



URINE THERAPY – A REVIEW

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Article Received on 29/02/2016

Article Revised on 20/03/2016

Article Accepted on 10/04/2016

ABSTRACT

Urine therapy is one of the effective and prevents early bedsores on bedridden subjects. The use of urine for the treatment of diseases is an ancient practice described in many Hindu and Chinese literature. It is commonly called as auto-urotherapy or urine-therapy. American Cancer Society recommends urine therapy for the treatment of cancer. One well-known urine ingredient is melatonin, the hormone of the pineal gland. It regulates our body rhythms linked to the dark-light cycle. It is produced in the night and mostly expelled with the morning urine. However it is now highly valued as protecting us from cancer and ageing. The human urine contains many growth factors. Growth factors and urea enhance collagen deposition in wounds. Hence the Urine therapy prevents early bed sores and Human urine possesses good wound healing activity, it substantiates the traditional belief that human urine promotes healing of wound.

KEYWORDS: Human Urine, Urine Therapy.

INTRODUCTION

In alternative, the term urine therapy (also urotherapy or uropathy or auto-urine therapy) refers to various applications of human urine for medicinal or cosmetic purposes, including drinking of one's own urine and massaging one's skin, or gums, with one's own urine. The literature evidence with observed result of the diabetic father in law, who was bed ridden more than two years and urine therapy results strongly supports preventive and healing role of urine ingredients to bedridden subjects. Urine Therapy is the ancient method of treatment which has been continuing from generation to generation. In the ancient method "Urine Therapy" was practiced in the traditional method of treatment which was very difficult for most of the people to adopt and achieve its benefits.

Urine Therapy is an entirely drugless effective system of healing all kinds of Chronic Diseases and maintaining good health. Most of the people have stigma attached to urine as they are not aware of its benefits. They should develop the positive attitude, and realize the natural healing power within us. Persons suffering from chronic disease who adopt Urine Therapy 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.^[1]

The proper method of Urine therapy is Drinking Urine, Massaging the whole body with Urine, keeping Urine wet pack, drinking water, and juices and by maintaining a balanced light diet. Persons who adopt this treatment in proper method will pass white colorless Urine (like water) which does not contain any smell and they can gain proper knowledge to achieve maximum benefits.^[2]

Natural Benefits of Urine Therapy

Urine Therapy can control and cure all chronic diseases if it is adopted in a proper method. It is the safest method of treatment and it does not have any side effects. Cancer can be controlled and cured without Surgery and Chemotherapy. Breast cancer is the one of the commonest malignancies afflicting women. In some parts it is the most common malignancy. It is currently estimated that one in 14 of all female children born will develop breast cancer in their lifetime.^[3] The Case study of Suresh Rani (F) 54 years staying in Delhi was diagnosed with Metastatic Breast Carcinoma, Metabolically active, Lymph nodal, Bony, and Left Adrenal involvements with Pleural effusion (Breast, Lungs and Bone Cancer) in July 2012. She adopted

Urine Therapy in a proper method by drinking plenty of water, juices and taking light diet. She was drinking her daughter's urine along with it she was also drinking her own urine and messaging her body with urine twice a day. In the period of 2 weeks (14 days) her immunity system improved and she became stable and she regained energy in her body. She was able to eat light diet and digest easily. She was able to stand and walk slowly. She was relieved from swelling and the severe pain in her body. Fluid in the lungs had reduced and she was able to breathe in a normal manner.^[4]

Martin Lara a victim of breast cancer says "I also know personally of several cases of cancer cures exclusively or mainly due to urine therapy; sometimes the addition of urine therapy to a natural cancer program appeared to be responsible for the successful outcome". Martin Lara has an interesting breast cancer cure with urine injections.^[5]

Some of the people still find this therapy irrational as they suggest that urine cannot be the way of treatment. Orac posted that there is one alternative treatment whose rationale have never been able to wrap in his brain. It's also a rather strange incongruence. After all alternative medicine is all about removing toxins from your body and what organ does that better from kidneys.^[5]

Natural Benefits of Urine Therapy one of the "Educational sections on Secret of Excellent Health" for every-one to maintain hale and healthy life. It has Natural Healing Powers to Control and Cure all kinds of Diseases. It is very effective healing modality and most powerful Natural treatment. Diseases such as HIV / AIDS, Diabetes, Kidney Failure, Nephritic Syndrome (A disease of Kidney where protein is lost in the urine), Gall Bladder Stones, Motor Neuron Disease, Muscular Dystrophy, Mental Retardation, Cerebral Palsy, Vision, Hearing problem and Deformity, Acute Lumbar Spondylosis, Premenstrual syndrome, Low Sperms counts & low Motility, Asthma, Paralysis, Ulcer, Psoriasis, Skin problem, Thyroids, Hair Loss etc.

Fasting with urine

Starting from the early morning, the midstream should be collected and drunk. Then pure, clean water should be alternated with the urine. Once the fast is under way and urine is being passed frequently, every drop may be drunk as the urine is coming very quickly. Fasting itself is a very powerful cleansing method for dealing with disease and health problems. The combination of urine and fasting is even more potent, thus this practice should be approached slowly and in the following stages.

1. Preparation for fasting in which one accustoms oneself to urine and feels ready to take on a fast with it.
2. Pre-fast. One should set aside a week or two before actually starting a fast and cut down on the amount of protein and heavy foods, especially fried and greasy foods. Fruit and plenty of raw vegetables help to clear

out the bowel and make the commencement of the actual fast smooth and controlled. This pre-fast diet also assists in re-balancing the alkaline/acid balance of the body, slowly alkalizing the blood and tissues. The amount of urine being drunk during this period may also be increased.

3. Actual fast is drinking only urine and water- no other food or liquid should be taken. During the fast no work should be undertaken, as complete rest allows the cleansing processes to go on unhindered.

The last flow of the day should be discarded so that uninterrupted sleep and rest can follow, allowing the body repair process to act. If at any stage nausea occurs, then the practitioner should stop the practice for a short while until the nausea goes and then start again. The duration of the fast depends on the type of illness being treated. Some enthusiasts report that it may be necessary to continue the fast for weeks under supervision in order to achieve the desired results. They claim that amarelle stops all hunger problems normally associated with fasting, and attribute this factor to alkalinity of the urine being passed. Presumably, this has some effect on the brain centers associated with hunger and satiation. A minimum of two days is recommended, and a maximum of one week without supervision.

During the fast both therapist and practitioner must keep an eye out to ensure that everything proceeds smoothly. Under a trained eye all the bumps associated with cleansing, such as the 'healing crisis' mentioned, can be evened out and should cause no disruption to the process. However, a certain degree of common sense should be used so as to avoid extremes. It is better to use several short fasts over longer periods than a long fast that is too strenuous. Massage with boiled or old urine during the fast is highly recommended by most writers. Post fast stage requires great care in re-establishing a normal and natural diet. For at least one week one must be very careful, gradually readjusting and controlling all negative habits and all aspects of diet.

The best way to break a fast is to stop all urine and water intake, preferable at the time of the evening meal. One hour after, a glass of lemon, or black grape juice, or the broth from boiled mung beans with a little salt should be drunk. At noon the next day, date or grape juice, or any of the above alternatives, can again be taken. That night papaya and other juicy fruit should be eaten.

By the third day, lentil soup or thin kithara (boiled rice and lentils) can be taken, and in the evening boiled vegetables and rice, or again khichari. In this way you should proceed to re-establish your normal diet, minus the old habits. It is highly advisable once you conclude you're fast to ingest every day for at least one month, before every meal, micro flora in order to reestablish correct flora balance in the digestive tract.^[5]

Alternative fast

If the complete urine and water fast is too strenuous, then the one meal per day fast is a good alternative. This regime utilized the same basic rules as in the full fast, but there are the following differences

1. A light meal consisting of rice with boiled vegetables, or some raw vegetables, can be taken, preferably in evening.
2. One hour before and one hour after the meal, no urine water, or any other liquid or solid food should be taken. Then amarelle can commence. This regime can go on for long periods, especially in the treatment of debilitating diseases. Vibrant health starts from a clean bowel. It's time for each one of us to take personal responsibility for our own health.^[6]

Urine Therapy and Weight Loss

The success of urine therapy for weight control has been proven over and over again. As we know, the general function of urine is to purify the bloodstream. Once this process of blood purification starts, a host of other problems begin to cure by themselves. It has been seen that the cleaner and more toxin-free the blood stream is, the healthier the person will be. That is why, we say that exercises lead to improved blood circulation and thereby weight loss. Other problems that the body faces like hormonal imbalance, high cholesterol and accumulation of fat, along with several other problems that are either directly or indirectly related to weight gain, will start to get cured and therefore will lead to the shedding of excess weight. In this manner urine therapy for weight loss has proved to be beneficial.^[7]

Urine therapy for Hair Growth

Urine is mainly composed of water, it makes up 95% of the bulk. The remaining constituents are urea, accounting for 2.5% and vital minerals, enzymes and hormones forming the rest of the 2.5%. It is claimed that most of the enzymes and hormones in the urine are actually beneficial to the body. There are many who claim that drinking their own urine has helped them stay off any kind of medication and that it has helped them lead a very healthy life. However, in order to counter hair loss, all you need to do is an external application of urine. The urine that you pass through the body is completely sterile and can be used to massage it all over the body. All you need to do is to get over the inhibition of using it. Treat it as any other liquid formulation and apply.

How to use the urine Hair Growth

When you start passing urine, let a few drops pass first after which start collecting the urine in a cup. Gently heat this urine for two to three minutes before use. Then allow it to cool. Remove the crust that forms on top of the liquid. Now dip a cotton ball into this liquid and soak it up with the urine. Part your hair into multiple sections and apply the urine using the cotton ball all over the scalp and on the roots of the hair. Let it soak it up for

about half an hour. After this, rinse it off with water. Do not use any soap or shampoo. You could add a couple of drops of essential oil or rose water into the rinsing water for fragrance. Repeat this daily for best results.

Benefits of applying urine on the hair

- ✓ Massaging the scalp with urine helps in rejuvenating the hair follicles and stimulates hair growth.
- ✓ It helps get rid of dandruff and other scalp problems, since urine is an antiseptic.
- ✓ It makes the hair shiny and lustrous.
- ✓ Applying this on a bald patch makes new hair grow in that region.
- ✓ Applying urine on the scalp also reduces hair fall since it strengthens hair follicles and causes the hair to become healthier.
- ✓ New hair growth automatically means that this therapy takes care of boosting the volume of your hair.

Method of Treatment

Mode and the method of treatment for chronic patients

The proper method of Urine Therapy is

1. Drinking Urine

Drink white color Urine (colorless like water) or very light yellow color Urine and collect the remaining Urine in the bottle and keep it for massaging the body and for applying Urine wet pack. By only drinking urine a person's internal body gets clean, rejuvenated and he will feel energy flow in his body. It will revive and rebuild the resistance power of his vital organs like Brain, Heart, Lungs, Pancreas and Liver etc. which gets damaged due to some disease. Drinking Urine is the best tonic, whoever takes the trouble of experimenting and drinks Urine first time will be convinced and satisfied. The persons who drinks about one LITRE of Urine (white or light yellow color) daily during any time of the day and massage their body once a day will find a great relief from pain, sufferings and can gradually control and cure their disease. They can avoid taking number of tablets and keep them healthy.

2. Massaging the whole body with the Urine

By only massaging with urine persons can cure all kinds of skin diseases. the skin becomes clean and all the unnatural black marks and the white patches will disappear. it will provide the permanent natural glow to the skin which cannot be achieved by visiting any "spa or beauty par-loud," by massaging and applying urine on body most complex diseases of skin are totally cured and the skin becomes clear and soft. for the tremors and numbness of the body parts and paralysis massaging with urine is very effective and the stiff joints become loose, flexible and mobile.

3. Keeping Urine wet pack on the affected portion of the body

By only keeping Urine wet pack person can be relieved from many problems. It can cure gangrene, long standing

ulcer and wounds which does not heal with medicine. It can stop the falling of hair and the hairs will become strong and start growing longer. Some of the persons who have become Bald will be surprised to find the hairs re-growing on their Bald head.

Urine is also effective in dental and other oral troubles. For ordinary pain in the teeth one should keep some urine in the mouth and rinse it for few minutes which should be repeated for six times in the morning and evening.

Blood is developed and generated in our body by Nature. Transplantation of blood from one person to another person is performed in many severe cases of disease to save lives of millions of persons. Urine is the "Devine Nectar" and since Urine comes from the blood, it would qualify anyone who drank each other's Urine provided if it is followed by the proper diet. Urine of a healthy person can be drunk or massaged by any other person who have difficulty or unable to collect his own Urine. A Person can drink Urine of any other healthy person as there is no other remedy equaling to this on earth. It contains healing power which is amazing and a person gets enlighten spiritually which has to be experienced personally.

Some women suffer from abdominal pain, white discharge, excessive bleeding and irregular menstruation problem i.e. premenstrual Syndrome (PMS). They get the periods in advance before monthly cycle of 28 days and they suffer from various problems. Some of them undergo hysterectomy (removal of the uterus). Urine Therapy stimulates the body's natural healing processes to rebalance their hormones and regularize their monthly cycles.

Person who has Diabetes should observe their sugar level regularly and whenever their Fasting sugar level falls to 80 mg/dl or below that, they should decrease their tablets. If they are taking 2 tablets they should reduce it by ½ tablets every time (i.e. by 25%) Similarly if they are taking injection they should reduce by 25% every time. They can control and cure their Blood Sugar in the above simple method and maintain their regular activities. Persons will realize and observe that their blood sugar level improving day by day and they can gradually reduce their tablets or injection after observing their test reports. The damaged Pancreas will revive and start functioning.

The Persons who are on Dialysis or who are having high potassium in the Blood should cut the vegetables and soak it in water for 4 to 6 hours to remove the excess potassium from vegetables and then use it which will control the potassium level in the blood. After drinking Urine if the persons who are not able to collect the sufficient Urine for massaging and keeping urine wet pack, then they can take some other persons urine who are taking light diet and juices and use it. They can also

collect Cow's Urine and use it for external massaging. Persons who are unable to pass sufficient Urine or who are having swelling on the parts of the body can take LASIX tablet initially for a short period.

Persons who have Arthritis having difficulty in walking and climbing stair case with knee problem should apply Urine on the knee and rub it lightly till it becomes dry. They should apply Urine again in the similar manner and dry it for 3 times. They can also keep Urine Wet Pack on the knee which is more effective. This should be repeated for 3 to 4 times in a day. Walking, Exercise, Yoga and Physiotherapy along with this treatment will boost the immunity system and increase the Resistance Power of a person affected with Chronic Disease to recover and heal quicker.^[8,9]

Advantages

- ✓ Urine can be used both internally and externally.
- ✓ Urine therapy strengthens the immune system of the body and thereby prevents the occurrence of the common cold, coughs, flu, and infection.
- ✓ Gargling with urine helps to clear a sore throat and gum problems.
- ✓ When urine is rubbed on the skin, it can make the skin glow.
- ✓ It also works as a natural moisturizer by opening the pores of the skin and absorbing the moisture better.
- ✓ Its anti-bacterial and anti-viral properties are extraordinary.
- ✓ It is a natural diuretic.
- ✓ It helps in curing skin diseases like eczema, psoriasis, and healing wounds better and faster.
- ✓ It helps in curing swelling, edema, and glaucoma.
- ✓ It also heals patients suffering from epilepsy and meningitis problems.
- ✓ It helps in curing impotence in men.
- ✓ It prevents heart attacks by dissolving the blood clots and unblocking the coronary arteries.

Disadvantages

- ✓ HIV infection and mendation to institute therapy disadvantages include a subjective interpretation, difficulty in urine tests: intact ige antibodies are found in urine.
- ✓ Common adverse effects of urine therapy may include diarrhea, itch, pain, fatigue, soreness of the shoulder, and fever.
- ✓ These side effects may last three to seven days or up to six months. Aged urine may be caustic on the skin.
- ✓ Although sipping the occasional urine sample may not be immediately harmful, it should not be forgotten that urine can contain harmful substances in those who have taken drugs legal or otherwise or have been exposed to chemical residues in the environment.

✓ If a person were to drink his own urine as a substitute for fresh drinking water, the proportion of water content would rapidly decrease as the proportion of harmful waste products increased.

✓ During a worldwide conference of urine therapy practitioners, the Chinese Association of Urine Therapy warned that drinking urine has negative side effects, including diarrhea, fatigue, fever, and muscle soreness; and these symptoms increase with the amount of urine ingested.

CONCLUSION

Urine therapy is considered as taboo in various countries and found difficult to make its presence in today's modern therapy. But still many of the people amongst us has a right to know that our bodies produce an invaluable source of nourishment and healing that we can utilize to heal ourselves and to maintain our lives and our health in both everyday circumstances and in emergencies and life-threatening situations. For almost the entire course of the 20th century, unknown to the public, doctors and medical researchers have been proving in both laboratory and clinical testing that our own urine is an enormous source of vital nutrients, vitamins, hormones, enzymes and critical antibodies that cannot be duplicated or derived from any other source. Urine is use in healing cancer, heart disease, allergies, auto-immune diseases, diabetes, asthma, infertility, infections, wounds etc., yet we are taught that urine is a toxic waste product. The medical findings on urine and urine constituents are overwhelming, and yet it's difficult for most people to understand why our bodies excrete elements that are so obviously valuable to human health and well-being.

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