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## Cow Urine - Therapeutic Value

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### Abstract

*Cow is believed as gift of god for the people. Now a day's several diseases are occurring to human societies which are incurable. Cow urine is panacea of all diseases and used for the treatment of diseases like blood pressure, diabetes, cancer, skin disorder, constipation, AIDS etc. Cow urine contains all the substances which are present in human body. Consumption of cow urine helps in maintaining the balance of body constituents as well as curing of several diseases.*

**Key words:** Cow Urine, Diseases, Therapeutic, Cancer

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### Introduction

Cow is the most valuable animal in all Veda and it is called mother of all. The vital products we get from cow: urine, dung, milk, ghee and curd. These five ingredients are called as panchagawya and it is given to mother after she delivers the baby. Cow is a mobile dispensary. It is the treasure of medicines. The cow urine therapy is capable of curing several curable and incurable diseases. The holy texts like Atharva Veda, Charak Samhita, Rajni Ghuntu, Vridhabhagabhatt, Amritasagar, Bhavprakash, Sushrut Samhita contain beautiful description about these things. The Indian culture gives special place to cow. A total of 33 gods accompanied with cow. The cow takes very less from us and gives us more. Therefore Indian people have proved this with the help of strict devotion and dedication that cow has a prominent place in the Indian life and economy. Wealth, religion, sex and salvation are accomplished with the service of the cow. Indian farmer used to known as king or the giver of grains due to the developed tradition of India thousands of years back. Our entire life is dependent on cow. A black cow is tied in the Shiva temple, when we see the Shiva along with the black cow then we are able to overcome the malefic effects of planets in our natal horoscope. When we see the ankles of the cow we protect ourselves from sudden deaths. Taking rounds of the cow ie. Parikrama, is equivalent to visiting all the holy places. As the Pipl

tree and holy basil plant give oxygen similarly cow is the only animal, which emits major amount of oxygen. If one spoon of pure ghee is poured on the burning cow dung cakes (fuel) then they can produce one-ton oxygen, therefore ghee made with cow milk is used in sacrificial fires and havans. There is no other better method to remove pollution. One of the most vital excretory products from mother cow is urine which is the most powerful medicines for various diseases. 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.

### **Components of Cow Urine**

The cow urine mainly contains water (95%), urea & Mineral salts (2.5%), Hormones and Enzymes (2.5%). The biochemical estimation of cow urine has shown that it contains sodium, nitrogen, sulphur, Vitamin A, B, C, D, E, minerals, manganese, iron, silicon, chlorine, magnesium, citric, succinic, calcium salts, phosphate, lactose, carbolic acid, enzymes, creatinine and hormones. Any deficiency or excess of these substances inside the body causes disorders. Cow urine contains all of these substances with having a balanced proximate composition. Therefore, consumption of cow urine restores the balance of these substances and thus helps in curing from incurable diseases.

### **Therapeutic Uses of Cow Urine**

1. Cow urine maintains level of mucous, bile and air thus protects body against various diseases.
2. Cow urine contains all the nutrients which are required for proper health maintenance.
3. In Ayurveda cow urine is called as Madhya and Hridya means it protects heart and brain from damaged caused by mental tension.
4. Cow urine eliminates drug residue from the body and prevents the poisonous effect of the drug residue.
5. 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.
6. Cow urine provides mode of goodness thus helps to make the mind active and stress free.
7. 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.

### **1) Purification and Detoxification**

Cow urine acts as antitoxin. Cow urine plays a major role in the purification and detoxification of many drugs.

## 2) Anticancer Therapy

Cow urine therapy has a long history. It is recognized as 'water of life' or "Amrita" (beverages of immortality), the nectar of the God in Vedas, sacred Hindu writing, which is said to be the oldest books in Asia. In India, drinking of cow urine has been practiced for thousands of years. It has also been experimentally proved that among all sorts of urines, the urine of the Indian cows is most effective and interestingly almost nil or few medicinal properties with regards to immune modulation are present in the urine of crossbred, exotic cows and buffaloes. The immune modulatory property of indigenous cow urine is due to the presence of a "Rasayan" which has been found absent in urine of other animals on HPLC analysis. Cow urine possesses anti-cancer properties. Distilled cow urine protects DNA and repairs it rapidly as observed after damage due to pesticides. It protects chromosomal aberrations by mitocycin in human leukocyte. Cow urine helps the lymphocytes to survive and not to commit suicide (apoptosis). The free radicals cause damage to various tissues and attack enzymes, fat and proteins disrupting normal cell activities or cell membranes, producing a chain reaction of destruction leading to the ageing process of a person. By regular use of cow urine one can get the charm of a youth as it prevents free radicals formation. Cow urine efficiently repairs the damaged DNA, thus can be very effective for the cancer prevention and therapy, and can also reduce the spread of malignant cancers and help fighting tumors.

## 3) Antimicrobial Property

Bacterial infections are an emerging problem worldwide, especially in developing countries, such as India. Gram-positive bacteria, such as *Staphylococcus aureus*, are mainly responsible for postoperative wound infection, toxic shock syndrome, scaled skin syndrome, septicemia, endocarditis, osteomyelitis, and food poisoning. *Streptococcus pneumoniae* causes lobar pneumonia, bronchopneumonia, bronchitis, endocarditis, sinusitis, and conjunctivitis. Gram-negative bacteria such as *E. coli*, which resides in human intestine, causes lower urinary tract infection, cholecystitis or septicemia, and another strain, *Klebsiella pneumoniae*, causes chest infections, urinary infections and wound infections. Various antibiotics are available on the market to treat the bacterial infectious diseases by working on various targets to inhibit pathogen growth. Gram positive and gram-negative bacteria can be inhibited by antibiotics viz. Chloramphenicol, Nalidixic acid, Rifampicin and Ampicillin, either by blocking protein, DNA, RNAs or peptidoglycan synthesis respectively. However, the development of bacterial resistance to presently available antibiotics enforces the search for new antibacterial agents. WHO emphasized research for natural components from herbal medicines to find new antibacterial agents. Therefore, to combat the problem of microbial infection and drug resistance new alternative of synthetic drugs have been explored, though antimicrobial activities of so many natural products have been explored. But very few reports available on antimicrobial activity of cow urine. In spite of the fact that the cow urine has great pharmacological importance and has great aesthetic and medicinal value though its utility has been

mentioned in holy texts of Indian literature. Cow urine has certain volatile and nonvolatile components, which might have very high antimicrobial activity<sup>16</sup>. After photo activation and purification cow urine was made free from microbes and it gains massive toxic potential to kill drug resistant bacterial strains.

#### **4) Antioxidant effect**

Volatile fatty acids are present in the cow urine which acts as antioxidant. In redistillate cow urine the concentration of volatile fatty acids is about 1500mg/dl. Antioxidants protect 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 the diseases.

#### **5) 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 of pancreas. Cow urine enhances sensitivity of insulin receptor, decreases insulin resistance, and decrease insulin absorption from intestine. Various herbal metabolites are present in cow urine which produces anti hyperglycaemic effect.

#### **6) Cardiovascular Disorder, Wound Healing and Skin 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 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. The cow urine contains erythropoietin hormone so it is useful in cure of anaemia. Cow urine contains volatile salts these salts destroy acidity and reduce the pain in kidney, intestine and womb. The cow urine provides quick recovery of the wound.

#### **7) Anthelmintic Activity**

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 property.

#### **8) As Biopesticide and Bioenhancer**

Panchgawya' made up of five cow products- milk, curd, ghee, urine and dung. It is also used as fertilizers and pesticides in agricultural operations. As per recent studies cow urine has proved to be an effective

pest controller and larvicide when used alone and also in combination with different plant preparations by enhancing the efficacy of different herbal preparations. The recent invention related to cow urine was its role as a bioenhancer. Distillate cow's urine is an activity enhancer and availability facilitator for bio active molecules (antibiotic, antifungal and anticancer drugs). The distillate helps in absorption of antibiotic across the cell membrane in animal cells, gram positive and gram negative bacteria at 40-50°C, transport across the gut wall by two to seven times . It also increases the activity of gonadotropin releasing hormone conjugate with bovine serum albumin (GnRH-BSA) and zinc. The GnRH-BSA conjugate has a deleterious effect on reproductive hormones and estrous cycles of female mice. So, concentrated cow urine acts as a bio-enhancer of immunization efficacy to modulate these effects.

### 9) Anti-Urolithiatic Effect

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

### 10) Antiviral activity

2 Phenyl Phenol – constituent of urine works as Antimicrobial, Antiviral. For AIDS patient it is useful.

### Cow Urine Collection

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

1. 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.
2. Jersey and Crossbred cow are not suitable only the Indian traditional cows are suitable for collection of cow urine.
3. 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 changes during storage. After collection of the cow urine the cow urine is photo activated 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.

### Therapeutic Value of Cow Urine According to Composition

S. No.	Name of chemical	Effect of chemical on diseases
1)	Ammonia $\text{NH}_3$	Stabilise bile, mucous and air of body. Stabilises blood formation.
2)	Aurum Hydroxide $\text{AuOH}$	It is germicidal and increases immunity power. It is highly antibiotic and anti-toxic
3)	Calcium $\text{Ca}$	Blood purifier, bone streghthener
4)	Carbolic Acid $\text{HCOOH}$	Germicidal, stops growth of germs and decay due to gangrene.
5)	Copper $\text{Cu}$	Controls built up of unwanted fats
6)	Creatinin $\text{C}_4\text{HgN}_2\text{O}_2$	Germicidal.
7)	Enzymes	Make healthy digestive juices, increase immunity.
8)	Hipuric Acid $\text{CgNgNox}$	Removes toxins through urine.
9)	Iron $\text{Fe}$	Maintains balance and helps in production of red blood cells & haemoglobin. Stabilises working power.
10)	Lactose $\text{C}_6\text{H}_{12}\text{O}_6$	Gives satisfaction. Strengthens Mouth, strengths heart, removes thirst and nervousness.
11)	Manganese $\text{Mn}$	Germicidal, stops growth of germs, protects decay due to gangrene.
12)	Nitrogen $\text{N}_2, \text{NH}_2$	Removes blood abnormalities and toxins, Natural stimulant of urinary track, activates kidneys and it is diuretic.
13)	Other Minerals	Increase immunity
14)	Phosphate $\text{P}$	Helps in removing stones from urinary track.
15)	Potassium $\text{K}$	Cures hereditary rheumatism. Increases appetite. Removes muscular weakness and laziness.
16)	Salt $\text{NaCl}$	Decreases acidic contents of blood, germicidal
17)	Sodium $\text{Na}$	Purifies blood. Antacid
18)	Sulphur $\text{S}$	Supports motion in large intestines. Cleanses blood.
19)	Urea $\text{CO}(\text{NH}_2)_2$	Removes blood abnormalities and toxins, Natural stimulant of urinary track, activates kidneys and it is diuretic.
20)	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.
21)	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.
22)	Water ( $\text{H}_2\text{O}$ )	It is life giver. Maintains fluidity of blood, maintains body temperature.



### **Dose of Cow Urine**

The general dose of the cow urine is 25ml at a time. Increase in amount cleanses intestine and increase motion. It provides protection against several diseases and improves immune power if taken on regular basis.

### **Adverse Effects**

Common side effects of urine therapy include diarrhea, itch, pain, fatigue, soreness of the shoulder, fever, etc which appears more frequently in patients suffering from long term or more serious illnesses. Each episode may last 3-7 days, but sometimes it may last for 1-6 months. Hence, some abstain from this therapy due to such bad episode and others due to the stigma associated with it. If one persists and overcomes the difficulty, can enjoy the eventual happiness of healthy life. The patients should be optimistic and realize the natural healing power. Persons suffering from chronic disease who adopt cow urine in a cheerful manner and with the positive attitude will realize and observe the benefits in their mental and physical health within a short period of 10 to 15 days.

### **Conclusion**

Go-mutra is the most effective natural remedy and the safest method of treatment bestowed upon us by nature. Its medical importance has brought forth their efficacy in different phases of life. However, there is still a need not only to explore further research possibilities but also to stop cow sacrifice across the world.

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