



WONDERS OF COW URINE ITS BENEFITS-A REVIEW

Paladugu Sujitha*, Gollapudi Rajesh, Md. Parveen and A. V. Yagnavi

Department of Pharmaceutical Analysis Max Institute of Pharmaceutical Sciences, Khammam, Telangana, India, 507318.

***Corresponding Author: Paladugu Sujitha**

Department of Pharmaceutical Analysis Max Institute of Pharmaceutical Sciences, Khammam, Telangana, India, 507318.

Article Received on 12/10/2017

Article Revised on 03/11/2017

Article Accepted on 23/11/2017

ABSTRACT

Literatures are available stating the importance of cow urine for all purposes in our daily life which is used since ancient times for curing many ailments of human beings. Gomutra is used for treatment of colic, abdominal tumours, enlargement of abdomen and flatulence. For therapies such as decoction, purgation, enema, skin diseases, kidney diseases, heart diseases, stones, diabetes, liver problem, jaundice and its shows immunostimulant, bioenhancer, anticonvulsant, anticancerous, wound healing, antioxidant and antimicrobial properties. It is also used as bio fertiliser on cotton, groundnut, maize, castor, chillies sprayed at the rate of 100-200 litres per acre which helps to increase production of crops as well as reduced cost of production. This review article will collect all the qualities and uses of cow urine from different literatures.

KEYWORDS: Gomutra immunostimulant, Biofertiliser.

INTRODUCTION

Cow's urine is being used as an effective medicine. Recent researches prove that cows urine therapy is capable of curing several diseases, including cancer and capable of curing blood pressure, blockage in arteries, arthritis blockage in arteries, arthritis, diabetes, heart attack, cancer, thyroid, asthma, psoriasis, eczema, prostate, fits, AIDS, piles, migrane, ulcer, acidity, constipation, gynaecological problems and several other diseases.^[1]

Cow urine is great elixir, proper diet, pleasing to heart; giver of mental and physical strength enhances longevity. It balances bile, mucous and airs. It is a remover of heart diseases and effect of poison. Cow's urine is one of the best natural remedies to cure many bacterial and fungal diseases, especially skin diseases.^[2]

Research states cows urine to contain nitrogen, sulphur, phosphate, sodium, manganese, carbolic acid, iron, silicon, chlorine, magnesium, citric, succinic, calcium salts, vitamins A,B, C,D and E, minerals, lactose, enzymes, creatinine, hormones, urea and gold acids. Urea, a key element in urine is known to kill fungi and bacteria.

Today many AIDS patients are taking cow urine therapy. People who were suffering with migraine and headache for the past 15 years have recovered within six months of taking this therapy. In the past few years the Cow Urine Treatment and Research Centre, Indore has treated one and half lakhs of people. Out of the total patients 85 to

90 percent were patients of constipation there is an old saying that if the stomach is clean half of the diseases get cured automatically. The patient taking cow urine therapy says that he is enjoying sound health and passing bowels easily within one month of this therapy. In rural areas cow's urine is used as an effective antiseptic for skin diseases, wounds, bathing. People dilute cow's urine with water and use it to purify premises in rural houses due to its natural disinfectant activity. 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.

Research also proves that cow's urine augments B and T-lymphocyte blastogenesis, and IgG, IgA and IgM antibody titres in mice. It also increases secretion of interleukin-1 and interleukin-2, phagocytic activity of macrophages and is thus helpful in the prevention and control of infections.^[3]

The main aim of this review is to collect data related with properties and uses of cow urine in agriculture and health care system.

COMPOSITION OF COW'S URINE

Cow urine is 95 percent water with 2.5 percent urea, miners, 24 types of salts, hormones and 2.5 percent

enzymes. Other ingredients include iron, calcium, phosphorus, carbonic acid, potash, nitrogen, ammonia, manganese, sulphur, phosphates, potassium, urea, uric acid, amino acids enzymes, cytokine and lactose.^[4]

PROPERTIES OF COW URINE DUE TO ITS CONSTITUENTS

Cow urine is pungent, easily digestible, penetrating and hot in potency, kindles digestion and improves intellect. It is best among all other animal urine.^[5]

Table I. Properties of cow urine due to its constituents.

| S.No | Properties of cow urine due to its constituents | |
|------|---|---|
| 1 | Urea | Strong antimicrobial Agent |
| 2 | Uric acid | Antimicrobial activity helps to control infections |
| 3 | Nitrogen | Diuretic stimulates Kidney |
| 4 | Creatinine | Antibacterial |
| 5 | Copper | Controls fat deposition |
| 6 | Carbolic Acid | Antibacterial, prevents Gas, purifies blood |
| 7 | Iron | Production of RBC in blood |
| 8 | Sulphur | Purifies blood; increases intestinal peristalsis |
| 9 | Sodium | Controls hyperacidity |
| 10 | Sugar-Lactose | Prevents thirst and Giddiness |
| 11 | Potassium | Appetizer; eliminates muscles Fatigue |
| 12 | Aurum hydroxide | Antibacterial; improves immunity; acts as antidote |
| 13 | Anticancer substances | Prevents multiplication of carcinogenic cells |
| 14 | Ammonia | Helps to maintain Integrity of body tissue and blood |
| 15 | Enzyme-urokinase | Dissolves blood clot; improves heart disease; blood circulation |
| 16 | Erythropoietin stimulating factor | Production of RBCs |
| 17 | Gonadotropins | Promotes menstrual cycle; sperm production. |
| 18 | Phenols | Bactericidal; antifungal |
| 19 | Vitamin A, B, C, D, and E | Prevent excessive thirst; infuse vigor and vitality |

USES OF COW URINE

1. Agricultural uses

• As a Bio fertilizer

Cow urine is used as a biofertilizer on cotton, groundnut, maize, castor, chillies and spraying it at a rate of 100-200Lts per acre helps to increase production of crops as well as reduced cost of production.^[6]

Cost benefit

Requirement of inorganic fertilizer in one acre of land

Urea (50 Kg) = 285 Rs

DAP (25 Kg) = 500 Rs

Total cost = 785 Rs

Requirement of cow urine in one acre of land

Requirement for 1acre = 100Lts

1 Lt Cost = 2.5 Rs

Total cost = 250 Rs

Net savings for production in 1 acre is = 565 Rs

A simple resource like cow urine has many curative powers which are unimaginable. If cow urine is used in field continuously for three years then there will be no need of chemical fertilizer.

• Vermicompost production

Plant waste obtained after distillation is mixed with cow's urine and has been used for production of vermicompost.^[1]

2. Therapeutic uses of Cow urine

• As a floor cleanser

Cow urine can be used for production of disinfectant. A floor-cleaning fluid called Gaunyle is marketed by an organisation called Holy Cow Foundation. Maneka Gandhi, Women and Child Development Minister, has proposed that Gaunyle be used instead of Phenyl in government offices.^[7]

• Antimicrobial qualities

Cow urine or gomutra is replete with broad spectrum antimicrobial qualities. The presence of urea, creatinine, aurum hydroxide, carbolic acid, phenols, calcium and manganese lends cow urine its germicidal qualities.^[8] It has formidable antimicrobial powers that can target common trouble-making pathogens like *E. coli*, *Salmonella typhi*, *Proteus vulgaris*, *Staphylococcus aureus*, *Bacillus cereus* and *Staphylococcus epidermidis*.^[9]

• Prevention of antibiotic resistance

Cow urine prevents antibiotic resistance which is one of the biggest problems plaguing the medical field. Pesky bacteria have become remarkably adept at resisting antibiotic drugs, due to the rampant use of these medicines by people. By purifying and activating

cow urine using light, researchers have found cow urine to be effective against certain drug resistant bacterial strains.^[10]

- **Fungicide**

Cow urine was shown to be more effective than neem and lemon juice in traditional Ayurvedic treatment for dandruff. It was found to be highly stable and efficient at stopping the growth of *Malassezia* fungi^[11] which is responsible for causing dandruff. It could keep the pathogen at bay for a period of 4-5 days! Apart from this, cow urine has also remarkably inhibited other fungi such as *Aspergillus*, *Rhizopus* and *A. niger*.^[12]

- **Good antiseptic**

It is observed by researches that cow urine is having antiseptic properties in wound healing and that the healing times is somewhat less in comparison to wound on which antiseptic cream was applied.^[13]

- **Protection against parasites**

Cow urine can protect against parasites inside the body. Intestinal parasites can cause a host various health problems like dysentery, abdominal pain and loss of nutrients in the body. A study shows that these disease causing parasites can be effectively dealt with generous dose of cow urine.^[12]

- **Effective Bio enhancer**

A bio enhancer is a substance capable of increasing the efficiency of another substance. Medicines with poor bioavailability are introduced with a bio enhancer to decrease adverse effects and increase its good qualities.^[14] Cow urine is the only animal product that acts as a bioenhancer of various antimicrobial, antifungal and anticancer agents.^[12] Indigenous cow urine contains 'Rasayana' tatva, which can modulate the immune system and act as a bio enhancer.^[15]

- **Anticancer properties**

Cow urine has great antioxidant properties which help in neutralising oxidative stress and scavenging free radicals. These properties point towards potential anti-cancer powers of cow urine. This is not to say that it can cure cancer but act as a deterrent for the risk of cancer.^[16]

- **Immunostimulant**

By regularly taking cow urine before sickness, we get so much immunity that any attack of diseases is repulsed. Ayurveda endorses the use of herbs and minerals to fortify the body against infections and pathogens. Even in ancient books, cow urine is said to increase disease resistance by 104 percent. Turns out it is a great immune booster to help the body fight infections.^[17]

- **For Skin diseases**

Cow urine is helpful to get relief from most of the skin diseases like Psoriasis, itching, eczema, sun burns, acne, dermatitis, skin allergies and scabies.^[18]

- **Anticonvulsant action**

Cow's urine concoction is the traditional herbal preparation of choice in the management of childhood convulsive disorders, regardless of the cause in the Yoruba speaking people of Nigeria.^[17]

- **Good for liver**

Cow urine corrects functioning of liver.^[19] So, liver makes healthy pure blood. It gives disease resistance power to the body. 1-2 ounces of daily doses of warm cow urine is used in the treatment of cirrhosis of liver.^[1]

- **Protects heart and brain**

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 and protects these organs from disorders and diseases. 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 mood of goodness. Thus helps us to perform correct activities by mind. Thus protects from diseases.

- **Poison destroyer**

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. 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 is antitoxin.

- **For kidney diseases**

Cow urine cures kidney ailments. It can be used for stones. A glass of fresh cow urine should be taken as a first thing in the morning for 21 days. Uric acid present in cow urine dissolve the stones to a manageable size.^[1]

- **Antidiabetic effect**

Cow urine and its concentrate that is left after distillation were subjected to investigations for verifying and establishing antidiabetic activity. The antidiabetic activity of cow urine and standard glibenclamide drug was studied in alloxan- induced diabetic rats. Their blood glucose level was determined using Glucose Oxidase-Peroxidase (GOD-POD) method. The results were compared with the results obtained in standard glibenclamide treated rats. The cow urine distillate produced a significant reduction of elevated blood glucose, serum cholesterol and serum triglyceride levels when compared with the diabetic control. It also justifies the use of available marketed formulations containing cow urine in treating diabetic patients.^[20]

CONCLUSION

Cow urine is the one of the best natural medicine which helps to improve health care system. The activities within the urine sample make it highly effective therapeutic agent used in curing many diseases. The ancient scriptures of ayurveda consider cow urine to be the elixir of life. It is the most effective natural remedy and the safest method of treatment bestowed upon us by nature. Cow urine based formulations would definitely prove to be a potential medicine which in turn would reduce the pressure on the existing use of chemicals and antibiotics. While this sounds a little unconventional for many, it could be a major step in disease management. Let's hope this urine therapy could open doors for curing wide range of dreadful diseases because as we know it is eco-friendly, economically viable and easily available at abundance.

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