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Popular Article

About Gomutra (Cow Urine)

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Abstract

Cow is recognized as worship animal and occupies a unique place in the Indian tradition. In our tradition cow urine also called as Gomutra. It has various medicinal as well as agricultural uses and importance as water of life. Before thousands of years, cow urine has been used for spiritual and ritual purposes as well as a medicinal to treat various disorders. Several Ayurvedic texts have documented the medicinal properties of cow urine. Sushruta referred to cow urine as Medhya, indicating its nootropic or cognitive-enhancing effects. Cow urine also used as adjuvant with various drugs to increase their bio-availability. Apart from therapeutic uses, cow urine is being used during many pharmaceutical processing like Shodhan (purification) of many herbal and mineral drugs to make them therapeutic efficient. Although, various studies found its anti-oxidant, immunomodulatory, antidiabetic, anti-obesity, anti-microbial, anti-cancer, bio-enhancing, analgesic effect, but further researches would require to explore its potential in different fields especially cancer.

Key word: Gomutra, vermicompost, biopesticides, antidiabetic effect, anti-oxidant, bioenhancer.

Introduction

Cow urine (CU) major contents are Water 95%, Urea, Hormones 5%, Enzymes 2.5%, Iron, Calcium, Phosphorus, Potassium, Urea, Uric acid, Amino acids, Cytokine and Lactose. In Rigveda CU is compared to nectar. In Susruta and Charak (sloka-100) several medicinal properties of CU have been mentioned such as weight loss, reversal of certain cardiac and renal diseases, indigestion, stomach ache, diarrhea, edema, jaundice, anemia, hemorrhoids and skin diseases including vitiligo. CU is an effective antibacterial agent against Gram-negative

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and Gram-positive bacteria and also against some drug-resistant bacteria. It acts as a bio-enhancer of some antimicrobial drugs. It has antifungal, anthelmintic, antineoplastic action, is useful in hypersensitivity reactions. Recent researches have shown that CU is an immune enhancer also. Urine therapy is considered very effective for maintaining good health and healing many disorders. Cow urine is an important Component of Panchgavya. Panchagavya is the combination of five products that obtained from cow which includes Go-ksheer (cow milk, Dadhi (curd), Ghrita (ghee or melted butter), Go-mutra (cow urine) and Gomaya (cow dung). Now a days, use of various products of cow especially Panchagavya is famous by the name Cowpathy.

Mechanism of Action of Courine

Different portions of cow urine exhibit antimicrobial properties because they contain various active compounds, including both volatile and non-volatile components. Presence of urea, creatinine, swarn kshar (aurum hydroxide), carbolic acid, phenols, calcium, and manganese has strongly antimicrobial and germicidal properties of CU, also presence of amino acids and urinary peptides may increase the bactericidal effect by increasing the bacterial cell surface hydrophobicity. CU increase the phagocytic activity of macrophages. The greater concentration of phenols in fresh cow urine compared to cow urine distillate (CUD) enhances its effectiveness against microbes.

After photo-activation biogenic volatile inorganic and organic compounds such as CO₂, NH₃, CH₄, methanol, propanol and acetone, and some metabolic secondary nitrogenous products are also formed Photo-activated CU (PhCU) becomes highly acidic in comparison to fresh CU. An increase in bactericidal action may be due to a significant decrease in pH, presence of inorganic phosphorus, chloride and dimethylamine may also play an important role along with increased formation of some reactive compounds like formaldehyde, sulfonol, ketones and some amines during photo-activation and long-term storage. Cow urine helps prevent the development of bacterial resistance by inhibiting the R-factor, that is segment of the bacterial plasmid genome.

CU have antifungal characteristics because contains phenolic acids (gallic, caffeic, ferulic, o-coumaric, cinnamic, and salicylic acids)

Antioxidant property of uric acid and allantoin present in CU correlates with its anticancer effect. CU reduces apoptosis in lymphocytes and helps them to survive better. This action due to the free radical scavenging activity of the urine components and these components may prevent the process of aging. It efficiently repairs the damaged DNA.



CU increase the immunocompetence by facilitating the synthesis of interleukin-1 and 2, augments B and T-lymphocyte blastogenesis, and IgA, IgM and IgG antibody titers.

Gomutra Dosage:

Children (Above the age of 8 years)	0.15 ml per Kg of body weight
Adults	10 ml
Pregnancy and Lactation	Not Recommended
Geriatric Dosage	0.15 ml per Kg of body weight
Maximum Possible Dosage 20 ml per day	20 ml per day

Uses of Cow Urine

A) Agricultural use Cow urine

- For production of Vermicompost:** Distillation waste and cow's urine have been used for production of vermicompost.
- Biopesticides:** When cow urine is combined with neem leaves, it forms an effective natural biopesticide. This biopesticide is environmentally safe, does not build up in the food chain and avoids the harmful side effects commonly associated with chemical pesticides. It offers a sustainable and eco-friendly alternative for pest control in agriculture.

B) Therapeutic uses of cow urine:

- Skin diseases:** It is very helpful in all kind of skin problems like itching, sunburns, eczema, psoriasis, acne etc.
- Stomach, kidney and heart diseases:** Cow dung and urine are best cures for stomach diseases, heart diseases, kidney related problem.
- Stones:** A glass of fresh cow urine should be taken as a first thing in the morning for 21 days then Uric acid in cow urine dissolves these stones to a manageable size.
- Antidiabetic effect:** The antidiabetic potential of cow urine distillate was evaluated in streptozotocin-induced diabetic rats and compared with the standard antidiabetic drug glibenclamide. The results showed that cow urine distillate significantly reduced elevated blood glucose levels, as well as serum cholesterol and triglyceride levels, when compared to the untreated diabetic control group. This indicates its potential role in handling diabetes-related metabolic changes.



- 5) **Liver problem:** Daily doses of 1-2 ounces of warm cow urine are used to help in cirrhosis of liver.
- 6) **Jaundice:** Antimony sulphide and cow urine taken internally are used to cure malignant jaundice.
- 7) **Immunostimulant:** Cow urine has been reported to exhibit immunostimulatory effects in both plant and animal health. Studies have evaluated whole freeze-dried cow urine and its various fractions to assess their immunomodulatory potential in rats. The findings indicated that freeze-dried cow urine showed a stronger positive effect on the immune system compared to its methanol, ethyl acetate, aqueous, and acetone fractions.
- 8) **Anticonvulsant agent:** A traditional herbal formulation used in Nigeria that commonly known as cow urine concoction (CUC) and prepared using cow's urine along with selected medicinal herbs. This preparation is traditionally valued for its pharmacological properties like particularly its anticonvulsant and blood glucose-lowering (hypoglycaemic) effects.
- 9) **Cysts:** In cases of sebaceous cysts, traditional practice recommends making an incision followed by cleansing the affected area with cow's urine to aid in management and healing process.
- 10) **Bioenhancer:** Bioenhancers are substances that do not have therapeutic effects on their own but are used to increase the bioactivity, bioavailability, or absorption of drugs when administered together in combination therapy.
- 11) **Other medicinal properties:** Including anticancer property, wound healing, antioxidant property, antimicrobial property, hemorrhoid, disinfectant, antifungal activity, vermifuge (kills worms), antioedema (reduces oedema), appetizers, hematogenic (stimulates the formation of blood cells), cardioprotective, digestive stimulant, antispasmodics, anti-constipation, antipruritic and mucolytic.

Conclusion

There is no doubt that the popularity of cow urine is gradually increasing however, further scientific validation of its therapeutic effectiveness is essential for its global acceptance. It is crucial to focus on its promotion to achieve wider recognition as it is a natural, cost-effective therapy and minimal adverse effects. A coordinated and integrated approach should be adopted for research and practical applications of cow urine therapy. Its benefits can be highlighted through conferences, seminars, workshops, orientation programs,



publications, social media, and online platforms. When Gomutra used responsibly, that helps promote health and overall well-being.

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