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COW URINE: A PROPER TREATMENT WITH SIGNIFICANT ACTION

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Abstract

Vedas describes that cow is a mobile dispensary. It is the treasure of medicines. All the substance obtained from cow like Ghee, Cow milk, Cow urine, Cow dung and curd are used for the treatment of diseases. According to Ayurveda to maintain the healthy life a proper balance is required between Vaata, Pitta and Kapha. The cow urine contains all the essential elements that maintain proper balance between Vaata, Pitta and Kapha. Cow urine is also known as water of life and Amrita due to its importance in medical field. It contains a number of vital components that is required to maintain the health and prevents the body from various disorders. Cow urine & various Its Preparations are used for the treatment of Cancer, AIDS, Diabetes, Asthma, Cough, Arthritis, Viral and Bacterial infection, Heart attack, Blood Pressure, Constipation, Thyroid, Ulcer etc. Cow urine basically increases the immune power of the Body thus it protects the body from viral and bacterial infection. The following Review covers property of cow urine, Importance of cow urine, Therapeutic utility, cow urine preparation, and all adverse effects associated with cow urine therapy.

Key words: Gomutra Ark, AIDS, Cancer, WHO.

Introduction:

WHO predicted that most of the microorganisms develop resistance to antibiotics and the present antibiotics are not used for the treatment of the diseases due to resistance. For preventing resistance and improve the efficacy and safety of the treatment WHO advised all the country to use the traditional system of medicine. Cow is a mobile medical dispensary. It is the treasure of medicine¹. The use of cow urine is described in vedas and various researcher and scientists found that cow urine is a rich source of essential elements, nutrients and hormones. Cow urine has antimicrobial property. Cow urine is an important element of panchgavya, it is an integral component which enhances the immune response against

various disease. Gomutra arka can be prepared by distillation followed by collection of the vapour. The gomutra arka is effective from nano to micro molar level there by a small amount of the arka is sufficient for treating lethal diseases.

Components of cow urine

The cow urine mainly contains water (95%), urea & Mineral salts(2.5%),Hormones and Enzymes (2.5%).The main constituents shows therapeutic response are nitrogen, sulphur, ammonia, copper, phosphate, sodium, potassium, manganese, carbolic acid, calcium, salt, vitamin (A,B,C,D,E),Lactose, Enzyme, Hippuric acid etc².

Therapeutic Uses of cow urine

- Cow urine maintains level of mucous, bile and air thus protects body against various diseases.
- Cow urine contains all the nutrients which are required for proper health maintenance.
- In Ayurveda cow urine is called as Madhya and hridya means it protects heart and brain from damaged caused by mental tension.
- Cow urine eliminates drug residue from the body and prevents the poisonous effect of the drug residue.
- Electric current maintains body health. Electric current present in environment, human being receives electric current in form of small currents through copper. Cow urine contains copper thus it plays a role in providing a healthy body.
- Cow urine provides mode of goodness thus helps to make the mind active and stress free.
- Cow urine has major poisonous destroyer activity thus it prevents the disease due to poisonous intake and help to remove and purify the chemical toxin.

Purification and detoxification

Cow urine play a major role in the purification and detoxification of many drugs.Cow urine acts as antitoxin. The main uses of cow urine in purification and detoxification includes Purification of guggal, Detoxification of aconite and dhatura, Detoxification and purification of silver, Purification of loha and bhallataka.

Anticancer therapy: Patient suffering from cancer cow urine therapy is the best treatment without any side effect.

Persons suffering from cancer diseases from last 4 years are living a healthy life after the treatment with gomutra.

Gomutra has katu, tikta, kashaya rasa, ushna-veerya (potency) kshra, laghu and deepana prabhav. They are mostly useful in the treatment of cancer³.cow urine is most beneficial in the treatment of cancer due to following mechanisms.

- **DNA repairing potential**

Cow urine repairs the damaged DNA very effectively due to this property cow urine is able to fight with the malignant type of cancer.

- **Antimicrobial property**

There are number of viruses that are responsible for cancer. Cow urine can kill those viruses and bacteria that develop resistance and reduce the chances of cancer.

- **Bioenhancing property**

Cow urine is most commonly prescribed with chemotherapeutic agents due to its bioenhancing property. Cow urine increases the bioavailability or bioactivity of the drug when given in combination, it reduces the side effect of the drug, dose of the drug and also reduces the cost of the chemotherapeutic agents.

- **Antiaging factor**

Cow urine prevents Free radical formation thus it prevents the chances of cancer.

- **Apoptosis**

Cow urine enhances the self destruction ability of the abnormal growing cells it increases the apoptosis of lymphocytes. Lymphocytes are the cells which are responsible for fight against abnormal growing cancerous cells⁴.

Immunomodulatory effect

Cow urine increases both cellular and humoral immunity, but mainly cow urine shows effect on humoral immunity. Cow urine enhances antibodies like IgG and IgM. Cow urine enhances B and T lymphocytes production and facilitates interleukin-1 and interleukin-2 synthesis.

Antioxidant effect

Volatile fatty acids are present in the cow urine which act as antioxidant. In redistillate cow urine the concentration of volatile fatty acids is about 1500mg/dl. Antioxidants protects cell against the effect of free radical. Free radicals are produced due to exposure of tobacco, smoke and radiation. Free radical may damage cell and cause heart and cancer disease. Antioxidant effect of cow urine may support the patient for prevention and treatment of disease⁵.

Antidiabetic effect

Cow urine reduces the blood sugar level. The most probable mechanism of action is that it increases the glucose transport across cell membrane thus it increases peripheral glucose utilization. It increases glycogen synthesis from glucose, and also increases insulin release from beta cells. Cow urine enhances sensitivity of insulin receptor, decreases insulin resistance, and decrease insulin absorption from intestine. Various herbal metabolites are present in cow urine and they produce antihyperglycaemic effect⁶.

Bioenhancer

Cow urine distillate is more effective as bioenhancer to increase the antifungal, antibacterial and anticancer activity than cow urine. Cow urine distillate increases the activity of antibiotics like rifampicin by enhancing the transport of antibiotic across the membrane of GIT. In cadmium chloride toxicity cow urine is used as a bioenhancer of zinc⁷.

Anti-Urolithiatic Effect

Cow urine has diuretic and nephroprotective action. It probably exerts its action by reducing oxalate excretion and by crystallization inhibition⁸.

Germicidal activity

Cow urine exerts an excellent germicidal and antibiotic activity. Cow urine destroys all pathogenic organisms. Presence of urea, creatinine, swarn kshar (aurum hydroxide), carbolic acid, phenols, calcium and manganese are basically responsible for germicidal and antimicrobial activity.

Cardiovascular disorder

The cow urine contains various components responsible for proper working of CVS system. Kallikrein acts as a vasodilator reduces the risk of hypertension. Enzyme Urokinase acts as a fibrinolytic agent, Ammonia maintains the structural integrity of the blood corpuscles, Nitrogen, sulfur, sodium and calcium components act as blood purifiers, while iron and erythropoietin stimulating factor maintain haemoglobin levels.

Cow urine in wound healing process

Cow urine contains volatile salts these salts destroys acidity and reduce the pain in kidney, intestine and womb. The cow urine provides quick recovery of the wound⁹.

Antimicrobial and Anthelmintic Activity

The cow urine could be used for the treatment of the disease caused by Pathogenic bacteria, Opportunistic fungi and parasitic helminthes. It was reported from various analysis that cow urine concentrate shows more inhibition of gram positive bacteria in comparison of gram negative bacteria.

Cow urine shows marked anthelmintic activity by causing paralysis and death of worms in a dose dependent manner.

Cow urine is also effective against vegetative form of fungi. It was concluded that cow urine increases antibiotic activity against various pathogens due to its bioenhancing property¹⁰.

Gomutra in Hypertension

Cow urine acts as a Diuretic so it is effective in hypertension. The diuretic action can be determined by urine output and sodium content of the blood before and after administration of the cow urine.

Gomutra in anaemia

The cow urine contains erythropoietin hormone so it is useful in anaemia.

Cow urine in skin disorder

When Cow urine is used along with hareetaki it is most effective against various type of skin disorders like acne etc¹¹.

Other therapeutic uses

Apart from all of these uses cow urine is used in AIDS, Diabetes melliptus etc. cow urine lowers the bad cholesterol level, relieving tension, improving memory, enhancing liver functioning, slowing the aging process, and boosts the immunity power of the body if taken on regular basis.

Agricultural uses

Cow urine boosted the crop yield by increasing in nitrogen component of the soil and decreasing in nitrogen fixation upto 10%¹².cow urine is a potential source of stuvite production. Stuvite is a crystalline mineral substance mainly contains magnesium, ammonium and phosphate. It acts as a fertilizer¹³.

Cow urine collection

For collection of the cow urine a healthy cow is selected that fulfill the following 3 criteria.

- The cow should be healthy and not have any disease.

- The cow which Roams in jungle, exercises herself, Drink clean water and grazes grass and medicinal herbs are suitable for urine collection.
- Jersey and Crossbead cow are not suitable only the Indian traditional cows are suitable for collection of cow urine.

Any age group of cow can be selected for collection of the cow urine. Cow urine may be collected in Earthen, glass, china clay, and steel pot.

Preservation of cow urine

Cow urine never deteriorates when stored for a longer period of time. The colour of the cow urine may change in either black or red due to copper and iron. The quality of the cow urine remains same and never change during storage. After collection of the cow urine the cow urine is photoactivated for about 72 to 144 hours to direct sunlight. It is purified by using silica gel G-25 by using chromatography technique. After this it is passed through two separate columns simultaneously to rid of all precipitated material. Purified cow urine is stored at 4° C. The bacteria and harmful germs not developed in cow urine. For preservation from the dust cow urine should be covered nicely with neat and clean cloth and cotton.

Dose of cow urine

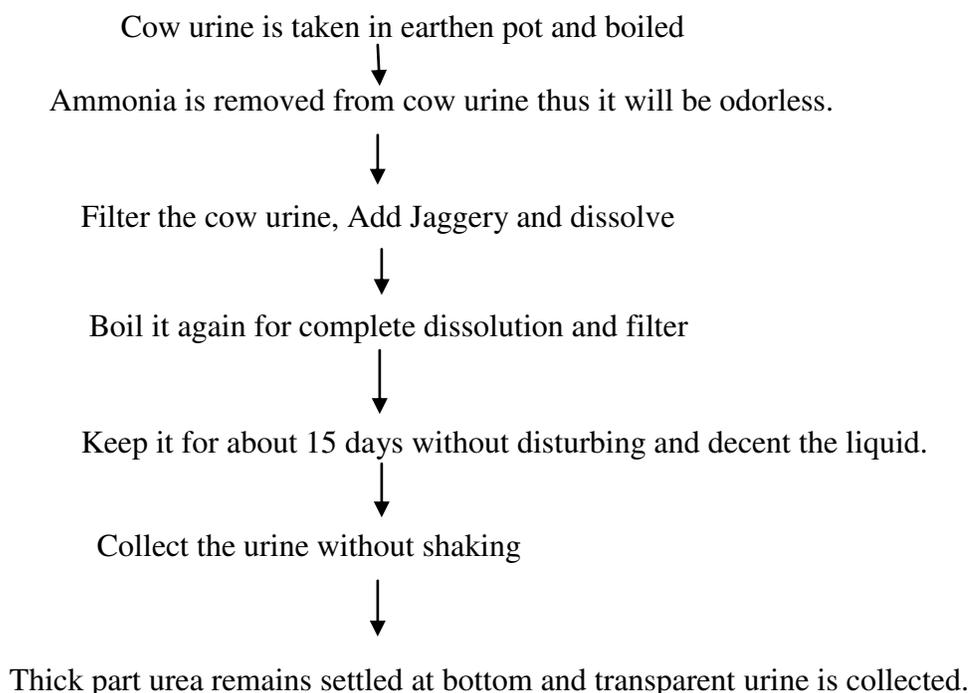
The general dose of the cow urine is 25ml at a time. When it is taken two times in a day the dose is 50ml. Increase in amount cleanses intestine and increase motion. It is not harmful and provides protection against several diseases and improves immune power if taken on regular basis.

Cow urine formulation

Gaumutrasav

It is a fermented preparation requires cow urine(10 kg.) and old organic Jaggery(2 kg.).Earthen pot or glass pot is used for Gomutrasav preparation. The property of Gomutrasav are similar to the cow urine. This process is adopted to stabilize the quality of cow urine. It is pure form so it is used in less quantity then cow urine. It is as effective as the time pass away, It means cow urine is more effective in form of Asava. Gomutra Asava is useful in the treatment of Anaemia, cold, asthma, cough, arthritis, jaundice, urinary disorder and worm infection. The dose of Asava is 10ml twice a day with water.

Preparation of Gomutrasav



Gomutra Arka

It is distilled cow urine. It is most commonly used to reduce the cholesterol level from the blood and decrease the excess body weight. It can also be used in cough and the preparation of gomutra arka is too easy that it can be prepared in homes by using pressure cooker. The quality of the gomutra arka is not same to the asav. It does not have any smell this is the main cause behind of its popularity. It provides a better treatment when taken for a longer period of time. It is more effective when given with honey in combination. It is most effective in the treatment of Urinary disorder, gall stone, Obesity, Skin disease, anaemia, Indigestion etc. It is prescribed with warm water or honey.

Method

Earthen pot or iron pot is filled with cow urine. The pot should have vapour outlet, pot kept on fire for heating. The vapour, which comes out from this device through the tube, is collected in a pot. The pot is kept on cold water to cool the vapour and get it condensed. The tube of the device should be transparent so the vapour is visible. The vapour of the cow urine is to be collected by tube device. This process is most common and similar to the distillation process.

Gomutra Ghanwati

These are the tablets prepared from cow urine. Iron pan is used for this type of preparation. In this formulation Cow urine is boiled until it becomes concentrated. When the cow urine becomes concentrated removes it from boiling and

keep it to cool. From one kilogram cow urine about 50g concentrate is obtained. The concentrated product scratched bypan and round tablets are prepared. To make the tablets non sticky, burn some dried cow dung to make it ashes, filter & sieve it by using cloth or sieve. Mix the cow dung in the concentrated product. Cow dung powder is also used to impart the colour of the tablet. The cow dung powder is acts as absorbent. The tablets are to be packed in plastic bags. The tablets should keep away from the sun light; on exposure to sun light tablets can melt at that temperature. It is used in case of Bronchial Asthma, Cough and cold, Skin disease, Hypertension, Diabetes, Rheumatoid Arthritis and cancer. One to two tablets are prescribed by the physician daily^{14,15}.

Medohar Arka

It is useful in the treatment of Obesity, Abdominal pain, Liver disorder, Oedema, Skin Disease, Loss of appetite etc. It is given with water and honey. It is prescribed in morning and evening before meals twice daily.

Bibhitakavaleha

It is mostly used in respiratory disorder and cough. It is generally prescribed as 10g per day after meal.

Kamdhenu Shwitrashak Vati

It is beneficial in Leucoderma and skin disease specially fungal infection. It is prescribed as two tablets in morning and two tablets in evening.

Kamdhenu Shwitrashak Lepa

It is similar to the Kamdhenu Shwitrashak Vati. It is also used in Leucoderma and skin disease.

Kamdhenu Harde Churna

It is effective in Constipation, anorexia, flatulence, loss of appetite, piles, arthritis, jaundice etc.

Kamdhenu Nari Sanjeevani

It is used in case of Irregular menstrual cycle, Leucorrhoea, uterine tonic etc.

Kamdhenu pramehari

It is prescribed in general health tonic and general weakness.

Kamdhenu Balpal Rasa

It is used as memory enhancer, increase immunity in children, Kapha disorder and general health tonic in children. It is prescribed with cow milk or hot water¹⁶.

Adverse effects of cow urine

There is no major side effect is reported from the cow urine. It is the safer therapy and provides unique treatment. Most commonly cow urine increases the motion and causes diarrhoea, itch, pain, fatigue, soreness of the shoulder, fever etc. This is upto 3-4 days. When these symptoms occur the patient should reduce the dose of the cow urine and after 3-4 days when these symptoms remains cure the patient can start the cow urine in full dose.

Future prospective

It is described from various studies that cow urine plays an important role in treatment and prevention of various diseases. Studies shows that cow urine plays a significant role in the treatment of Cancer, AIDS and many more untreatable diseases. But a lot of research is required for proper study in relevant area. Recently there are two patents granted on cow urine they are patent 6410059 and patent 7235262. Cow urine is also effective when it is prescribed in combination with allopathic and ayurvedic medicines¹⁷.

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