

HARE KRISHNA RURAL LIFE

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Cow Urine: Principles & Applications

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The following essay contains much useful information; however, the Hare Krsna Rural Life editors cannot vouch for the effectiveness of the information or treatments. Therefore, all risks in following these treatments must be born personally. Please consult a health professional before employing any of the treatments.

Words followed by ?? are words where an English equivalent cannot be found.

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 panchgavya. So that

1. Nation is paved 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 tulasi 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 stronger. 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 cannot exist in it. Similarly, cow urine never deteriorates.

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 $\text{CO}(\text{NH}_2)_2$	Affects urine formation and removal. Germicidal.
7.	Uric Acid $\text{C}_5\text{H}_4\text{N}_4\text{O}_3$	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 gangrene.
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 reproductive ingredient for energetic life and saves from nervousness and thirst, strengthens bones and reproductive power.
16.	Other Minerals	Increase immunity
17.	Lactose $\text{C}_6\text{H}_{12}\text{O}_6$	Gives satisfaction. Strengthens Mouth, strengthens heart, removes thirst and nervousness.
18.	Enzymes	Make healthy digestive juices, increase immunity
19.	Water (H_2O) .	It is life giver. Maintains fluidity of blood, maintains body temperature
20.	Hipuric Acid $\text{C}_9\text{H}_9\text{N}_3\text{O}_7$.	Removes toxins through urine
21.	Creatinin $\text{C}_4\text{H}_7\text{N}_3\text{O}_2$	Germicidal.
22.	Aurum Hydroxide AuOH	It is germicidal and increases immunity power. It is highly antibiotic and anti-toxic

Eight month pregnant cow's urine contains hormones, which are healthy and nutritious.

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 vishya dushanih*. Meaning let cows live without slaughter for their whole life they remove poison and toxins. In Ayurveda poisonous materials 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*, *vridhha vagbhatt*, *Amritsagar*.

According to "Ashtang sangharah"

"gavyam sumadhuram kinchid doshagham 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. CANCER
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. POLY URIA
33. ALCOHOLISM
34. MEASLES
35. MOUTH DISEASES
36. UNCONSCIOUSNESS
37. DYSUREA
38. URETER ULCER
39. OBESITY
40. LIVER DISEASES
41. HIGH BLOOD PRESSURE
42. HAEMORRHEA, HAEMORROIDS
43. BLOOD IMPURITY
44. INSANITY
45. SYPHILIS
46. PLEURISY
47. URSASTAMBH ??

48. SCORFULA
49. LEPROSY
50. EAR DISEASES
51. WORMS
52. JAUNDICE
53. COUGH
54. COLIC
55. INTERNAL HEAT ??
56. *VAMAN KARNA* (Vomitting, Nausea) ??
57. *VIRECHAN DENA* (Use as Enemea) ??
58. INFANTILE DISEASES
59. MEMORY LOSS
60. FISTULA
61. *BHASKMAK* ??
62. DENTAL DISEASES
63. RING WORM
64. SEX DEBILITY
65. INSOMNIA
66. NASAL DISEASES
67. EYE DISEASES
68. WHITE HAIRS
69. CORYZA,
70. HAEMORRHAGE
71. VOMITING
72. ARTHRITIS
73. GOUT
74. ABSCESS
75. TOXICITY
76. CHOLERA
77. POISONOUS BOILS
78. FEVER
79. KIDNEY DISEASES
80. FEVER AND DIARRHOEA
81. THIRST
82. SKIN DISEASES
83. WOUNDS
84. HEAD ACHE
85. OEDEMA, swelling
86. FILARIA
87. ASTHMA
88. PNEUMONIA
89. *SANGRAHANI* (*Sprae* ??)
90. *SENDRIYA VISH BUDDHI* ??
91. GONORRHOEA
92. NERVOUS DEBILITY
93. FEMALE DISEASE

- 94. GINEA WORM
- 95. BREAST DISORERS
- 96. *HALIMAK ??*
- 97. *HARIDRAK ??*
- 98. *HICHAKA ??*
- 90. HYSTERIA
- 100. 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: - Adults 10 ml. Empty stomach in morning, 1 to 5 ml for children.

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 1 kg cow urine 50 gms. 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 then 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 ml. is equivalent to one tablet (600 mg)
2. Cow urine ten ml. is equivalent to ten ml. of fermented cow urine (*asav*).
3. Cow urine ten ml. is equivalent to five ml. 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 of condensed matter of 10 ml. 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	Disorder of ductless gland	"	"	"	Curd, potato, rice, banana, milk, sweets.
7	Appendicitis	"	"	"	Potato, rice, curd, banana, milk sweets, pulses (beans), milk, chick pea flour.
8	Epilepsy	"	"	"	Milk, curd, potato, rice, banana, milk sweets, meat, food fried in oil.
9	Vertigo	"	"	"	Potato, rice, food fried in oil, heavy food difficult to digest.
10	Anorexia (no taste for food)	"	"	"	All sweets and milk.
11	Cancer	"	"	"	All sweet foods, sour food, potato, rice and heavy food.
12	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.
13	Prostrate enlargement	"	"	"	Sweet food, rich heavy food, rice, food leading to constipation, milk curd, potato, banana.

14	Calculus	"	"	"	Potato, rice, curd, banana, rich food, salt, red chilly, all kinds of pulses (beans), food fried in oil, sex, alcohol, meat, eggs.
15	Bone fracture	"	"	"	All kinds of sour food, rich food.
16	All urinary diseases	"	"	"	Sweet Tea, food at night, Sugar, rich food, food fried in oil or ghee (clarified butter), sweets, rice, banana, curd.
17	Opium poison	"	"	"	Rich Food.
18	Flatulence	"	"	"	All grains, curd, rice.
19	Rheumatism (joint pain)	"	"	"	Corn, milk, all sour things, all pulses (beans), ghee (clarified butter), potato, salt, rice, banana, cold water with ice.
20	Peptic ulcer	"	"	"	Tea, red chilly, oil, alcohol, potato, rice, milk, curd and banana.
21	Disorder of stomach	"	"	"	Oily food, rich food, excessive tea, potato.
22	Gases (Passing air)	"	"	"	Tea, food fried in oil, milk, rich food, potato, alcohol, sex, cigarette, remaining hungry, all pulses (beans).
23	Sun stroke	"	"	"	Hot water, ice cold water, spicy food.
24	Carbuncle	"	"	"	Sugar, all types of sweets, rich food, .sleeping in daytime, sex.
25	Dysentery	"	"	"	Sweet things, red chilly, spicy food, milk, food fried in oil.
26	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.
27	Eczema	"	"	"	Milk, curd, buttermilk (whey), milk sweet, sweets, green vegetables.
28	Pittavridhi (increase in bile)	"	"	"	Red chilly, spices, food fried in oil, milk is prohibited.
29	Enlargement of spleen	"	"	"	Hot spices, curd, potato, food that causes constipation, pickles, rich food, sex, staying in intense sun or near fire.
30	Constipation	"	"	"	Potato, rice, curd, banana, milk sweets, Chic pea flour food, food fried in oil, tea, alcohol, cigarette.

31	Poly urea	"	"	"	Excessive sour food, new rice, sweets, ghee (clarified butter), do not eat food during indigestion.
32	Alcoholism	"	"	"	No precaution about food. Don't take bath immediately after taking alcohol.
33	Measles	"	"	"	Oil, jaggery, sour items, red chilly.
34	Mouth diseases	"	'	"	Sweet things, milk, ghee (clarified butter), sour things, potato, tobacco and its products, lime, alcohol, drugs.
35	Unconsciousness	"	"	"	Drugs, sex, meat preparations, tobacco and its products, cigarettes.
36	Dysurea	"	"	"	Curd, potato, all kinds of intoxicants.
37	Uretur - ulcer	"	"	"	Sweet things, rich food, sleeping in day.
38	Obesity	"	"	"	Sweet things, rich food, sleeping in day.
39	Liver Enlargement	"	"	"	Potato, rice, curd, food fried in ghee (clarified butter) or oil, all pulses (beans), sex, rich food.
40	Blood pressure	"	"	"	Banana, potato, rice, curd, food fried in oil difficult to digest, alcohol, meat, smoking, sex, fasting, food in night.
41	Haemorrhoids	"	"	"	Red chilly, fried food in oil, pickles, spicy food, rich food, food causing constipation, potato, rice, curd, banana, alcohol, meat.
42	Blood impurity or abnormalities	"	"	"	All milk product, green vegetables, meat, sweet food, excessive salt, milk not allowed.
43	Insanity	"	"	"	Buffalo milk and its products, meat, oil, alcohol, rich food, potato, fried food.
44	Syphilis	"	"	"	Milk product, meat, alcohol, oil, spices sex, smoking, salt, green vegetables, sweet and sour food.
45	Pleurisy	"	"	"	Cold wind, residence near water, rice, ghee (clarified butter), oil, curd, smoking, alcohol, meat, curd, cold fruits.
46	Urustambha ??	"	"	"	Vomiting, laxative, enema, oil massage, sour items, rich food, pulses (beans).
47	Scrofula	"	"	"	All kinds of sweet and sour foods, milk, jaggery, sugar, buttermilk (whey), curd, lemon.

48	Leprosy	"	"	'	Meat, milk products, green vegetables, alcohol, salt.
49	Ear diseases	"	'	'	Cold water (with ice), banana, curd, potato, rice, constipation causing food, pulses (beans).
50	Worm	"	"	"	Sweet things, sour things, green vegetables, milk without sugar.
51	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.
52	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.
53	Colic	"	"	"	Pulses (beans), corn, millet (<i>Sorghum Vulgare</i>), rice, potato, milk, curd, oily substances, hunger.
54	Infantile diseases	"	"	"	Too sweet substances, chocolates, biscuits, toffee, ice cream.
55	Loss of memory	"	"	"	Potato, buffalo milk and its products, all kinds of meat, alcohol.
56	Fistula	"	"	"	Milk, milk products, sweet, sour, potato, rice, meat, chilly, spices, green vegetables.
57	Bhasmak ??	"	"	"	Don't remain hungry, ginger, spicy items.
58	Dental Diseases	"	"	"	Sweet and sour items, food causing constipation is prohibited. Meat, potato, curd, milk and milk products.
59	Ring worm	"	"	"	Meat, alcohol, milk, milk products (curd, buttermilk (whey)), Sweets, green vegetables.
60	Interior Heat	"	"	"	Red chilly, tea, oily food, avoid hunger, alcohol, excessive sex.
61	Sex debility	"	"	"	Fasting, excessive sweet food, banana, rice, curd, ice.
62	Insomnia	"	"	"	Fasting, sleeping after excessive food, potato, rich food.
63	Nasal Diseases	"	"	"	Sweet and sour items, food causing constipation is prohibited. Meat, potato,

					curd, milk and milk products.
64	Eye diseases	"	"	"	Avoid putting hot water on head, reading either in dim or too bright light. Tobacco, excess sex.
65	Hairs turning white	"	"	"	Hot spicy food, food causing constipation, ice cream, meat, alcohol, excessive intake of sweet things.
66	Pratishay ??	"	"	"	Milk, curd, banana, potato, rice, food causing constipation, ice cream, meat, alcohol, excessive intake of sweet things.
67	Haemorrhage	"	"	"	Food fried in oil, chilly, spices, hot environment and fasting to be avoided.
68	Vomitting	"	"	"	Avoid all food.
69	Paralysis	"	"	"	Sour food, rice, potato, maize, staying awake in night, cold water, cold air, alcohol, fasting, sex, dry stale food.
70	Gout	"	"	"	Cold items, rice, potato, sour food, maize, ice water, staying awake in the night, fasting, excessive sex, alcohol.
71	Eczema	"	"	"	Alcohol, meat, milk and milk products, green vegetables, sugar.
72	Abscess	"	"	"	Milk, green vegetables, salt, food fried in oil, meat.
73	Virechandena ??	"	"	"	Oil, jaggery, sour items, rich food.
74	Vish vikar (raktavishanu) ??	"	"	"	Alcohol, meat, all types of spices, all types of grains.
75	Cholera	"	"	"	Food prohibited.
76	Poisonous boils	"	"	"	Salt, oil, jaggery, sour, red chillies, mustard etc..
77	Fever (all kind)	"	"	"	Bath, massage, grains, sex, ice water, sleeping in day time.
78	Fever and diarrhoea	"	"	"	Grain to be avoided. Bath prohibited.
79	Thirst	"	"	"	Potato, chic pea floor, hot spices.
80	Skin diseases	"	"	"	Milk and milk products, salt.
81	Wounds	"	"	"	Salt, milk and milk products.
82	Headache	"	"	"	Staying awake at night, aatap sevan ??

					Alcohol, meat, fasting, excess sex, anger, too hot or cold food.
83	Oedema (swelling)	"	"	"	Salt, sour items, starchy food (Potato, rice, and banana), curd.
84	Fliaria (elephantiasis)	"	"	"	Curd, potato, rice, banana, milk sweets.
85	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.
86	Meningitis	"	"	"	Milk and grains prohibited.
87	Sprau (Loose motions)	"	"	"	All kinds of grains prohibited.
88	Self poison	"	"	"	All grains, alcohol and meat prohibited. Cow milk, cow curd, cow buttermilk (whey), honey to be given.
89	Insanity (toxin caused)	"	"	"	Buffalo milk and its products, meat alcohol, rich food, potato, food fried in oil.
90	Gonorrhoea	"	"	"	Milk, oil, sour food and red chilly prohibited. Alcohol and meat not allowed.
91	Nervous debility	"	"	"	Alcohol, meat, ice water, rice, banana.
92	Female diseases	"	"	"	Red chilly, pickles, jaggery, rich food.
93	Guinea worm	"	"	"	Milk and milk products, meat, food fried in oil.
94	Breast diseases	"	"	"	Milk, green vegetables, food fried in oil, pickles.
95	Halimak ??	"	"	"	All spices, food fried in oil, sour items.
96	Haridrak ??	"	"	"	All spices, food fried in oil, meat alcohol.
97	Hiccough	"	"	"	Milk, curd, Buttermilk(whey), cold water.
98	Hysteria	"	"	"	Hot spices, Potato, rice, meat alcohol.
99	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.
100	Tuberculosis	"	"	"	Sweet things, sex, meat, alcohol, hot

					spices, food fried in oil, lifting weight.
101	Kshudrarog ??	"	"	"	Milk and Milk products.
102	Spermatozoa	"	"	"	Sour items, excess sex, alcohol.
103	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.
104	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.

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 *Datura* (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

Your's faithfully

K.P.Mundada

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)

Gorakshan 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 Ayurvedic 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 63, looked very healthy.

Treatment of all diseases using cow urine and cow dung in done by Rajvaidya Revashankar 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

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

Shriman 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. Shrimal.

20 SUCCESSFUL RESULTS OF COW URINE IN ANIMAL DISEASES.

- 1 Rinder pest
- 2 Heamorrhagic – septicemia
- 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 ml. 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 ml. 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.

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. 10 ml. 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 1 kg. 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 ml.
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 safeguards 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 ml.
Sugar (crystalline)	1 kg.
Lemon juice (Citric acid)	5 gm.
Edible colour – yellow	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 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 ml.
Crystalline sugar	1 kg,
Edible green colour	½ gm.
Lemon juice (citric acid)	5 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 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: <i>Terminalia chebula Retz</i>))	1kg
Ajvaine (English: Country barage, Latin: <i>Coelus amboinicus</i>)	2 kg.
Black pepper	250 gms
<i>jawa khar ??</i>	60 gms.
Asafoetida	60 gms
Castor 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 castor 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, fertilizer, 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 are no diseases.

8 GAUTAKRASAV (fermented buttermilk (whey))

Ingredients: -

Cow buttermilk (whey)	1 ltr.
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.

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 <i>bavachi</i> (English: Psoralea seeds, Latin: <i>Psoralia corylifolia</i>)	1 kg.
Pure <i>geru</i> ??	1 kg
<i>Amlasar gandhak</i> ??	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*), *aamla 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 (Cow dung 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: -

Fine powder of cow dung cake 500 gm

Geru ?? 400 gm

Cow urine salts 100 gm

Copper Sulphate 50 gm

Petroleum jelly 1 kg.

Process of manufacture: -

First grind *nila thothe ??* 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
Ajwaine ka sat (Essence of Country barage, 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 barage, 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: *Psoralia 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 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 akde 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
<i>Multani mitti</i> ??	1000 gm
<i>Geru</i> ???	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!
cakrasha 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 ishwaryam 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 GOUMAY ANGRAG (powder) vyapaka

Ingredients: -

<i>Multani mitt ??</i>	1000 gm
<i>geru ??</i>	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 VISHVADEV DHOOP (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
<i>Jatamasi</i> (English: Spikenard, Latin: <i>Nordostachys jatamansi</i>)	250 gm
<i>nagarmotha</i> (English: Nut grass, Latin: <i>Cyperus rotundus</i>)	250 gm
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: -

<i>Multani</i> ?? soil	1 kg
<i>Lal geru</i> ?? 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 fertilizer 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 ltrs,

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

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

4 *Pramehari* ?? – Beneficial all diseases of young men (Effective on defects of semen). 2 spoons morning & 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 & evening from ½ spoon to 2 spoon full.

6 *Gautrakasav* (fermented buttermilk) use daily in case of indigestion, gas. It is digestive and tasty drink. Use it daily. Take two times morning & 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 & 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 & 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 *Shivatanashak* (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 & 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 fertilizer (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.