd, lemon.
50	Constipation	"	"	"	Potatoes, rice, curd, banana, milk sweet, smoking, sitting at one place.
51	Leprosy	"	"	'	Meat, milk products, green vegetables, alcohol, salt
52	Ear diseases	"	'	'	Cold water (with ice), banana, curd, potato, rice, constipation causing food, pulses (beans).
53	Worm	"	"	"	Sweet things, sour things, green vegetables, milk without sugar.
54	Jaundice	"	"	"	Large amount of ghee (clarified butter), oil, sun's rays, garlic, pickles, spices, red chilly, food fried in oil, curd, alcohol, meat, sex, ginger.
55	Cough	"	"	"	Large amount of ghee (clarified butter), oil, sun's rays, garlic, pickles, spices, red chilly, food fried in oil, curd, alcohol, meat, sex, ginger.
56	Colic	"	"	"	Pulses (beans), corn, millet (<i>Sorghum Vulgare</i>), rice, potato, milk, curd, oily substances, hunger.
57	Infantile diseases	"	"	"	Too sweet substances, chocolates, biscuits, toffee, ice cream.
58	Loss of memory	"	"	"	Potato, buffalo milk and its products, all kinds of meat, alcohol.
59	Fistula	"	"	"	Milk, milk products, sweet, sour, potato, rice, meat, chilly, spices, green vegetables.
60	Bhasmak ??	"	"	"	Don't remain hungry, ginger, spicy items.
61	Dental Diseases	"	"	"	Sweet and sour items, food causing constipation is prohibited. Meat, potato, curd, milk and milk products.
62	Ring worm	"	"	"	Meat, alcohol, milk, milk products (curd, buttermilk(whey)), Sweets, green vegetables
63	Interior Heat	"	"	"	Red chilly, tea, oily food, avoid hunger, alcohol, excessive sex.
64	Sex debility	"	"	"	Fasting, excessive sweet food, banana, rice, curd, ice



65	Insomnia	"	"	"	Fasting, sleeping after excessive food, potato, rich food.
66	Nasal Diseases	"	"	"	Sweet and sour items, food causing constipation is prohibited. Meat, potato, curd, milk and milk products.
67	Eye diseases	"	"	"	Avoid putting hot water on head, reading either in dim or too bright light. Tobacco, excess sex.
68	Hairs turning white	"	"	"	Hot spicy food, food causing constipation, ice cream, meat, alcohol, excessive intake of sweet things.
69	Pratishay ??	"	"	"	Milk, curd, banana, potato, rice, food causing constipation, ice cream, meat, alcohol, excessive intake of sweet things.
70	Haemorrhage	"	"	"	Food fried in oil, chilly, spices, hot environment and fasting to be avoided.
71	Vomiting	"	"	"	Avoid all food.
72	Vomiting ?? why repeat	"	"	"	Avoid all food.
73	Paralysis	"	"	"	Sour food, rice, potato, maize, staying awake in night, cold water, cold air, alcohol, fasting, sex, dry stale food.
74	Gout	"	"	"	Cold items, rice, potato, sour food, maize, ice water, staying awake in the night, fasting, excessive sex, alcohol.
75	Eczema	"	"	"	Alcohol, meat, milk and milk products, green vegetables, sugar.
76	Abscess	"	"	"	Milk, green vegetables, salt, food fried in oil, meat
77	Virechan dena ??	"	"	"	Oil, jaggery, sour items, rich food
78	vish vikar (raktavishanu) ??	"	"	"	Alcohol, meat, all types of spices, all types of grains
79	Cholera	"	"	"	Food prohibited.
80	poisonous boils	"	"	"	Salt, oil, jaggery, sour, red chillies, mustard etc..
81	Fever (all kind)	"	"	"	Bath, massage, grains, sex, ice water, sleeping in day time
82	Fever and diarrhoea	"	"	"	Grain to be avoided. Bath prohibited



83	Fever and diarrhoea	"	"	"	Grain to be avoided. Bath prohibited.
84	Thirst	"	"	"	Potato, chic pea floor, hot spices
85	Skin diseases	"	"	"	Milk and milk products, salt.
86	Wounds	"	"	"	Salt, milk and milk products
87	Headache	"	"	"	Staying awake at night, aatap sevan ?? Alcohol, meat, fasting, excess sex, anger, too hot or cold food.
88	Oedema (swelling)	"	"	"	Salt, sour items, starchy food (Potato, rice, and banana), curd.
89	Fliaria (elephantiasis)	"	"	"	Curd , potato, rice, banana, milk sweets.
90	Asthma	"	"	"	Milk, Milk products, curd, buttermilk (whey), ghee (clarified butter) and oil in more quantity, udad dal (Kidney beans Latin: Phaseolus Radiata), daytime sleep, sex, food with sugar or jaggery, alcohol, meat, anger, windy places.
91	Meningitis	"	"	"	Milk and grains prohibited.
92	Spraue(Loose motions)	"	"	"	All kinds of grains prohibited.
93	Self poison	"	"	"	All grains, alcohol and meat prohibited. Cow milk, cow curd, cow buttermilk (whey), honey to be given
94	Insanity(toxin caused)	"	"	"	Buffalo milk and its products, meat alcohol, rich food, potato, food fried in oil.
95	Gonorrhoea	"	"	"	Milk, oil, sour food and red chilly prohibited. Alcohol and meat not allowed.
96	Nervous debility	"	"	"	Alcohol, meat, ice water, rice, banana
97	Female diseases	"	"	"	Red chilly, pickles, jaggery, rich food
98	Guinea worm	"	"	"	Milk and milk products, meat, food fried in oil.
99	Breast diseases	"	"	"	Milk, green vegetables, food fried in oil, pickles
100	Halimak ??	"	"	"	All spices, food fried in oil, sour items.
101	Haridrak ??	"	"	"	All spices, food fried in oil, meat alcohol.



102	Hiccough	"	"	"	Milk, curd, Buttermilk (whey), cold water.
103	Hysteria	"	"	"	Hot spices, Potato, rice, meat alcohol.
104	Heart diseases	"	"	"	Rich food, ice, very sweet things, food fried in oil, excess ghee (clarified butter), potato, rice, banana, curd, sex, staying awake in night, fasting, worries, anger, mental tension.
105	Tuberculosis	"	"	"	Sweet things, sex, meat, alcohol, hot spices, food fried in oil, lifting weight.
106	Kshudrarog ??	"	"	"	Milk and Milk products.
107	Spermatozoa	"	"	"	Sour items, excess sex , alcohol
108	Diabetes	"	"	"	Sweet things (sugar, jaggery, grapes, sugar cane, sweets), rice, potato, banana, curd, rich food, sex, sleeping in day time, not working physically, night food, alcohol, meat, hot spices. Worries, anger, greed, lust, sentimentalism, mental tension should be given up. Cows milk & Ghee (clarified butter) is beneficial
109	Sleeplessness				Rich food and food that produces gases.

ALCOHOL & MEAT IS PROHIBITED IN ALL DISEASES. THIS IS NOT FOOD OF HUMAN BEINGS.

“In my view question of cow protection is not less than the question of independence. In many ways I consider it to be bigger than question of Independence” **-Mahatma Gandhi.(Great Indian)**

16 HOME MADE MEDICINES FROM COW URINE ON GENERAL DISEASES.

Cow urine contains carbolic acid, which is a germicide. Thus it adds to purification and cleanliness. In ancient scriptures the cow urine is said to be holy, from this point of view. In modern light cow urine contains Nitrogen, Phosphate, Urea, Urine acid, Potassium and sodium. The months in which cow gives milk, the cow urine contains lactose which is very beneficial for heart and brain disorders. Gold salts are also present, which are elixirs.

The cow whose urine is used must be disease free and young. The cow urine is very good from the cows where cows can reach natural vegetation as food from forest areas and ridges. Cow urine should be filtered through clean cloth and taken empty stomach in morning. Nothing should be eaten within one hour of taking cow urine. While giving cow urine to breast fed children, mother should also be given the cow urine. During monthly periods the women get peace and strength by taking cow urine. Generally an adult can take around 100 ml of cow urine daily. Use of cow urine in different diseases:

1. Constipation patients should take filtered cow urine more time's daily to cleanse stomach.



2. Soak *Harad* (English: Chebulic myrobalan, Latin: *Terminalia chebula Retz*) powder in cow urine. Heat it on low flame. When water evaporates and powder remains then it can be used. Those who cannot use cow urine directly, may use this *harad* (*Chebulic myrobalan*) powder to get advantage of cow urine.
 3. In diseases like old fever, jaundice, swelling etc mix cow urine with *kiratatikta* (English: Chiretta, Latin: *Swertia chirayita*) water. Take this mixture for seven days every morning and evening.
 4. In diseases like cough, asthma, cold etc. direct use of cow urine removes cough immediately and gives comforts.
 5. In jaundice by drinking cow urine filtered through cloth, empty stomach every morning gives relief in one month.
 6. In case of children's dry cough give filtered cow urine mixed with tamarind powder.
 7. Cow urine is beneficial in any stomach disease.
 8. Jalodar ?? patients should take cows milk only and side by side cow urine mixed with honey should be taken.
 9. According to charak; fine iron (medicinal ??) powder should be soaked in cow urine and taken with milk. This gives quick relief in Jaundice. This preparation should be nicely filtered before intake.
 10. In case of swelling of body only milk should be taken along with cow urine side by side.
 11. By adding some salt and sugar in equal amounts in cow urine and taking them cures stomach diseases.
 12. By taking cow urine added with rock salt and mustard powder cures stomach diseases.
 13. In case of burning sensation of eyes, constipation, bodily laziness and dislike of food cow urine with sugar should be taken.
 14. In case of itching, boils, *vicharchika* ?? cow urine mixed with *amba haldi* (English: Mango ginger or Cochin ginger, Latin: *Curcuma amada*) should be taken.
 15. Cow urine is very beneficial in case of *Suva rog* ?? after child delivery.
 16. In case of skin disease, apply mixture of *Hartal* ??, *Bakuchi* (English: Psoralea seeds, Latin: *Psoralea corylifolia*) and *Malankangani* (English: Staff tree, Latin: *Celastrus panniculatus*) in cow urine. Make a paste and apply over the diseased part of skin.
 17. In case of white leprosy apply paste of *Bakuchi* (English: Psoralea seeds, Latin: *Psoralea corylifolia*) seed powder in cow urine.
 18. In case of ear pain and other diseases drops of warm cow urine may be put in ear.
 19. In case of itching massage with cow urine and take bath with cow urine after that.
 20. Mix powdered krishna jirak (English: Black cummin, Black caraway, Latin: *Carum Bulbocastanum*, *Carum Carvi*) with cow urine. Use this for massage then take cow urine bath, it cures all skin diseases.
 21. Heat a brick and then wet it in cow urine immediately. Wrap the warm brick in a cloth and put it over swollen liver or spleen. It is beneficial.
- Their is a saying in Bengali:-
livaray pidaya kim dukha pave mati hin vaidya!
gomutrena sek dav sukha pave sadhya!!
- Meaning only a foolish doctor cannot cure pain of liver. Give heat fomentation of cow urine you will be relieved immediately.
22. In worm diseases *dika mali* (English: ??, Latin: *Gardenia gummifera*) powder with cow urine should be given.
 23. If cow urine is taken empty stomach filarial (elephantiasis) disease is cured.



24. Salts of cow urine are given for stomach problems, Urinary bladder outflow obstruction and to balance movements of airs within body.
25. Hairs become beautiful on applying cow urine on hairs and massaging with it and keeping it for some time. Then hairs should be washed with water.
26. Cow urine is very useful in Jaundice.
27. Taking cow urine mixed with old jaggery, tamarind power is beneficial in ring worm, leprosy, and elephantiasis.
28. Taking castor oil with cow urine for a month cures arthritis and other joint pains.
29. Children should be given one spoon cow urine mixed with some salt in case of stomach pain and swelling of stomach (distension of abdomen).
30. Cow urine mixed with saffron should be given every morning and evening to children suffering from rickets (*sukha rog??*) for one month.
31. In case of itching, cow urine with crushed neem (English: Neem tree, Margosa tree, Latin: *Azadirachta Indica, Melia Azedarach*) leaves should be applied on affected parts.
32. By regular intake of cow urine, body maintains fitness and remains energetic, hunger increases and blood pressure becomes normal.
33. Tuberculosis patient is very much benefited just by smelling cow urine and cow dung, as the smell itself destroys the tuberculosis germs. Thus he may be put in cowshed and his cot should be washed with cow urine again and again.
34. In case of ring worm, grind leaves of *Dhatura* (English: Thorn apple, Latin: *Datura metel*) and boil it in cow urine till it becomes thick. Apply it on affected parts.
35. If hairs of head or other parts of body fall due to typhoid or use of any medicines, then a paste made as follows should be applied. First put fine Tobacco powder in cow urine. Leave it for ten days. In ten days it becomes like paste. On applying paste to area, where hairs have fallen off hairs will grow again. One can use it over the head also.

17 SPECIAL APPENDIX.

In next few pages it is described that the use of cow urine tablets, as medicine has no ill effects on the human body. It is not only harmless, but also a household medicine. Yet a test report of these tablets done in Calcutta by modern medicine producer Albert David limited is attached here. Report of laboratory test is also put here. This medicine is free of any harmful germs.

Two letters from the Maharashtra state government Ayurvedic director, Worli, Mumbai – 18 are also attached in this book, in which satisfaction is expressed regarding successful experiments done in laboratory on cow urine concentrate tablets (*ghanvati*), cow urine *asav*, and cow urine *arka*.

Cow urine has proved to cure diseases even in case of animals. For information of readers above letters are published hereby so that no doubts remain.

The success of cow urine in case of blood pressure and asthma patients was published in Kalyan magazine. Those too are attached. Please see. The part “Cow urine benefits in cancer disease” is also added from Kalyan magazine.

Letter from Albert David limited:

Cable :- remit

Tel: - 27 -2900 3901, 3102

Telex: - 021 - 4085

Fax: - 91 (33) 270714

ALBERT DAVID LIMITED

Regd. office- 15, Chittaranjan avenue, Calcutta, PIN: 700 072.



Ref. - K.P.M./ K.P. 302

Date: 9th Nov. 1994

Respected sir,

This is with reference to your letter dated 5th Oct. 1994 along which you had sent a packet of cow urine tablets useful for diabetes.

As per our standards of quality control these tablets have been found to be free from any harmful germs and bacteria. So these are safe for use.

Thanking you

Yours faithfully

K.P.Mudanda

Summary of letters from Ayurveda director, Maharashtra govt.

Letter One

Maharashtra Ayurveda Poddar Hospital.

State Ayurveda Poddar Hospital, Maharashtra Govt.

Dr. Annie Besant Rd., Worli, Mumbai. - 400 018

Tel:

University - office 4934214

Principle 4936881

Hospital -office 4933533

Principle 4931846

Date: 15/11/1995

Ref.: SOP/ Astha-3sankirna/6621/1994

To,

Manager,

Gorakshan trust, Akola.

Sub: Examination of Gomutra asav (Fermented cow urine preparation)

Gorakshana trust from Akola has sent a lasting medicine. It is free from odour. It destroys Toxins. It removes waste products from body. It is beneficial in many medicines like asthma, constipation etc. By taking two spoons of cow urine asav many diseases connected to various glands are cured. This *asav* contains *jaggery* so patients of diabetes have to be careful.

This lasting formula is beneficial on many diseases.

Principle

Maharashtra Ayuvedic Poddar Hospital

Worli, Mumbai.

Letter Two

K.R.A.P/Astha sankirna/3095

Dated 10/5/95

To,

Ayurved Director,

Maharashtra state,

Worli, Mumbai. 400 018

Sub: Utility of cow urine as medicines.

Ref. Letter from your office *sankirna/gomutra* 1994/ayu.2 dated 29/4/94

Sir,

Medicines made from cow urine can be used for *jalodar* ??, spleen and stomach disorders, purifying poisonous medicinal herbs etc. Cow urine is used even in preparing various medicinal *bhasmas* (oxides)





of various metals. We have received cow urine in tablet, distilled and fermented form from Gorakshan trust from Akola. We have also received the process to manufacture them. There is no fear of these medicines getting spoiled. These medicines and their raw material cow urine both are long lasting. These medicines can be used on diseases like breathlessness, asthma, constipation, paralysis, jaundice, and anaemia. This is a harmless medicine. Maharashtra Poddar ayurvedic college hospital has practically used the medicines after they were provided by Gorakshan trust, Akola.

These have been useful in their own way.

Yours faithfully,

Principle,

State ayurvedic Poddar college, Worli, Mumbai - 18

18 NEW HOPE FOR CANCER PATIENTS.

REFERENCE : “Kalyan” magazine, May 1995 Title of article: Read understand act

Complicated diseases can be cured by cow urine. Amongst them even cancer can be cured by cow urine.

Here is an example of a cancer patient:

Sri Vinayak Narsingh Kulkarni, (At & Po. Sarola, taluka: Kati, Barshi, District Solapur, Maharashtra) aged 63 years, had tongue and tonsils cancer. Doctors from Siddheshwar cancer hospital, near Solapur suggested 18 and 12 total 30-radiation dose treatment. He started taking radiation treatment in April 1992. Within 3 rounds of radiation treatment he experienced excessive pain. Sri Kulkarni felt that instead of tolerating excessive pain due to radiation, it is better to die with out treatment. He left hospital and went to his village. When he reached home, his condition was precarious. He was feeling excessive weakness and was unable to walk even a few steps. He could take only liquid diet. He could not eat even a small bit of bread. Sri Vinayak Kulkarni read in an old book about cow urine, cow dung, curd, milk and ghee (clarified butter) based preparation panchagavya. According to it, by taking panchagavya daily, inner detoxification takes place. Sri Kulkarni started taking, only two out of five constituents of Panchagavya i.e. only cow urine 100 ml and fresh cow dung 30 mg. He mixed them and after filtering by clean cloth he took it. He started taking filtered solution of mixture of cow dung and cow urine in the mornings after toothbrush. Gradually his weakness reduced. Whereas earlier he felt difficulty in eating bread, now he could eat easily. Gradually his diet also improved. After taking cow urine and cow dung regularly for four months, he started taking full diet. **TUMOUR AROUND THE NECK DISAPPEARED.** There was a surprising change in his health. Where as earlier he could not walk even four steps, now he could walk five kilometres. Sri Kulkarni went to his known doctor at Solapur. The doctor on the basis of external indications told him that he was free of cancer. I went to meet him on 30 November 1995 in his village. Sri Kulkarni at the age of sixty three, looked very healthy.

Treatment of all diseases using cow urine and cow dung in done by Rajvaidya Revashanikar ji Trivedi, Ratlai (Jhalawad) Rajasthan.

Keep in mind that for medicine the cow urine or cow dung should be of cows of Indian breeds only.

Jersey and crossbreed cows should not be used. Cow urine and cow dung of the cow, which eats good grass, should be taken.

• *Laxminarayanji chandak, mumbai.*

19 MIRACULOUS BENEFITS BY USING COW URINE IN HIGH BLOOD PRESSURE AND ASTHMA

HIGH BLOOD PRESSURE AND ASTHAMA



Following article written by a patient of two diseases blood pressure and asthma appeared in Kalyan Monthly, September 1995 page 801. It is given here unchanged.

My age is approximately 79 years. I was suffering from high blood pressure and asthma for long time. I was taking allopathic medicines regularly.

In gauseva issue of Kalyan monthly I read about treatment of various diseases using cow urine. I made up my mind, why not try this. I used to catch cold often. Therefore I started taking half spoon *Alum* powder in half a cup of cow urine. First day itself I improved. It is about a month now with this treatment. I got checked by doctors and came to know that lungs are fully cured and blood pressure has also become almost normal.

Earlier I could not walk even one or two hundred steps. But now I walk two kilometres daily.

If some how I know about it earlier, my wife would not have died, which occurred five months back due to enlargement of liver. Various allopathic medicines were not effective, but using cow urine for a short duration had miraculous effects

Ramswaroop Verma

Cow urine is fully capable to cure animal diseases.

As evidence a letter from assistant Director, veterinary doctor, Mandsaur (M.P.) is attached here with.

Dr. R.S. Shrimal, M.V.Sc. & A.H.

Assistant Director, Veterinary

Ph. Off. 694 Resi. 412 PP

Key Village scheme, Mandsaur (MP)

Date 25-11-84

Sriman Rajvaidji,

Respectful obeisance's,

With reference to your talk on 25-3-84, as far as the utility and success in cow urine therapy is concerned, In Mandsaur area I have used your medicine based on cow urine to all types of animals.

Medicines made from cow urine were effective in following diseases:

- 1 Skin diseases
- 2 Liver diseases
- 3 Rheumatic diseases

Cow urine treatment has definitely been effective in above diseases. If this therapy is developed to cure animal diseases, definitely cheap Indian medicines would be available, in future on animal diseases.

Dr.R.S. Srimal.

20 SUCCESSFUL RESULTS OF COW URINE IN ANIMAL DISEASES.

- 1 Rinder pest
- 2 Heamorrhagic – specticmia
- 3 Anthrax
- 4 Black quarter
- 5 foot and mouth diseases
- 6 Mastitis
- 7 Tympanitis
- 8 Impacting of Rumen
- 9 Ephemeral Fever
- 10 Dysentery





11 Indigestion

12 Diarrhoea

In these diseases 250 millilitres cow urine mixed with 50 gram *jaggery* should be given in the morning and evening. In the diseased area, cow urine and ash of cow dung should be sprinkled.

In wounds, scratches and abscess, application of cow urine sprinkling of cow dung ash should be done. Giving 250 millilitres of cow urine two time a day, is beneficial, *jaggery* may be added.

Diseased animal should be kept aloof.

Summarising –

In all diseases of cows, cow urine should be fed and applied.

Amount may be increased and may be given three times a day.

Animals take cow urine due to added *jaggery*, cow urine even without *jaggery* may be given. *Jaggery* is only for taste.

21 LIST OF UNPUBLISHED BOOKS BY THE AUTHOR. IF ANY ORGANISATION OR INDIVIDUAL WANTS TO PUBLISH THE FOLLOWING BOOKS THEN PLEASE CONTACT THE AUTHOR.

S. No Name of the book Number of pages

1 *Kamdhenu* Treatment 1000 pages

(Chandrodaya – 6 volumes)

Description of 6 volumes of *chandrodaya*

Vol. 1 *Panchagavya panchamrit* (Cow products - nectar) 150

Vol. 2 simple diagnosis of diseases 150

Vol. 3 Simple cow urine treatment 150

Vol. 4 Cow urine preparation (edible)

As stated in scriptures 150

Vol. 5 Cow urine preparations (for applying)

As stated in scriptures 150

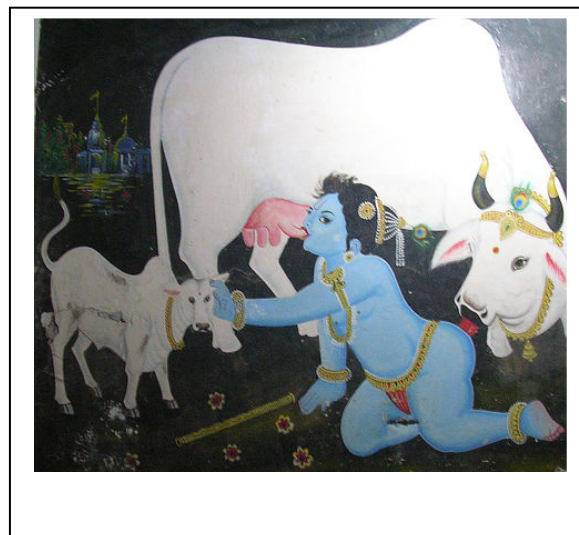
Vol. 6 Cow urine treatment of Cancer, Blood –cancer, Heart diseases, Blood pressure, AIDS, Diabetes, Asthma,

Epilepsy, obesity, infertility, liver problem of children, Leucoderma, Imbecile child, Leprosy 150

2 Cancer growth by eating cow meat 100

3 Mine of all pleasure – cow milk 20

4 Cow urine Treatment 150



22 SOME COMPOSITIONS (MEDICINES) OF COW URINE, COW DUNG AND COW GHEE (clarified butter).

1 GAUMUTRASAVA (fermented cow urine)

Dissolve 2 kg *jaggery* in 10 kg cow urine. Pot used should be of clay or glass. Boil cow urine to make it free from ammonia. So its odour goes away. Filter it and add *jaggery* and heat it again. Filter it again.

Keep this filtered liquid for 15 days.

Decent the upper part slowly so the thick urea part remains at bottom and transparent cow urine asav is removed. About 25 millilitres should be taken twice daily after food. It has all curing properties similar to that of cow urine. This processing is done to stabilise the properties and to retain cow urine for long



time.

Gaumutrasav should be used in similar way as cow urine. Amount is less, than cow urine. It is long lasting. The older it is more useful it becomes. The processed asav is more useful and has all qualities of cow urine.

2 GAUMUTRA ARKA VA AND GAUTIRATHA (distilled cow urine)

Cow urine is boiled in an earthen pot or iron pot to which a vapour condensing device is attached. The vapour through tube is collected in a pot put over cold water. So the vapour gets condensed here. The water is changed often to maintain it cool. The tube through which vapour passes should be transparent so that movement of vapour is visible. If smoke is visible then reduce the flame. The properties of this condensed cow urine are not as good as fermented cow urine, as the residue remains in the pot and some component evaporate as gases. But being clean and odour free it is liked more.

Benefit is achieved by using for longer period. It can be given to children and ladies easily. If honey is mixed while taking then it is more effective. 12 millilitres of ark (distilled cow urine) mixed with honey should be taken after food. Mainly it is useful for reducing cholesterol and to reduce body weight. It is useful in all kinds of children's cough and other diseases. It is more suitable for sukumar ?? ladies.

Gautirth - This is distilled cow urine including clove, jayfal (English: Nutmeg, Latin; *Myristica fragrans*), *javintri* (same as *jayfal* ???) and saffron. In one thousand millilitre cow urine add 50 gm powder of clove, nutmeg, *javintri* ?? and saffron in equal quantity (16 gm each) and then distill it. The condensed vapour of this mixture is called *gautirtha*. Saffron is not necessary.

3 GAUMUTRA GHANVATI or GAUMUTRAVATI or KAMDHENU VATI (Cow urine tablets)

Use deep iron pan. Go on boiling cow urine till it becomes concentrated and salts remain. This has to be done just as sugarcane juice is concentrated and jaggery is formed. When the cow urine is concentrated remove it from fire and let it cool. From one kilo cow urine 50 gm concentrate is available. Scratch it from pan and make round tablets of the size of gram.

To keep tablets non-sticky; burn some dried good quality cow dung cakes to ashes and filter the ash using a thin cloth piece and keep the tablets in the ash. To make colour of tablets attractive add one percent *geru* ?? powder to cow dung ash. The colour becomes attractive. The tablets should be kept in the cow dung ash powder only. The cow dung powder acts as absorbent and heat isolator. The tablets now could be put in plastic bags and packed in containers. When tablets finish after use, the ash powder could be thrown out. It is just to keep tablets free from moisture.

In Sun the tablets might melt. So we should be careful and keep them away from sunlight. If the tablets stick to each other due to moisture, it should not be considered as spoiled. Another method is - take cow urine concentrate mix with one fourth part of powder of Harde (English: Chebulic myrobalan, Latin: *Terminalia chebula* Retz) and make tablets. Still it is better to keep them in cow dung ash powder.

4 BALPAL RAS (Childrens tonic)

Ingredients:

Cow urine Arka (distilled): - 500 millilitre

Crystalline sugar: - 1 kg.

Lemon extract (citric acid): - 5 gm

Edible red colour – ½ gm.

Process of manufacture: -

Boil distilled cow urine (arka) with sugar in a deep iron pot. As it is boiling go on removing froth. When the syrup is ready take the pot off the fire. First add lemon extract and edible red colour in little syrup and mix it properly. Then mix that with the whole syrup. When it is cold fill in bottles after filtering it through fine cotton cloth.

Method of use: -



For one day to one year old baby one small spoonful with water in the morning and one in the evening for one year to five year old child – 2 small spoonful in the morning and two small spoon full in the evening with water.

Utility and benefits: -

Indigestion of children, gas, worms in stomach, vomiting of milk, indigestion due to spoiled milk, deficient sickness resistance, deficient growth factor, problems of teething, mental weakness, deficient brain development, protection from child diseases and their treatment.

It safe guards from liver, lungs and other diseases.

As the base of this is distilled cow urine, so all properties of cow urine are present.

For the choice and convenience of children it is made as sweet drinkable product.

By daily use children become free from disease and become healthy.

5 NARI SANJIVANI (Tonic for women)

Ingredients: -

Gaumutra arka (distilled) 500 millilitre,

Sugar (crystalline) 1 kg.

Lemon juice (Citric acid) 5 gram,

Edible colour – yellow ½ gram

Process of manufacture: -

Boil distilled cow urine (arka) with sugar in a deep iron pot. As it is boiling go on removing froth. When the syrup is ready take the pot off the fire. First add lemon extract and edible yellow colour in little syrup and mix it properly. Then mix that with the whole syrup. When it is cold fill in bottles after filtering it through fine cotton cloth.

Method of use: -

Take it 3 times daily (4 small spoon in the morning 4 small spoons in the evening and 4 small spoons in the night at bed time.) With water – this amounts to 60 ml daily.

Utility and benefits: -

In all women's menses disorder, leucorrhoea, all kinds of weakness due to blood loss during periods, nervousness, dizziness, weakness of heart, gases, burning sensation of palm and feet, dimagi garmi ??, anger, sleeplessness, pimples etc. diseases are cured. Regular use keeps women healthy and beautiful.

6 PRAMEHARI ??

Ingredients: -

Gaumutra arka (distilled): - 500 millilitre.

Crystalline sugar: - 1 kg,

Edible green colour ½ gm.

Lemon juice (citric acid) 5 grams.

Process of manufacture: -

Boil distilled cow urine (arka) with sugar in a deep iron pot. As it is boiling go on removing froth. When the syrup is ready take the pot off the fire. First add lemon extract and edible green colour in little syrup and mix it properly. Then mix that with the whole syrup. When it is cold fill in bottles after filtering it through fine cotton cloth.

Method of use: -

4 small spoon in morning]

4 “ “ “ Evening] With water.

4 “ “ “ Night]

Utility and benefits: -

It gives energy and strength to young people by curing night falls, thinness of semen, less sperms in



semen, etc. diseases due to which weakness, laziness, headache, memory loss etc. occur. Gives vitality, strength to young men.

Note : The base of Tonic for children, women and men *pramehar i??*

Preparation is gaumutra arka (distilled cow urine). The aim of whole processing is to make it tasty.

Different colours are only to differentiate them just by looking at them.

7 GAUMUTRA HARDE CHURAN (Cow urine and Harde (English: Chebulic myrobalan, Latin: *Terminalia chebula Retz*) powder): -

Ingredients: - English names for all ingredients

Jau Harde (Small fruits of (English: Chebulic myrobalan, Latin: *Terminalia chebula Retz*) 1KG

Ajvaine (English: Country barage, Latin: *Coelus amboinicus*) 2 kg.

Black pepper 250 gms

jawa khar ?? 60 gms.

Asafoetida 60 gms

Caster oil 100 gms.

Cow's ghee (clarified butter) 10 gms

Rock salt 600 gms

Black salt 400 gms.

Note – Better the quality of asafoetida, the better will result be.

Process of manufacture: -

Soak 1 kg small harde (English: Chebulic myrobalan, Latin: *Terminalia chebula Retz*) in cow urine for five days in an iron or stainless steel pot. Change cow urine every day. On sixth day the take *Harde* from cow urine and fry it in mild heat in 100 gms caster oil. When harde is cooked i.e. stickiness of *harde* is gone, take out the dry *harde* from fire. Wetness goes away and harde swells. Heat 60 gms Asafoetida in 10 gms cow ghee (clarified butter) in very low flame. Now take this 1 kg *Harde*, fried asafoetida 60 gms and other components mentioned above together and grind it in a machine or manually. Filter it through sieve. Don't use cloth, or else the oil of medicine will be absorbed by cloth. After filtering take small quantity of mixture at a time in grinding pot and grind it into fine powder. Finer the powder, more beneficial it is.

Properties: -

It cures all diseases of stomach, acidity, gas, constipation, worms, piles, ulcers of liver, intestines and stomach, nervousness, sleeplessness, blood pressure, any type of rheumatism. Indigestion and loss of appetite is also cured. If there is headache due to indigestion, that is also cured. By eating this powder in with meals along with vegetables, beans or in daily salad it destroys the poisonous effect, due to poisonous medicines, insecticides, fertiliser, and poisonous material in water which enter grains, vegetables or cereals. So it effectively cleanses blood to make free of such toxins.

Dose

Two small spoon two times a day or take two times after food.

It is beneficial even if it is taken when there is no diseases.

8 GAUTAKRASAV (fermented buttermilk(whey))

Ingredients: -

Cow buttermilk (whey) 1 litre

Powdered Rock salt 50 gms

Mustard powder 50 gms.

Turmeric powder 50 gms.

Process of manufacture: -

Add equal quantity of water and buttermilk (whey). Then mix the other three things with it. Put this in



a china clay earthen pot or glass pot. Cover the lid tightly and keep it.

On fourth day filter it and fill in bottles. Decant the liquid to avoid the solids of mustard and turmeric powder. Even later on if the powder of turmeric and mustard settles in the bottles then the top liquid should be decanted.

Properties: -

It is beneficial in all cases of piles. Cures all diseases of stomach, loss of appetite, indigestion, gas. It is digestive. It is beneficial for liver and spleen.

Flatulence, nervousness, constipation, and all other stomach diseases are cured. It is tasty, digestive drink.

Amount of dose.

Four small spoonfuls mixed with water, two times a day, after a meal is beneficial. Same amount if taken in all seasons protects health. It is tasty, longevity giving drink. It is harm free simple preparation. Destroys gases from stomach.

9 Tablets for Lecuderma, Vertiligo (to be eaten)

Ingredients: -All

Seeds of *bavachi* (English: Psoralea seeds, Latin: *Psoralia corylifolia*) 1 Kg.

Pure *geru* ?? 1 kg

Amlasar gandhak ?? 1 kg.

Cow urine salts 1 kg.

Purifying the ingredients: -

Soak 1 kg *bavachi* (English: Psoralea seeds, Latin: *Psoralia corylifolia*) seeds in cow urine for one night. Next day put them in new cow urine and boil the cow urine vigorously in a deep pan. Afterwards filter it through a fine cotton cloth. Roast 1 kg *geru* ?? in 200 grams cow ghee (clarified butter) over low flame. Then take out of fire. Melt 2 kg *Amla sar gandhak* ?? in one kg cow ghee(clarified butter) over low flame fire. Then fill another pot with cow urine and tie fine cotton cloth over it. Then pour the *gandhak* ?? (Amla sar) melted in ghee (clarified butter), in the pot with cow urine quickly. It should be poured when the ghee(clarified butter) is hot. Then take out the cold sulphur from the pot with cow urine and wash it with clean hot water and keep it.

Process of manufacture: -

Crush and grind well all the above four items i.e. *Bavachi* (English: Psoralea seeds, Latin: *Psoralia corylifolia*), *amla sar gandhak* ??, *geru* ?? and cow urine salts. The finer the grinding, better it is. Then make tablets of the size of a gram and dry them. If they don't dry then put the tablets in filtered cow dung ash. Take out after three days, they will dry up. It melts in water and due to heat. In bad weather it should be dried using cow dung ash powder. If we want to get good colour then add 1% *Geru* ?? in cow dung ash powder. It gives red colour.

Use: -

Give 3 tablets with water in the morning, noon and evening / night. Depending on the state of disease it should be taken for 3-6 or 12 months. This can make your body glowing. Children's dose is half, 1 tablet 4 times daily.

10 PANCHAGAVYA GHRUTA (Cow ghee with other four ingredients of panchgavya)

Ingredients: -

Cow dung juice 100 ml.

Curd of cow's milk 100 ml.

Cow milk 100 ml.

Cow urine 100 ml.

Cow ghee (clarified butter) 100 ml.



Method of extracting cow dung juice: -

Collect large amount of wet cow dung. Take approximately 2 square feet cotton cloth and put it in wet cow dung and spread it in the cow dung. After six hours, take out the cloth and squeeze the cloth and collect the liquid in a steel pot. If the quantity falls short then put the same cloth in the same cow dung and repeat the process and squeeze after 6 hours again.

Process of manufacture: -

Put all the above mention in a deep fry pan and put it over low flame. Heat it till only ghee (clarified butter) remains. Then cool it and filter it.

Prescribed dose: -

10 ml. in morning, 10 ml. in evening with milk or water.

Properties: -

Useful in cases of epilepsy, weakness of brain, madness, anaemia, oedema, severe jaundice, piles, stomach pain, *visham jwar* ??, loss of memory and mental retardation.

11 COW DUNG TOOTH POWDER

Ingredients and preparation: -

Burn cow dung cakes in a clean plate or a fry pan. In a half-burnt state cover it up with a state and put cloth round it to stop entry of air. Open it after half an hour and take out black hard coal. Don't take unburned part or fully burned white ash. To make large quantity of such coal, dig the ground. Put bricks and plaster it with cement. Then burn the coal in the pit. When the coal is little burned a deep iron pot placed upside down should be put to cover it. This is for making coal in large quantity, for small quantity fry pan is good enough.

Coal so obtained may be powdered in a grinding pot. Very fine powder could be made by rubbing it over cloth and filtering. Now take 20 gm. ordinary camphor, extract of *ajwaine* (English: Country barage, Latin: *Coelus amboinicus*) 20 gm and mix them. Keep this mixture in a bottle for one hour. After dissolving on its own it will become 40 ml oil. If a part remains undissolved, shake it for some time till it gets dissolved. Put this camphor oil over fine powdered coal of cow dung. Then dissolve fine powdered salt 160 gm in 160 gm hot water. This dissolved salt water weighs 320 gm.

Now all the three i.e. 1kg cow dung coal powder, oil of camphor 40 ml and salt solution 320 ml. totalling to 1 kg 360 gm. Mix them well in a pot and grind them nicely. Fill it in bottles in the moist state. Don't let it dry up.

Properties: -

Very useful in case of tooth decay, sensitiveness for hot and cold water, swelling of gums, mouth pain, ulcers over tongue, soar throat, deterioration of taste, tonsillitis, hoarse throat, It is very beneficial for bad smell of mouth, pyorrhoea. It is essential to clean teeth in the morning and at bedtime. It protects us from teeth and mouth diseases.

12 Gaumay tail (cowdung oil)

Ingredients: -

Cow dung juice 100 ml.

Til (English: Sesame, Latin: *Sesamum Indicum*) oil 100 ml.

Method of extracting cow dung juice: -

Collect large amount of wet cow dung. Take approximately 2 square feet cotton cloth and put it in wet cow dung and spread it in the cow dung. After six hours, take out the cloth and squeeze the cloth and collect the liquid in a steel pot. If the quantity falls short then put the same cloth in the same cow dung and repeat the process and squeeze after 6 hours again.

Process of manufacture: -

Heat both cow dung juice and til (English: Sesame, Latin: *Sesamum Indicum*) oil in a deep steel frying



pan over low flame. When the cow dung juice burns out, filter the oil through cloth and fill it in bottle.

Utility: -

It is useful in cases of red eyes, burning sensation in eyes, headache due to eyes, tension, immature cataract, low visibility in the night, jala ??, itching sensation of eyes, watering of eyes etc. Cataract in unripe stage is destroyed. Those who read and do more work using eyes can protect their vision by putting a drop of this oil twice a day on regular basis.

The number of spectacles goes down in case of youngsters.

Using it daily protects eyes. This composition is tested composition of baishjya ratnavali, an ayurvedic text. Put only one drop in eye using eye dropper.

13 GAUMAY MARHAM (Cow cream)

Ingredients: -

Find powder of cow dung cake 500 gm

Geru ?? 400 gms

cow urine salts 100 gm

Copper Sulphate 50 gm

Petroleum jelly 1 kg.

Process of manufacture: -

First grind *nila thotha* ?? and then roast in a small deep pan. Take it out when its colour changes to white.

Then grind all dry substances in a very fine powder. Then grind it in a grinding pot adding the petroleum jelly. Afterwards fill it in bottles. If it gives burning sensation in case of application in sensitive parts of body, rub a little bit of ghee (clarified butter) to reduce the sensation on the affected part.

Use: -

In skin diseases, wash the infected part by cow urine and then apply this ointment 2 to 3 times daily.

Advantage: -

Beneficial in skin diseases, ringworm, itching, eczema, psoriasis, infected wounds.

Note: - Do not apply on eyes.

14 KAMDHENU TAIL - Cow urine oil (external use)

Ingredients: -

Cow dung juice 250 ml.

Cow urine 500 ml.

Camphor (dali ka ??) 25 gm

Ajwain ka sat (Essence of Country borage, Latin: *Coelus amboinicus*) 10 gm.

Til (English: Sesame, Latin: *Sesamum Indicum*) oil 1000 ml.

Process of manufacture: -

Method of extracting cow dung juice: -

Collect large amount of wet cow dung. Take approximately 2 square feet cotton cloth and put it in wet cow dung and spread it in the cow dung. After six hours, take out the cloth and squeeze the cloth and collect the liquid in a steel pot. If the quantity falls short then put the same cloth in the same cow dung and repeat the process and squeeze after 6 hours again.

Firstly grind camphor and ajwain ka sat (Essence of Country borage, Latin: *Coelus amboinicus*) together and fill in a bottle. Shake it till oil is formed. Then put cow urine and Cow dung juice on a pan and mix together thoroughly. Then filter it through thick cloth. Heat this filtered liquid in a pan after adding Sesame oil, till the oil remains and the liquid evaporates. Let it cool and then filter. Fill it in bottle, then add camphor oil to it and shake the bottle well.

Use: - Massage with oil and foment wherever there is pain in the body. It gives comfort.

15 Tablets for Leucoderma, Vitiligo (to be applied on skin)



Ingredients: - ??

Seeds of Bavachi (English: Psoralea seeds, Latin: *Psoralea corylifolia*) 1 kg

Geru ?? 1 kg.

Heera kasis ?? 250 gms

Gandhak sada ?? 1 kg.

Process of manufacture: -

Make powder of all these by crushing and grinding. Add in twice the quantity of cow urine and then cook it in a deep pan. When it is thick put it in *hamam dasta* ?? to crushing, and then in grinding pot for grinding. While grinding go on adding little cow urine. It will be more beneficial. Make them into thick flat tablets. For colouring them to make them attractive add *geru* ??.

Use: -

Make a paste from tablets and water. Apply it on white spots, in the morning and night (at the time of sleeping) and in the noon. Before applying the paste in noon wash with cow urine (only once). By applying it for a few months, the spots will vanish. Edible medicine has also to be taken along with this. If the spots are all over the body, then massage whole body with cow urine and cow dung before taking bath. Take bath immediately after massage with cold or hot water. Thus spots don't spread further on the body and vanish soon. Your body will become effulgent very soon.

Cow dung and cow urine both extract heat and poisons from the skin and body becomes free of diseases.

Disease is cured soon.

16 Gopal nasya (nasal medicine)

Ingredients: -

govatsa cow dung 100gm

(Cow dung of a newly born baby cow, the excrement from the baby cow immediately after birth. This is evacuated after the baby cow remains in cow's womb for nine months.

ankade milk (Sap of Madar tree (Latin: *Calotropis procera*) 100 gm

Black pepper 150 gm.

Process of manufacture: -

Take the cow dung of the baby cow. This baby cow should be the first baby of the cow. The cow dung is the dung, which the baby gives immediately after birth. Take that baby cow's dung and nicely grind it in a mortar. Then add *ankade* milk (sap of Madar tree), mix it and grind it a lot again. Go on continuously grinding the paste in a pestle. As the paste dries go on adding the milk. At the end let the paste become nicely dry. Add black pepper powder to it. The black pepper quantity should be half the quantity of the paste. Again grind it nicely. Afterwards filter it through fine cotton cloth and fill it in bottles and keep it safely.

Utility: -

Cures epilepsy, worms in brain, *nak ka pinas* ??, hysteria, unconsciousness, nasal sinus and head ache.

Take this nasal medicine in a tube and blow it in both the nostrils. If blown during epilepsy attack then epilepsy is cured. It should be blown into nostrils during two, three attacks of epilepsy.

17 Cow soap (for bath)

Ingredients: -

Cow dung (fresh of cow of Indian breed) 1250 gm

Multani mitti ?? 1000 gm

Geru ??? 200 gm

Cow oil for external use

Process of manufacture: -

Take fresh wet cow dung, *multani mitti* ??, *geru mitti* ??, and grind them thoroughly. Dry it in the sun



for two days. Then make powder and filter it through cloth or sieve. Then mix camphor oil and cow oil with it and grind well. Then boil the neem (English: Neem tree, Margosa tree, Latin: *Azadirachta Indica*, *Melia Azedarach*) leaves in water and then filter it. Add this Neem water to previously ground paste in right quantity and mix them. Then put it in dye and afterwards dry the soap in sun. Later on role it in soap stone, wipe it and pack it.

Property and quality: -

Mahabharat Anushashan section 28-19 instructs:

Gomayen sada snayat kararshi capi savirshita

Meaning - Man should take bath applying cow dung daily. He should always be in touch with cow dung or sit on floor of cow dung. In *purushottam sahastra nam* in vol. 10, name of lord Krishna Himself is given as *gaushtanganah gati priyah* means Lord Krishna happily performs pastimes in cow dung in cowshed. In *Srimad Bhagwatam* 10.6.20, it is described that, after being breast fed by Putna, Lord Krishna was given a bath with cow urine. *Goraj* (dust raised by cows feet) and cow dung was applied over body of Lord Krishna by gopies.

Gomutrena snapayitva punar goraj sarbhakam raksham!

cakrusha shakruta dwadash angeshu namabhi!!

In scriptures cow dung is highly revered and glorified. For bath it is written.

Yanme rogam shokancha - tanme dahatu gaumay

Meaning -

Bath taken using cow dung is spiritual and purifying, by which all bodily and mental diseases are burnt.

Rishis have suggested cow dung, clay and ash for bath. In *Ayurveda* cow dung is described as

germicidal, nourishing, Gives brightness to body, destroyer of bad smell, absorber, *virya vardhak* ??

Rasayukta ?? and supremely pure and holy.

Glories of cow dung sung in *Mahabharat* are as follows: - *Asht ishuaryam mayi laksmi vasategomaye sada*. Meaning: Goddess Lakshmi with all eight opulence resides in cow dung. There will be no fear of modern day pollution, radiation and infection if one takes cow dung bath daily. It has transcendental property of curing skin diseases and reducing toxins of blood. It makes body effulgent. Therefore this cow dung soap is prepared so we can take daily bath with it. There are many advantages of cow dung soap. Hairs and skin remain healthy. Use cow dung soap in honour of *Ayurved*.

18 Gaumay Anrag (powder) vyapaka

Ingredients: -

Multani mitt ?? 1000 gm

geru ?? 200 gm

Wet cow dung 1250 gm

Cow oil (external use) 250 gm.

Extract of neem (English: Neem tree, Margosa tree, Latin: *Azadirachta Indica*, *Melia Azedarach*) leaves

Oil resulting by mixing camphor 40 gm. and Ajwayan sat (Essence of (English: Country barage, Latin:

Coelus amboinicus) 10 gms.

Process of manufacture: -

Procedure is similar to making of soap. Powder is dried and then packed. (discussed earlier)

Use: -

It is used with water on face, body, forehead and head. It destroys dandruff.

Property: -

Similar to cow dung soap. By applying daily on face, face gets shine like moon and becomes effulgent.

Wrinkles and spots are destroyed.

19 Visvadeva dhup (universal incense thick sticks)



Ingredients: -

Wet cow dung 1000 gm

Wooden fine powder of saw dust 500 gm

Cow ghee (clarified butter) 200 gm

Rice 200 gm.

Process of manufacture: -

First mix all the above except cow dung like making a dough. Then mix cow dung and nicely knead this mixture. Then take a pipe (of any material) or any die (as you want the shape of sticks to be made). Get a wooden stick of appropriate size to push the paste inside the pipe. Then wet the above mixture and put the material in pipe and push with a wooden rod of same shape. Thus they will form in size of thick sticks. Put the wet sticks in sun for drying. Pack the dried sticks in a box.

Utility: -

Dhupam Arghrpayami means in all forms of worship lighting of incense is given prime importance. It is related with cleansing of air, control of pollution, balancing of environment, deep breathing, protection of health, destroyer of disease germs and mental peace. This *dhoop* (thick incense) is as per scriptures. It should be made from natural pure ingredients. No chemicals should be added.

20 Cow incense powder (for purifying environment)

Ingredients: -

Red sandal wood 250 gm

Jatamasi (English: Spikenard, Latin: *Nordostachys jatamansi*) 250 gm

nagarmotha (English: Nut grass, Latin: *Cyperus rotundus*) 250gm

Dry cow dung powder 750 gm.

Process of manufacture: -

Make fine powder of all after mixing.

Application: -

Put this powder on burning cow dung cakes or coal. The smoke that comes frees the surroundings from germs and mosquitoes. If we breathe in this environment then diseases are destroyed. Longevity and mental peace is achieved by inhaling the smoke. If the burning coal or dung cakes are kept near bed at night then one gets deep sleep.

21 Eczema soap

Ingredients: -

Multani ?? soil 1 kg

Lal geru ?? soil 200 gm.

Wet cow dung 1250 gm

Copper sulphate 36 gm.

Process of manufacture: -

Finely grind copper sulphate. Mix it with all the above material. Boil neem (English: Neem tree, Margosa tree, Latin: *Azadirachta Indica*, *Melia Azedarach*) leaves in water. Then make a paste of above mixture using this water. Press the thick paste in die to give it a shape of soap. Take the wet soap out and put it in sun for drying.

Utility: -

The cake is applied after wetting in water over eczema, ringworm, and cirrhosis of skin. In case of burning sensation apply coconut oil.

Precautions: -

1. Do not use over face and eyes
2. This is not for bathing.



3. Apply only on eczema spots and not on other parts of body.

22 Cow dung fertilizer (dry)

Cow dung is used to make manure using compost method. Take leaves, branches etc and put them in a pit. Pour little water. It can be prepared even at homes in small pits. Even if one has a single cow, best manure can be prepared.

This manure can be dissolved in water and used for Tulsi, Flowers, etc. Using it is good for plants plus it will make surroundings pure. This manure is always available from Rajasthan *gauseva sangha*, *durgapur*, Jaipur. Training facility is also available.

23 Wet cow manure for spray

In cow urine of old cows, oxen nitrogen content is more. So it is better to use their urine if available for fertiliser purposes. Put 2.5 kg neem (English: Neem tree, Margosa tree, Latin: *Azadirachta Indica*, *Melia Azedarach*) leaves in 10 kg cow urine. Let the leaves decay in cow urine for 15 days. Then filter it. This is a very nice pesticide. Put 1 kg of this liquid in 100 kg of water and spray it on plants etc. By using this we can protect ourselves from poisonous chemical pesticides and also this is very cheap alternative for pest control.

24 Cow shampoo (for beautifying hairs)

Ingredients: -

Cow urine 2 kilo,

Aritha (English: Soap nut tree, Latin: *Sapindus trifoliatus*) 50 gm, camphor dali ?? 15 gm,

Ajwain (English: Country barage, Latin: *Coelus amboinicus*) sat 10 gm.

Process of manufacture: -

Crush *aritha* (Soap nut tree fruit) to form fine powder and put it in cow urine. Then evaporate the liquid part of this mixture while stirring it. Take it off from fire when 500 gm remains. Filter it. Mix camphor and *Ajwain sat* (Essence of Country barage) in a bottle for some time. Then mix it with rest of the filtered cow urine.

Utility: -

Apply in hairs while taking bath.

25 Cow urine insecticide spray

For killing insects and worms in fields.

Process of manufacture: -

Put nirgudi (English: Five leaves chaste, Latin: *Vitex negundo*) Leaves, flower and stems 100 gm, in cow urine. Let it decay for 20 days. Then crush the solids and filter it. By spraying this solution, the insects and worms in the fields are destroyed. If it is sprayed in advance then their attack can be prevented.

Last cover page

Producer – Rajvaid Revashankar Sharma, Ratlai (Zhalawad), Rajasthan. Pin 326 024

Name of medicine, properties and amount

1 Cow urine tablets – Beneficial in all diseases, useful for heart diseases and increase in blood pressure, Effective in mental diseases – 2 tablets in morning and 2 tablets while going to sleep with warm water.

2 Distilled cow urine – Very effective in obesity, increase in cholesterol, stones, swelling, joint pain, morning – 2 spoons and evening 2 spoons with water.

Also cures tuberculosis (T.B.), Respiratory problems, asthma and cough. It gives strength and energy – 2 spoons in morning and 2 in evening with water.

3 *Nari sanjivani* (Tonic for woman) – in all Menstrual diseases, Leucorrhoea, menorrhagia Irregularity of monthly periods, weakness, headache. Morning 2 spoons, evening 2 spoons



with water.

4 *Pramehari* ?? – Beneficial all diseases of young men (Effective on defects of semen). 2 spoons morning and evening with water.

5 *Balapalras* (children's tonic) - For new born babies till their teeth come out. For all growth factors (useful minerals), for mentally slow children. Useful in children's cold, cough, vomiting and diarrhoea. Morning and evening from ½ spoon to 2 spoon full.

6 *Gautrakasav* (fermented buttermilk (whey)) - use daily in case of indigestion, gas. It is digestive and tasty drink. Use it daily. Take two times morning and evening after food with water daily.

7 *Guamutra harde churan* (Cow urine and (English: Chebulic myrobalan, Latin: Terminalia chebula Retz) powder) – Very successful in constipation, indigestion, gas, stomach worms, loss of appetite, nervousness, all types of joint pains and blood pressure problems. 2 small spoon daily in morning and at bedtime with water.

8 *Guamutara asav* (fermented cow urine) - Beneficial in joint pain, asthma, respiratory problems, cough, weakness. 2 small spoon morning and evening, with water.

9 *Panchagavaya ghrut* (Ghee (clarified butter) with five items from cow) – successful in curing epilepsy, hysteria, insanity, tension, mental deficiency and madness. Morning and evening 2 small spoon with cow milk.

10 *Shivtranashak* (anti leucoderma tablets for eating) - Successful in curing leucoderma, vitiligo. Two tablets in the morning and two tablets in the evening with water.

11 Cow urine oil – Useful in unripe cataract, redness, burning sensation, *phula* ??, night blindness. Put two drops in eyes in the morning and at the bedtime in the night.

12 *Gaumay marham* (cow cream) – Beneficial in skin diseases, eczema. Apply two times daily. First wash with cow urine or apply eczema soap.

13 *Shivatranashak* (anti leucoderma tablets for applying) - Apply the paste of these tablets in water on leucoderma white patches.

14 Cow tooth powder – Beneficial for mouth blisters, tonsillitis and diseases of teeth and gums. Brush the teeth in the morning and night with this tooth powder.

15 *Gopal Nasya* (nasal medicine) - prolonged cough, sinus, pinus ??, epilepsy. Inhale little of this two times daily. (morning and evening bed time)

16 Cow soap – Protects from skin diseases, skin leprosy and cirrhosis of skin. Protects from infectious and poisonous environment. Use daily for bath.

17 Cow skin powder – For acne, pimples and skin diseases due to heat. Dissolve the powder in water and apply daily.

18 Cow shampoo – Use at bath time – beneficial for hair and skin of head.

19 Cow urine oil (for external use) – Use for pain relief in any part of body.

20 Eczema soap – Apply by rubbing with water on parts of skin with eczema.

21 Cow fertiliser (Dry) – Scientifically prepared natural manure for gardening, Tulsi plant and flower pots.

22 Cow urine fertiliser (liquid) – for spray over fields.

23 Insecticide spray – Specially spray for controlling worms and insects in gardens.

24 Universal incense – For Worshipping and cleansing environment.

25 Cow powder incense – For burning over coal for cleansing environment, decreasing pollution etc.



Filename: cow urine pdf.torrent

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Tracker announce: <http://denis.stalker.h3q.com:6969/announce>

Tracker scrape: <http://denis.stalker.h3q.com:6969/scrape>



In **Hindu mythology**, **Kamadhenu** (**Sanskrit**, pronounced [kaməðenu]) was a divine cow who was believed to be the mother of all cows. Like her daughter **Nandini**, she could grant any wish for the true seeker. Kamadhenu provided **Vasishta** with his needs for the sacrifices. Kamadhenu (kama-dhenu, 'wish-cow'), was a miraculous cow of plenty who could give her owner whatever he desired.





Cows are sacred

From the Mahabharata, Anusasana Parva,
Sections LXXXIII - LXXVII – LXXVI

Bhishma said:

No sacrifice can be performed without the aid of curds and ghee (clarified butter). The very character of sacrifice which sacrifices have, depends upon ghee. Hence ghee (or, the cow from which it is produced) is regarded as the very root of sacrifice.

Cows have been said to be the limbs of sacrifice. They represent sacrifice itself. Without them, there can be no sacrifice. With their milk and the Havi produced therefrom, they uphold all creatures by diverse acts. Cows are guileless in their behaviour. From them flow sacrifices and Havya and Kavya, and milk and curds and sacred.

Sacrifice [<Click here for more information](#)
(Mantras-Sacred Fire)

Afflicted by hunger and thirst, they bear diverse burdens.
Cows support the Munis (sages).

Among all objects mobile and immobile, the mobile are superior. Among mobile creatures Brahmanas are superior.



The sacrifices are all established upon them. It is by sacrifice that Soma (nectar) is got. Sacrifice has been established upon cows. (For without ghee or clarified butter, which is produced from milk, there can be no sacrifice). The gods become gratified through sacrifices. It is from the cows that the means have flowed of the sustenance of all the worlds. They yield Soma (nectar) in the form of milk. Cows are auspicious and sacred, and grantor of every wish and givers of life.

They who make gifts of cows, and who subsist upon the remnants of things offered as libations on the sacred fire, are regarded, as always performing sacrifices of every kind.

Of all kinds of gifts, the gift of cows is applauded as the highest. Cows are the foremost of all things. Themselves sacred, they are the best of cleansers and sanctifiers. People should



cherish cows for obtaining prosperity and even peace. Cows are said to represent the highest energy both in this world and the world that is above. There is nothing that is more sacred or sanctifying than cows.

One should never feel any repugnance for the urine and the dung of the cow.

[Note: The following comments are by the scholar and translator of The Mahabharata Sri Kisari Mohan Ganguli: The Rishis (ascetic seers) discovered that the magnetism of the cow is something that is possessed of extraordinary virtues. Give the same kind of food to a cow and to a horse. The horse-dung emits an unhealthy stench, while the cow-dung is an efficacious disinfectant. There can be little doubt that the urine and dung of the cow possess untold virtues.]

Vyasa said:

Cows are sacred. They are embodiments of merit. They are high and most efficacious cleansers of all.

One should for three days drink the hot urine of the cow. For the next three days one should drink the hot milk of the cow. Having thus drunk for three days hot milk, one should next drink hot ghee for three days. Having in this way drunk hot ghee for three days, one should subsist for the next three days on air only.

Vasishtha said:

By bathing in water mixed with cow-dung, people shall become sanctified. The deities and men, shall use cow-dung for the purpose of purifying all creatures mobile and immobile. One can sit on dried cow dung. One should never eat the flesh of cows.

One should never show any disregard for cows in any way. If evil dreams are seen, men should take the names of cows. One should never obstruct cows in any way. Cows are the mothers of both the Past and the Future. Cows have become the refuge of the world. It is for this that cows are said to be highly blessed, sacred, and the foremost of all things. It is for this that cows are said to stay at the very head of all creatures. Every morning, people should bow with reverence unto cows.

Cows are the best Havi for the deities. The Mantras called Swaha and Vashat are forever established in cows. Sacrifices are established in the cows. Cows constitute the fruit of sacrifices. Cows are the future and the past, and Sacrifices rest on them. Morning and evening cows yield unto the Rishis, Havi for use in Homa (sacred fire ceremony).



Cows are always fragrant. The perfume emanated by the exudation of the Amytis agallochum issues out of their bodies. Cows are the great refuge of all creatures. Cows constitute the great source of blessing unto all. (Swastayana is a ceremony of propitiation, productive of blessing and destructive of misery of every kind). Cows are the source of eternal growth.

Cows are sacred. They are the foremost of all things in the world. They are verily the refuge of the universe. They are the mothers of the very deities. They are verily incomparable.

Cows are the mothers of the universe.*

There is no gift more sacred than the gift of cows. There is no gift that produces more blessed merit.

Vyasa said:

Cows constitute the stay of all creatures. Cows are the refuge of all creatures. Cows are the embodiment of merit. Cows are sacred and blessed and are sanctifiers of all.

One should never, in even one's heart, do an injury to cows. One should, indeed, always confer happiness on them.

Living in a pure state, in the midst of cows, one should mentally recite those sacred Mantras that are known by the name of Gomati, after touching pure water. By doing this, one becomes purified and cleansed. Brahmanas of righteous deeds, who have been cleansed by the knowledge, study of the Vedas, and observance of vows, should, only in the midst of sacred fires or cows or assemblies of Brahmanas, impart unto their disciples a knowledge of the Gomati Mantras which are every way like unto a sacrifice (for the merit they produce). One should observe a fast for three nights for receiving the boon constituted by a knowledge of the import of the Gomati Mantras.

The man who is desirous of obtaining a son may obtain one by adoring these Mantras. He who desires the possession of wealth may have his desire gratified by adoring these Mantras.

The girl desirous of having a good husband may have her wish fulfilled by the same means. In fact, one may acquire the fruition of every wish one may cherish, by adoring these sacred Mantras. When cows are gratified with the service one renders them, they are, without doubt, capable of granting the fruition of every wish. Even so, cows are highly blessed. They are the essential requisites of sacrifices. They are grantors of every wish. Know that there is nothing superior to cows.



Cows are endowed with the elements of strength and energetic exertion. Cows have in them the elements of wisdom. They are the source of that immortality which sacrifice achieves.

They are the refuge of all energy. They are the steps by which earthly prosperity is won. They constitute the eternal course of the universe. They lead to the extension of one's race.

Bhishma said:

One should not, by imparting a knowledge of this ritual, benefit a person that is not one's disciple or that is not observant of vows or that is bereft of faith or that is possessed of a crooked understanding. Verily, this religion is a mystery, unknown to most people. One that knows it should not speak of it at every place. There are, in the world, many men that are bereft of faith.

There are among men many persons that are mean and that resemble Rakshasas. This religion, if imparted unto them, would lead to evil. It would be productive of equal evil if imparted to such sinful men as have taken shelter in atheism.

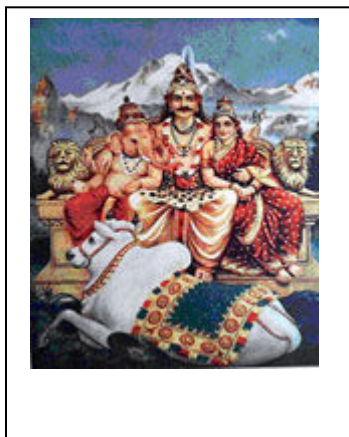
*** (Cows are the mothers of the universe)**

The human infant is fed breast milk by its human mother for under three years. After weaning, the cow acts as the surrogate mother providing milk for the rest of the human life-through childhood, adult age and old age. Cow is verily the mother of the world. One would be filled with repugnance at the ungrateful idea of killing mother, whether surrogate mother or otherwise.).



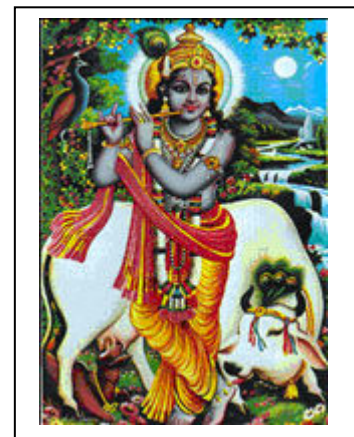
"The Vedic literatures [Hindu scriptures] state that protection must be given to weak and helpless living entities by the stronger members of society. It is the duty of a householder to protect and provide not only for one's family, but even for the ants that live within one's house; what to speak of higher living entities like the cow, who are at the mercy of their owners. The scriptures state that the cow is our mother. We drink the milk from the cow, therefore we must accept her as our mother and protect her. As such how can a civilized society allow violence to come to such helpless living entities, who sustain us all with their milk."

In Hinduism the cow is held sacred due to the fact that it is very dear to Lord Krishna, the Supreme Personality of Godhead. This is explained in the Hindu scriptures as follows:



*namo brahmanya-devaya
go-brahmana-hitaya ca
jagad-dhitaya krsnaya
govindaya namo namah*

[Vishnu Purana 1.19.65]



"I offer repeated obeisances unto Lord Krishna, who is the protector and well-wisher of the cows and the brahmanas. He is also the protector of the entire society. Unto that Lord, who is always satisfying the senses of the cows, I offer my obeisances again and again."

The words go-brahmana-hitaya indicate that the Supreme Lord is especially concerned with the welfare of the cows and the qualified brahmanas (spiritual teachers). The Lord is concerned with everyone's welfare, but the cows are especially dear to Him. The brahmanas (spiritual teachers) are dear to the Lord because they worship him, as indicated by the words brahmanya-devaya (the Lord of the brahmanas).

When Lord Krishna appeared on this planet 5,000 years ago, he appeared as a cowherd boy. This was due to his great love for the cows. Even in the spiritual realm, the Lord is engaged in herding the spiritual cows, as stated in the Hindu scriptures:

*cintamani-prakara-sadmasu kalpavriksha-
lakshavrteshu surabhir abhipaalayantam
lakshmi-sahasra-sata-sambhrama-sevyamanam
govindam aadi-purusham tam aham bhajami*



[Brahma-samhita]

"Lord Krishna is situated in a spiritual abode made of transcendental gems. In that abode he is surrounded by millions of desire fulfilling trees (kalpa-vriksha), and he takes pleasure in tending the divine cows. He is always being served with great reverence and affection by hundreds of thousands of devotees. To that Supreme Lord, who is always trying to satisfy the senses of the cows, and who is the original person, I offer my worship."

The great Hindu saint, Sri Bhaktisiddhanta Saraswati, while commenting on this verse states:

"Kama-dhenus (cows yielding the fulfillment of all desire) give milk when they are milked; but the kama-dhenus of the spiritual world pour forth oceans of milk in the shape of the fountain of love showering transcendental bliss that does away with the hunger and thirst of all pure devotees."

The cows of this world are the material reflections of the divine cows of the spiritual realm. As such, the Lord blesses them by basing the entire Hindu (Vedic) culture on their protection.

The very word govinda, which is a famous name of Lord Krishna, means "one who brings satisfaction to the cows". And Lord Krishna has many such transcendental names which reflect His relationship to the cows. Gopala means "the protector of the cows", and Krishna is famous throughout India as bala-gopala, "the child who protects the cows".

The Vedic literatures state that protection must be given to the weak and helpless living entities by the stronger members of society. It is the duty of a householder to protect and provide not only for one's family, but even for the ants that live within one's house; what to speak of higher living entities like the cow, who are at the mercy of their owners. The scriptures state that the cow is our mother. We drink the milk from the cow, therefore we must accept her as our mother and protect her. As such how can a civilized society allow violence to come to such helpless living entities, who sustain us all with their milk.

All these rules and regulations in the scriptures are given by the Lord for the protection of the cows. When these rules are not followed, and when the world turns away from the injunctions of the scriptures by violating the rights of the helpless, at that time the Lord descends to reestablish the principles of religion, to punish the miscreants and to protect his devotees.

Thus, according to Hindu scriptures, a civilization where there is no respect for the cow is condemned.

"If the cows are protected by Lord Krishna [God], then no force on this world should be able to harm the cows. Why then is there so much slaughtering of cows going on in this world?"

The cows which Lord Krishna personally tends and protects are not the mundane cows of this material world. They are the surabhi cows of the spiritual realm of Vaikuntha:



lakshavriteshu surabhir abhipalayantam



The supreme transcendental realm is called 'Goloka' because it is the abode of 'go', transcendental cows, and 'gopa', transcendental cowherds. These transcendental cows are the greatest devotees of the Lord.

Krishna also provides protection to the mundane cows of this world, but in an indirect way. For their protection he establishes the principles of religion and the Vedic culture. Krishna is the protector of dharma (religion), but in order to accommodate the free will of the living entities, sometimes He allows dharma to become degraded, and as a result the cows (and the entire world) are mistreated. At such a time, the Lord will incarnate to reestablish the principles of religion. Of course the true protection the Lord gives his devotees goes much beyond this. He does not protect us from death, He actually protects us from life - life in this material existence. People with a very limited vision of existence think death is our enemy, and we must prolong this life as much as possible. But those with a spiritual vision understand that the soul is eternal, and he will continue his journey in his next body. As such, our need no longer becomes protection from death, as death is nothing more than a passing phase of one body. We actually need to be protected from this life and attachment to its false bodily possessions.

The Lord's protection is absolute. He is protecting each and everyone of us. Some people he protects from death, other's he protects from life. In both cases He is protecting them, because he is seeing to the protection of their eternal soul, and not just their external body. The entire material creation is for the protection of the living entities. Krishna is drawing us back towards

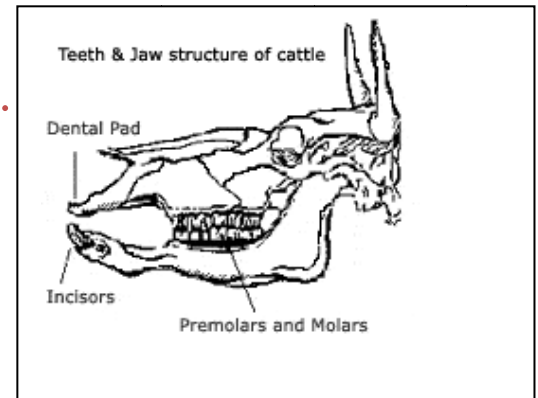


His spiritual abode. From the perspective of eternal time, one life span, or even a thousand life spans, are not very significant. The actual purpose of the Lord's incarnations is to reclaim the fallen conditioned souls through His transcendental association. This is the Lord's true protection, which he gives very freely to the cows of Vrindavana.

The Vedic culture is centered on sacrifice, and for sacrifice one requires ghee (clarified butter). Thus it is the cows which allow man to worship the Lord through sacrifice. The cows provide man with milk, ghee, and curds, all of which were essential in the worship of the Lord. Now due to the influence of the present age of Kali ("the period of darkness"), sacrifice to the Lord has stopped, and as a result the cows are neglected, despite the immense service they perform for society

Cows are closely related to Human beings.

Like humans, cows have 32 teeth but they don't have the top front incisors. They have a tough pad of skin, called the dental pad and 8 incisors on the bottom front. The cow grabs a tuft of grass with the skin pad and bottom incisors and it's sent down the Rumen where it lodges as cud. When the Rumen is full, the cow regurgitates the cud and uses the 6 pre-molars and molars on the top and bottom of each side to chew cud, for all it's worth.



From time immemorial, cows have been a part of civilized life. Remains of domesticated cattle dating to 6500 BC have been found in Turkey and other sites in the Near East. All the cattle we see today have a single ancestor, the Aurochs. The Aurochs was the great, black bull that was painted on cave walls alongside bison and mammoths by prehistoric cavemen. It is believed a poacher killed the last surviving member of the species in 1627, on a hunting reserve near Warsaw, Poland.

There are more than 787 breeds of cattle and 72 breeds of buffaloes in the world. India has 30 & 10 distinctive breeds of cattle and buffaloes respectively. The characteristic hump, long ears and bushy tail distinguish the Indian cow from the others. World over, cows dominate milk production but in



Holstein Friesian

India, the buffaloes are the major contributor to the total milk production. **India has the world's largest (53%) buffalo population.** 44% of milk animals in India are buffaloes and they contribute over 50% to the India's milk production. India has over 5.4 crore breedable cows and 4.2 crore breedable buffaloes (1998-99 cattle census) - that's about one cow or buffalo for every ten of us! Cows eat grass, chopped corn, bajra, lucerne, berseem, hay and silage, cattle feed and drink plenty of water. While the cows and buffaloes give us milk, the bullocks help the farmer in ploughing the

field. Cow dung has been used as an effective cleanser and sanctifier in India, from time immemorial. Cow dung coated floors are effective in keeping the house free of all kinds of vermin. Dried cakes of cow dung are still used as a substitute for firewood in cooking.

Chances are, every time you see a cow, its chewing food... Cows are ruminants i.e. they are cud-chewing mammals. Cud is regurgitated, partially digested food and a cow can comfortably chew cud for up to 8 hours each day.



Cows have an extraordinary stomach. It has four compartments. The first, Rumen, holds large quantity of cud. Rumen cud contains microflora, which are useful for feed and fodder digestion. The second, Reticulum or the hardware stomach, is where accidental food, like a piece of fencing scrap, lodges; the third, Omasum, works as a filter of sorts and the fourth, the Abomasum, is like our stomach. Cows drink about 75 litres of water and eat around 20-25 kilos of green fodder a day apart from concentrates like balanced cattle feed and dry fodder depending upon the body weight and the quantity of milk she gives.

The cow / bull occupies a special place in Hindu culture. The reverence of the animal has been one of the central themes of Hinduism, since ancient times. The animal is equated to one's mother (hence the expression ' *Gaumata* ' . In Hindu mythology, *Kamadhenu* , the wish-fulfilling celestial cow, is said to be the mother of all Gods. It is believed that she could grant any wish for the true seeker.

Cow is most commonly associated with Lord Krishna, who is usually depicted as a cowherd. Lord Krishna is also known as *Gopala* , literally meaning "the protector of cows". The cow is also associated with Lord Shiva, whose *vahana* (divine vehicle) is a white bull, *Nandi* . A statue of *Nandi* is usually seen facing the main shrine in every Hindu temple dedicated to Lord Shiva.





Laboratory Research Results (Jain`s cow urine therapy)

Cancer (Benign or malignant)

In all 15 male and 10 female patients of age between 23 years to 82 years with the mean age of 50.76 years had been treated as under.

Name of disease	No. of patients	Average age of patient	Average duration of disease	Average time of treatment given	Average % of relief
Ovarian Tumor	1	61 years	2 years	4 months	70%
Benign Prostatic Hypertrophy	2	61.5 years	1.5 years	8 months	75%
Renal Cell Carcinoma	1	68 years	2 years	0.5 months	80%
Breast Cancer	5	45 years	3.66 years	6.31 months	83%
CLL	2	60.5 years	3.41 years	2 months	80%
Tubercular Lymphadenopathy	1	34 years	10 years	6 months	75%
Cervical Cancer	1	56 years	3 years	2 months	80%
Uterine Fibroid	2	41.5 years	2 years	5 months	78%
Prostate Cancer	1	62 years	1 year	2 months	80%
Urinary Bladder Cancer	1	55 years	1 year	6 months	85%
Neurofibroma	1	39 years	25 years	24 months	75%
Throat Cancer	2	64 years	0.54 year	9 months	82%
Sub Mucous Fibrosis	3	35.66 years	4.33 years	8.22 months	84%
Oral Cancer	2	53.3 years	3 years	1.83 months	75%
Cancer (Benign or malignant)	25	50.76 years	3.84 years	6.09 months	73.3%

Diabetes Mellitus

In all 54 male and 15 female patients of age between 29 years of 74 years with the mean age of 52.65 years had been treated with cow urine therapy. Remarkable downfall in blood sugar level recorded in all the patients average 85% relief is found within average 3.25 months time duration of treatment. The average duration of Diabetes mellitus was 5.43 years before undergoing Dr. Jain's cow urine therapy.

Name of disease	No. of patients	Average age of patient	Average duration of disease	Average time of treatment given	Average % of relief
Diabetes Mellitus	69	52.65 yrs.	5.43 yrs.	3.25 months	85%



Skin Diseases

Name of disease	No. of patients	Average age of patient	Average duration of disease	Average time of treatment given	Average % of relief
Eczema	28	45.71 years	9.35 years	2.9 months	80.64%
Psoriasis	13	39.69 years	7.42 years	3 months	78.64%
Myococal infection	10	41.8 years	7.64 years	1.95 months	88%
Acne vulgaris	4	19.75 years	3.5 years	3.8 months	93.75%
Allergic rhinitis	2	50 years	13 years	1.25 months	75%
Food allergy	1	33 years	15 years	1 month	80%
Hyperpigmentation disorder	3	29 years	6.5 years	3.66 months	75.5%
Alloplasia Areata	1	22 years	2.5 years	6 months	80%
Mastocytosis	1	32 years	6 years	2 months	80%
Freckles	1	45 years	3 years	2 months	70%
Scabies	1	30 years	3 months	0.5 months	75%
Leucoderma	1	35 years	3 years	6 months	80%
Skin disease	68	40.29 years	8 years	2.8 months	88.10%

Respiratory Disorders

In all 51 male and 25 female patients of age between 3 to 90 years with the mean age of 40.48 years had been treated as under

Name of disease	No. of patients	Average age of patient	Average duration of disease	Average time of treatment given	Average % of relief
Asthma	30	37.88 years	8.66 years	3.7 months	88.83%
Bronchiactesis	1	70 years	2 years	2 months	90%
Bronchiolitis	1	3 years	1 year	4 months	90%
Bronchitis	4	52 years	4.37 years	4.16 months	87.5%
Cough, Cold and sneezing	23	40.78 years	6.7 years	2.61 month	89.34%
Dyspnoea	13	41.53 years	3.55 years	3.4 months	90.76%
Shortness of breath	3	52.66 years	12 years	3.66 months	86.66%
Pulmonary TB	1	30 years	1.5 years	2 months	85%
Respiratory disorders	76	40.48 years	6.82 years	3.33 months	89.14%



Contact Jain

Dr. Jain's Cow Urine Therapy™

For Consultation from a Doctor or details of treatment or cost of treatment please fill the [Online Consultation Form](#)

For queries regarding business/franchisee please fill in the [Franchisee Form](#)

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- Note: Below Practice should be done only with the help of Sat guru or else its dangerous to imagine.

Shivambu Shastra

Healing with Urine Therapy

AWAKENING THE HEALER WITHIN

We are in a very magical era: all around us, on all levels, we are witnessing the connection between the East and the West, the ancient and the modern, spiritual heritage and science. We are so truly fortunate to be living in such an exciting time, and to be able to watch in awe the way life unfolds before our very eyes. Modern scientific research is discovering today that ancient spiritual ideas come very close to today's most recent discoveries in the field of **quantum physics** and **vibrational healing methods**.

One such powerful practice for healing that is continuing to flourish today is **Shivambu Shastra**, respected for thousands of years as the "**Mother of Ayurvedic Medicine**" and commonly known as "**Self-Urine Therapy**". **Shivambu** means literally "**Water of Shiva**", referring to the auspiciousness of the practice. Its "**method of drinking urine for rejuvenation**" is outlined in the **Shivambu Kalpa Vidhi**, part of a 5,000-year-old document called the **Damar Tantra**, linking this practice back to **the Vedas**, the sacred Hindu texts. Self-urine therapy has been seen as one of the divine manifestations of cosmic intelligence, and has been used as such by Indian yogis to **unleash kundalini up to their third eye**.

There is something **esoteric about urine**. It is considered to be a supernatural, living food because it is a **by-product of the blood** and contains "**life force**" or **prana**. Using urine as a therapeutic tool mirrors to us the "**healer within**" who works on a mechanistic level as well as on an energetic level. This implies that urine, as a holographic substance, has the ability to affect all levels of being --from the physical, through the **electromagnetic fields** of the emotions and the mind, up to the subtler vibrations of the soul.

Urine is considered to be an invaluable source of nourishment and healing that perhaps has been too controversial or not financially rewarding enough for it to be talked about and encouraged as a potent medicine. **One's own urine**, a living food, contains elements that are specific to one's body alone. The body is constantly producing a huge variety of antibodies, hormones, enzymes and other natural chemicals to regulate and control its functions and combat imbalances that one may not be aware of.

Clinical studies have proved that the thousands of critical body chemicals and nutrients that end up in urine reflect the individual body's functions. When re-utilized, these chemicals and nutrients act as **natural vaccines, antibacterial, antiviral** and **anticarcinogenic agents** as well as **hormone balancers** and **allergy relievers**. The information that urine contains therefore cannot be duplicated or derived from any other source. Just as nature produces no two people who are exactly the same, there are no two urine samples in the world that contain exactly the same components.

A STERILE BY-PRODUCT OF BLOOD FILTRATION

Urine is not a dirty and toxic substance rejected by the body. **Urine** is a **by-product of blood filtration, not waste filtration**. Medically it is referred to as "**plasma ultrafiltrate**". It is a purified derivative of the blood itself, made by the kidneys--whose principal function is not excretion but regulation of all the elements and their concentrations in the blood. Urine can be compared to leftovers from a meal, and this metaphor may help us understand why our bodies excrete elements that are valuable to our health and well-being.

Nutrient-filled blood passes through the **liver** where **toxins are removed** to be excreted as solid waste. Eventually, this purified "clean" blood undergoes a filtering process in the kidneys, where excess water, salts, vitamins, minerals, enzymes, antibodies, urea, uric acid and other elements not usable at that time by the body are collected in the form of a purified, sterile, watery solution that is urine. The function of the



kidneys is to keep the various elements in the blood balanced. The important elements in the blood are not filtered out because they are toxic and harmful to the body, but simply because the body does not need a particular concentration of an element at that specific point in time. It is this very regulating process of the kidneys that allows us to eat and drink more than our bodies need at any one time.

BIOCHEMICAL COMPONENTS

Urine is estimated to have thousands of biochemical compounds, but only 200 or so have been studied. It contains an incredible array of critically important nutrients, enzymes, hormones, natural antibodies and immune defense agents.

Some of these components are well worth further consideration--such as:

- allantoin (also found in comfrey, known as "bone-knit", and in aloe vera, which guards against sunburn)
- the amino acid creatinine (popular with body-builders)
- DHEA hormone (proven by research to have anti-ageing, anticancer and anti-obesity properties)
- melatonin (known for its calming effect while strengthening the physical body and immunity)
- sex hormones such as testosterone, androgen and oestrogen

In view of such an array of ingredients, it is easier to understand urine's effects:

- antibacterial
- antifungal
- antiviral
- antineoplastic
- anticonvulsive
- antispasmodic

Dr A. H. Free published in his book, *Urinalysis in Clinical Laboratory Practice*, a list of constituents which in 1975 was by no means exhaustive:

• Alanine	38 mg/day
• Arginine	32 mg/day
• Ascorbic acid	30 mg/day
• Allantoin	12 mg/day
• Amino acids	2.1 g/day
• Bicarbonate	140 mg/day
• Biotin	35 mg/day
• Calcium	23 mg/day
• Creatinine	1.4 mg/day
• Cystine	120 mg/day
• Dopamine	0.40 mg/day
• Epinephrine	0.01 mg/day
• Folic acid	4 mg/day
• Glucose	100 mg/day
• Glutamic acid	308 mg/day
• Glycine	455 mg/day
• Inositol	14 mg/day
• Iodine	0.25 mg/day
• Iron	
• Lysine	



• Magnesium	0.5 mg/day
• Manganese	56 mg/day
• Methionine	100 mg/day
• Nitrogen	0.5 mg/day
• Ornithine	10 mg/day
• Pantothenic acid	15 g/day
• Phenylalanine	10 mg/day
• Phosphorus, organic	3 mg/day
• Potassium	21mg/day
• Proteins, total	9 mg/day
• Riboflavin	2.5 mg/day
• Tryptophan	5 mg/day
• Tyrosine	0.9 mg/day
• Urea	28 mg/day
• Vitamin B6	50 mg/day
• Vitamin B12	24.5 mg/day
• Zinc	100 mg/day
	0.03 mg/day
	1.4 mg/day

ACTIONS, BENEFITS AND APPLICATIONS

Anything that was in the blood cannot be harmful to the person that it came from. Besides, when taken internally, the **urine** does not go straight into the bloodstream but travels through the digestive system, where its constituents are sorted out. The useful ones are used up again, while others are rejected as solid waste. When the level of toxins in the blood increases, this stimulates the intestines and the lymphatic system into flushing themselves out to eliminate any stagnated excrements accumulated in the colon. The amount of toxins found in the urine of each person is related to the amount of stagnated excrement in the colon. So the toxins, in such minute amounts in urine, stimulate a cleansing reaction in each individual and vaccinate and protect the body from illnesses.

Studies on **urea**, considered the poisonous organic solid in urine, have shown it is converted into an essential amino acid once it is recycled by ingestion, helping our bodies use protein more efficiently. **Urea** has also been proven to be an extraordinarily effective **antibacterial** and **antiviral agent**, one of the best natural diuretics and one of the most effective skin moisturizers ever discovered. **Urea** actually increases the water-binding capacity of the skin by opening skin layers for hydrogen bonding and thus attracting moisture to dry skin cells. As a natural diuretic, it is unparalleled and is also widely prescribed in cases of oedema or swelling, glaucoma, epilepsy and meningitis and to reduce excess cerebral and spinal pressure. **Urea** is an **FDA-approved** medicinal agent, and its remarkable and comprehensive antineoplastic properties are well utilized in anticancer drugs and treatments.

Even **uric acid**, normally thought of as a waste product that can cause gout, has tremendous medicinal implications, such as acting as a defense against cancer and ageing by actively destroying free radicals.

Urokinase, an enzyme also found in urine, is used in drug form to dissolve blood clots and is widely used for unblocking coronary arteries in victims of heart attacks.

One of the world's largest fertility drug-producing companies makes use of the ovulation-enhancing hormone in human urine to make **Pergonal**, reported to have had US\$855 million in sales in 1992 (a figure that has continued to increase since then).

More examples of commercial medical applications of urine and urea in use today include:



- Murine Ear Drops and Murine Ear Wax Removal System
- Ureaphil, a diuretic made from urea
- Urofoliotropin, a urine-extract fertility drug
- Ureacin, a urea cream for skin problems
- Amino-Cerv, a urea cream used for cervical treatments
- Premarin, a urine-extract oestrogen for skin ulcers, burns, infected wounds, and other purposes

A SUBTLE SCIENCE

Most urine therapists have never sought a scientific explanation for why or how it works; their own experiences have proven to be more than sufficient. However, as modern medicine's interest in the powerful healing aspects of **Shivambu Shastra** grows, more research is being undertaken and a lot is being revealed to substantiate scientifically the therapy's very rich history in healing.

Ayurveda considers disease to be caused by a shift in the internal metabolic balance, manifested as the five elements of aether, air, fire, water and earth in that individual. To create health involves rebalancing that unique metabolism to attain elemental equilibrium.

In scientific terms, one can consider **self-urine therapy** as an extension of the methods of **Jenner** and **Pasteur**, as auto-inoculation or self-vaccination. Certain bodily substances which have been removed from the body, some of which may have been produced as a result of an imbalance, are re-introduced into the body in small amounts and re-absorbed into the blood through either the intestines or the skin. This gives the **immune system** all the information that it needs and the chance to react appropriately to achieve homeostasis.

Coen van der Kroon, in his book *The Golden Fountain*, proposes what he calls the "*transmutation theory*" for the underlying mechanics of **Shivambu Shastra**. His proposal is coherent in terms of the visible shift in recent times from reductionism to **holism** in scientific research. The theory implies that the body is capable, through energy exchange, to "short-circuit" the system by ingesting its own secreted body fluids to stimulate the transmutational forces within and challenge the body to transform unusable substances into usable ones. **Van der Kroon** proposes that **self-urine therapy could possibly restructure disturbed DNA**, especially if one is fasting on urine.

The medical doctor and urine therapist **Dr Johann Abele** puts it as such:

...the question rises as to whether **urine** could possibly be considered to be a sort of **liquid hologram**. Once the body is made conscious of **urine** in an unconventional way (such as it being reintroduced into the body by intramuscular injection or by ingesting it), the whole organism evaluates it and subsequently updates its own regulating mechanisms...

An important aspect of this theory is the concept of "**structured water**". Both the body and urine are mainly made up of water, in varying degrees of molecular organization. The more water molecules are organized, the more efficiently enzymes responsible for digestion, absorption and transmutation can do their job.

It has been proven that water molecules in biological systems become more organized through exposure to sunlight and through close contact with crystals. The body is a receptor of sunlight and contains a high amount of solid and liquid crystalline-like substances; indeed, body fluids themselves form fluid crystals.

Urine itself is a crystalline-like substance containing a high amount of structured water, and when retaken it promotes a better enzymatic functioning and higher solubility for minerals, thus **improving health and increasing energy reserves**. Seeing urine as a liquid crystal implies that it contains vibrations completely in tune with the vibrational condition of the body it comes from. Re-ingestion might give the body valuable vibrational information needed for two things: first, for maintaining the existing healthy body resonance, and second, for counteracting disease or stress vibrations and any unhealthy resonance in the body. By way of example, disharmonious sounds can be counteracted by employing the same sounds.

The vibratory patterns of the body, both in the bones (**solid crystals**) and in the tissues and fluids (**liquid crystals**), play an important role in the process of transmutation. The resonance field of a crystal can



make a protein, for example, change its form into one that is more useful for the body or more easily adaptable by it. This can be described as "**modern alchemy**", and it resonates with the principles of homoeopathy.

Homoeopathy refers to a therapeutic method which clinically applies the "*law of similars*" and uses medically active substances at infinitesimal doses and never at full strength, where the original substance has undergone a dilution process. When the body is given a homoeopathic remedy, it is stimulated into action not because of the physical or chemical nature of the substance but because of the energetic nature that is received through new vibratory information.

Isopathy is another valid hypothesis worth considering. Once microbes have evolved in the blood to a pathogenic level, then de-evolving them back to a stage where they are less harmful would facilitate recovery. The primary way to do this is through diet to rebalance the pH in the blood. But in severe cases, the process can be accelerated biologically, as demonstrated by **Professor Enderlein's** results from his research on the development life cycle of the internal parasite. A rather evolved pathogenic microbe causing disease in the body can be mated with the same type of microbe at an earlier developmental stage to breed a form that is less strong and non-pathogenic. This process is probable since the **colloids** or **somatids** are in fact so small that they are unfilterable by the kidneys; therefore, once urine is consumed, one can receive a dose of these pure **somatids** which biologically proceed to support the immune function and possibly lead to taking the pathogenic microbes in the blood back down to apathogenic states. This is the basis of **isopathic remedies**; they promote gentle yet effective self-healing through biological means.

Allergy treatment illustrates this method quite well. By using the same substance that is causing the allergy and reintroducing it to the body, the immune system is allowed to develop antibodies to the antigen receptors found in the urine to stop the allergic response.

HEALTH POINTERS FOR SELF-THERAPY

To begin with, **Dr Beatrice Bartnett** (author of *Urine Therapy - It May Save Your Life*) suggests making a prayer, thanking our bodies for providing us with this divine elixir, and drinking the urine slowly, willingly and with cheerfulness! This is all very well, considering that most people who start drinking urine find the taste much too sour, bitter or pungent and the odour way too strong. Even if the urine is diluted, they may experience nausea, headaches and other strong reactions before they get used to it and start seeing results.

Martha Christy (author of *Your Own Perfect Medicine*) suggests not taking copious amounts of water to flush out the kidneys, as this dilutes the healing properties of the urine.

It is good to remember that **urine** is a mere sample of what is flowing through the body's veins, and any repulsion should be used as a motivation to improve the internal conditions rather than as an excuse for not using this miraculous therapy for creating health.

Urine is actually less toxic and more alive than much of the food and drink that we take into our bodies, which somehow manage to digest the junk foods and devitalized liquids and still produce a valuable, medicinal drink. However, how much more valuable for medicinal and cleansing purposes if the **urine** is the product of a body fed healthy, natural, organic and raw foods?

Drinking urine makes us think seriously about what we eat. Since it is a by-product of the blood, it makes sense that the cleaner the blood is, the healthier the urine will be. But even urine from relatively unhealthy blood contains valuable **immunological factors** that can improve health if recycled. Urine drinking's cleansing effect on the blood can be observed by the change in taste and the colour of the urine: as it is more and more recycled, it becomes purer and clearer. If one has difficulty urinating --and it has been said that a weak flow is a sign of a weak life-force-- then this practice actually strengthens the flow of urine, consequently increasing the vital life-force.



Ingesting more **toxic substances** in the body, however, may neutralize the good effects of self-urine therapy. So it is recommended that anyone embarking on the therapy give up tobacco in all forms and restrict consumption of cold drinks, spices, fried foods, junk foods, refined foods and sugars as much as possible. Above all, it is best to avoid alcohol, meat and coffee as well as recreational drugs. It is also advisable to follow a low-salt, low-protein diet.

Like all other natural therapies, this is not a treatment that needs to be stopped after the relief of certain symptoms, but can be incorporated into one's health regime. More subtle, yet very real effects of this therapy as a lifestyle choice include feeling stronger, more relaxed, more self-confident, invigorated and generally happier and lighter emotionally and physically.

SELF-THERAPY METHODS

The middle stream of **fresh, warm, morning urine** is the most potent, and drinking it mixed with freshly squeezed orange juice is probably the fastest way to accomplish this task, although it is best not to mix urine with other foods or drinks or to take it within an hour before or after eating.

Oral drops of fresh urine can be placed directly under the tongue. Urine therapists suggest their patients start with 1-5 drops of fresh morning urine on the first day, increase to 5-10 drops on the second day, and take 5-10 drops on the morning of the third day and the same amount that evening before going to bed. Once patients feel comfortable with this therapy, they can gradually increase the amount as they see fit to obtain the results required for their body's condition. Over time, they can learn to adjust the amount that is needed by observing their reactions to the therapy; their dosage may become as much as one full cup at a time!

Self-urine may be used as eye drops and ear drops, in foot baths and even as effective enemas. Nose drops can help loosen mucus and clear up blocked nasal passages. Gargling with it is helpful for a sore throat, and inhaling it relieves sinus and respiratory congestion. Taken internally, it has a laxative and diuretic effect, as it cleanses the digestive tract.

Dr John Armstrong (author of *The Water of Life*) emphasizes the need to massage with urine. He insists that cures work faster and more effectively in those who are bathed, massaged, rubbed and soaked in their own urine. He highly recommends it for more serious illnesses, since **urine** is absorbed through the skin and the hormonal and protein-based contents are slowly reabsorbed into the system, bypassing digestive juices that otherwise may have neutralized their potency. In this way, it also works as an excellent cosmetic for **moisturising and healing skin blemishes, burns and scar tissue**. However, for this usage, it is preferable to use urine that is 4-8 days old. The smell of **ammonia** in the old urine is not toxic but actually beneficial if used topically only, and not taken internally.

FREQUENTLY ASKED QUESTIONS

Can a woman drink her urine during her menses?

Yes, and although the urethra and the vagina are two separate organs, there is nothing in the menstrual fluid that can harm a person if it is accidentally mixed with urine.

Can a person drink their urine while on medications?

The short answer is no, because of the remote possibility of overdosing on any particular medication by recycling the portion of what is discharged in urine. However, **hormone, vitamin and mineral supplements** can be taken while drinking urine, as long as the intake is frequently monitored and the amounts reduced accordingly as the imbalance improves.

In what cases can **Shivambu Shastra** be used?

Regarded truly as a "**panacea**", **Shivambu Shastra** is said to be effective in over 175 health conditions. Diagnosis plays no practical part in the therapy, since the urine sample reflects so perfectly the individual's most intimate details about the state of their health. In fact, it works brilliantly on the more subtle health imbalances that are very real, yet often too evasive to label medically.

Urine can be massaged topically for the most chronic and stubborn skin problems, such as acne, eczema,



psoriasis, ringworm, sores, fungal infections, insect bites, wounds, burns and even gangrene. Internally, the therapy is said to be effective in treating **AIDS** (since the **AIDS** antibodies are found in urine) as well as **cancer, chronic fatigue syndrome, anaemia**, all sorts of urinary diseases, weight loss, colds and flus, candida, diabetes, digestive problems, jaundice and more. It has been medically proven to work against polio and tuberculosis, and doctors have injected it intramuscularly to treat immunological illnesses such as psoriasis, basal cell carcinoma and asthma, to name a few.

Why does **urine therapy** seem ineffective in some cases?

There are times when there is a chronic deficiency of one or several minerals, and in such cases there is none of that mineral in the urine; therefore, although the general health and other metabolic imbalances in that person improve, that particular problem may remain the same. For instance, a diabetic person may need to take chromium for the cells to use blood sugar and vanadium to produce insulin. These supplements may be necessary to eradicate diabetes or any other blood sugar problem that is not correctable with self-urine therapy.

A GOLDEN FUTURE

Although much attention has been focused on many elements in urine and their potential for medical use, comprehensive research has not yet been conducted on urine as a total entity that is therapeutically applied.

Still to be proven are the theories regarding how and why urine therapy works--so let us welcome and support the scientific community that is interested in undertaking studies using urine as a total entity.

More than 600 scientists --many of whom believe that human urine can treat everything from baldness to cancer and **AIDS**-- gathered in Goa, India, for the First World Conference on Auto-Urine Therapy in February 1996. The Second World Conference on Auto-Urine Therapy was held in Germany in 1998.

These are certainly signs that **Shivambu Shastra** is flourishing all over the world, and that people are ready to take responsibility for their own health and well-being and are ready to overcome their prejudices and open their minds to embrace such an ancient spiritual and magical practice.

It is certainly crucial in these times, when we ache for deeper healing, that **Shivambu Shastra** be acknowledged and adopted as a valid and profoundly effective method of creating health in body, mind and spirit.

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