

Gomutra – An Ayurvedic Review

Dr. Hemant Pundlikrao Charde¹, Dr. Pranam Suresh Kharche², Dr. Ramkrishna S Sakhare³

¹Professor, ²Associate Professor, ³Lecturer,

^{1,3}Department of Dravyaguna, Ayurved Mahavidyalaya Pusad, Maharashtra, India

²Department of Dravyaguna, ASPM Ayurved College Hospital and Research Institute, Buldhana Maharashtra, India

ABSTRACT

Gomutra or cows urine has long history of therapeutic use in India. The tradition has been practiced for more than 5000 years as per Ayurveda. Brihatrayee has mentioned gomutra at first place among Asthamutra varga. Many researches are done on Gomutra and its effect on disease. This work consists of Ayurvedic review of gomutra in different classics.

KEYWORDS: Gomutra, Astavarga

How to cite this paper: Dr. Hemant Pundlikrao Charde | Dr. Pranam Suresh Kharche | Dr. Ramkrishna S Sakhare "Gomutra – An Ayurvedic Review" Published in International Journal of Trend in Scientific Research and Development (ijtsrd), ISSN: 2456-6470, Volume-5 | Issue-5, August 2021, pp.295-299, URL: www.ijtsrd.com/papers/ijtsrd43835.pdf



Copyright © 2021 by author (s) and International Journal of Trend in Scientific Research and Development Journal. This is an Open Access article distributed under the terms of the Creative Commons Attribution License (CC BY 4.0) (<http://creativecommons.org/licenses/by/4.0>)



INTRODUCTION

The primitive man fulfilled his needs from plants, animals and the products obtained from them were being used as preventives and curatives. Plants products and animal products have equal importance in Ayurvedic system of medicine. Gomutra i.e. cow's urine quoted under the heading of Ashta mutra varga¹. It described that this is the best one among all mutras. 'Gomutra' must used, where any other urine is not specified. The composition containing cows excretions urine, dung, milk, curd and ghee the five ingredients together known as panchagavya² is given to women after she delivers a baby. Gomutra is believed to have therapeutic value and used in many formulations. It is considered as deepan, pachana, anulomana, bhedana, lekhana and krimighna. It is used in various kriyakarmas especially in virechana, swedana, lepana, upanaha and parisheka.

Synonyms³: Goamba, Godra, Gojalam, Gomutram, Gonishyandha, Goprasrav, Gopaneeyam, Goneeyam, Goneram, Gokeelalam, Gosravam, Govapam, Surabheejalam

Classification:

Charaka samhitha(CS) - Katuka skandham, Virechana dravya Samgraham

Susrutha Samhitha(SS) – Muthra vargam, Sivvirechanam

Ashtanga Samgraham(AS) - Muthra vargam, katu skandham

Ashtang Hridayam(AH) - katu skandham, Nikumbhadi virechanaganam

Bhavaprakasa Nighantu(BPN) - Muthra vargam

Kaiyadeva Nighantu(KN) - Muthra vargam

Ras Tarangini - Panchagavya

Pharmacological Properties of Gomutra Mentioned in Various Texts

Table No. 1 - Pharmacological Properties of Gomutra

		CS ⁴	SuS ⁵	BPN ⁶	KN ³	RN ⁷	DN ³	HS ⁸	
Rasa	Madhura	+	-	-	+	-	-	-	
	Katu	-	+	+	+	+	+	-	
	Sakshara	-	+	-	+	-	+	-	
	Tikta	-	-	+	+	-	-	-	
Guna	Kashaya	-	-	+	+	-	-	+	
	Tikshan	-	+	+	+	+	+	+	
	Laghu	-	+	+	+	+	+	-	
	Sara	-	-	-	-	-	+	-	
Veerya	Usna	+	+	+	+	-	+	+	
Dosh karma	Pittakar	-	+	+	+	+	+	-	
	Vatanashak	-	+	+	+	+	+	+	
	Kaphanashak	-	+	+	+	+	+	+	
Action	Agnideepana	-	+	+	+	+	+	-	
	Madhya	-	+	-	+	+	+	+	
	Pachana	-	-	-	+	-	-	+	
	Bhedana	-	-	-	+	-	-	+	
	Lekhana	-	-	-	-	-	+	+	
	Balya	-	-	-	-	-	-	+	
	Indication	Shula	-	+	+	+	-	+	+
		Gulma	-	+	+	+	-	-	+
		Udara	-	+	+	+	-	+	-
		Aanaha	-	+	+	+	-	+	-
		Virechana	-	+	-	+	-	-	-
		Asthapana	-	+	-	-	-	-	-
		Krumi	+	-	-	-	-	-	+
Kustha		+	-	+	+	-	-	+	
Kandu		+	-	+	-	-	-	-	
Swasa		-	-	+	+	-	-	-	
Arsha		-	-	+	+	-	-	-	
Pandu		-	-	+	+	-	-	-	
Twakarog		-	-	-	-	-	+	-	
Bhrurog	-	-	-	-	-	-	+		
Shankha rog	-	-	-	-	-	-	+		
Kantharog	-	-	-	-	-	-	+		
Hrudyarog	-	-	-	-	-	-	+		
Kilas	-	-	+	-	-	-	+		
Mukha rog	-	-	+	-	-	-	+		
Akshi rog	-	-	+	-	-	-	+		
Atisara	-	-	+	-	-	-	+		
Gudrog	-	-	+	-	-	-	+		
Vata vikara	-	-	+	-	-	+	+		
Netra rog	-	-	-	-	-	-	+		
kasa	-	-	+	-	-	-	+		
chardi	-	-	-	-	-	+	-		

Properties:

Rasa - According to charaka samhitas all muthras are katu lavana rasa. Along with these rasa, madhura rasa also attributed to Gomutra. Susrutha attributes katu tikta rasa to urine with lavana as anurasa . Ashtang Samgraha & Ashtang Hridaya explains Muthra as katu rasa with lavana as anurasa. There is difference in opinion about the rasa of Gomutra in Nighantus. However, all the Nighantukars agree katu tikta rasa to it.

Guna - Various samhitas and Nighantus describe laghu theekshna and rooksha properties of Gomutra. Yoga ratnakara attributes sara guna along with laghu guna.

Veerya- Veerya of Gomutra is described as ushna in all samhitas and Nighantus. But in madanpala nighantu the veerya is not mentioned.

Vipaka - Only reference to vipaka is Gomutra is seen in Ayurveedeya oushadhi nighantu and dravyaguna Vijanam of Prof. P.V.Sharma . According to these books vipaka of Gomutra is katu .

Dosha Karma - In all classics texts and Nighantus Gomutra is described as kapha vata hara and pitta vardhaka.

Gomutra in the content of various diseases ⁹⁻¹⁰

Table 2 – Gomutra in various disease

Sr. no	Gomutra in various disease
1	Daruharidra taken with cow's urine = Kustha
2	Maksika dhatu taken with cow's urine = Kustha
3	Nimbi and Vidanga used as bath, internal use in Ugra galit Kustha
4	Vasa, Kutaj, Sptaparna and karvira, Karanj, Khadir with cow's urine in kustha
5	Haritaki taken with cow's urine = Kaphaj shotha
6	Pittodara – Cow urine with ghee
7	Kaphodara - cow's urine
8	Haritaki ,jiggery nd cow's urine = Arsha
9	Milk mixed wth cow's urine or triphala kwath = Pandu
10	Iron powder soaked with cow's urine = Pandu
11	Paste of pitdaru mixed with cow's urine = Kaphaja vrudhhi
12	Medicated ghee prepared with cow's urine, chitraka = Enlargement of abdomen
13	Shilajatu, mashika mixed with cow's urine = Kumbhakamala
14	Kshara churna mixed with aasav and arishta with cow's urine = Kaphaja sotha
15	Chitrak and Trikatu taken with cow's urine Switra

Gomutra in the context of different kriyakarmas ¹¹

For virechana

1. Gomtra is mixed with churna of kustha, shyama, trivit, vijaya and guggula can be consumed for purgation
2. Eranda tail with gomutra should be consumed for one month or two month for purgation.
3. For purgation in pandu rog macerated with gomutra or triphala boiled in gomutra.
4. Gomutra is taken along with shyama, sunthi for purgation in pandu roga.
5. One panitala (12 gram) of tilwaka poeder should be taken with gomutra or amalaki swaras for purgation.
6. One part of powder of the root of trivrut should be added with half part of the powder of either pippali, pippali mula, maricha, gajapipaali, sarala, hingu, Bharangi, musta, vaha, ajmoda and shrungavera. Any of these should be taken with Gomutra for purgation.

For Basti ¹²

1. The decoction of Dashmula, Triphala, Bilva, Madanphala, and musta prepared by adding gomutra. The paste of patha musta should be added along with saindhava and oil and use for niruha basti. It is excellent for curing disease caused by aggeravated kapha, pandu, Alasaka, and baldder distension.
2. In vama janya vyapada niruha basti is given with gomutra.
3. Gomutra is the content of niruha for bhedana. Another content of these basti are four prastha tila taila, dahi manda, with paste of sarsapa causes bhedana and elimination of arrested stool of consitated patitent.
4. For kaphaja diseases different niruha basti are given in which gomutra is the one of the content.
5. If the administrated basti do not get eliminated, then immediately asthapana basti containg gomutra and other sharp ingredients should be given.
6. To remove the distension of abdomen strong basti with liquid mixed with ksara and gomutra.

For lepana ⁹

1. Chitrakadi lepa – Chitraka, ela, nimbi, vasa, arka, sunthi all powdered ogether should be impregnated with alkali of palasha prepared with gomutra for 8 days, apply it on spot of mandala kustha
2. Mansyadi lepa – Paste of mamsi, maricha, salt, haridra, tagara, snuhi and gomutra applied on kustha
3. Kaphaja sotha – On kaphaja sotha paste of pippali, linseed, dry gingr, chandana and agrau mixed with gomutra and paste applied.

4. In leprosy thick decoction applied on the skin which is made of karvira, nimbi, kutaj, chitraka boiled in gomutra.
5. For savarnikaran in swistra lepa of aaragwadha seed, hartala and gomutra is used.
6. Lepa of aadra haridra and shuhi kshira along with gomutra is useful in piles.

For parisheka⁹

1. Eight types of mutra may be used for sprinkling and intake by patient of udara roga.
2. In granthi visarpa hot oil prepared with dashmula, kustha taila, added with gomutra used for parisheka
3. Parisheka of saptaparna, karanja, with gomutra is useful in vrana
4. Kalka of salsaradi gana is mixed with gomutra is useful in medoj galganda.
5. Parisheka of gomutra is useful in insect bite.

For abhyanga, utsadana, nasya and Avagahana⁹

1. Oil prepared with nimbi, katavanga, and madhushrunji with gomutra used for abhyanga
2. Utsadana should be done with kustha, putanakesi with gomutra
3. Bharangi, vacha, nagadanti, vishanika pounded with urine and administered as nasya in a dose of 54 to 6 drops.
4. Avagahan in arsha – if there is pain the patient is massaged well and then given tub bath in the decoction of triphala, arka, vamsa, agnimanthasigru, buttermilk and gomutra.
5. In epilepsy nasya of harida, manjistha, sarsapa with gomutra given.

Gomutra as anupana

1. In udara roga patolyadya churana should be taken with gomutra.
2. Churna of patola, triphala, nisha, nili with gomutra taken with gomutra.
3. Churna of gavakshi, danti, tilvaka and vacha taken with gomutra in udara roga.
4. Hapushadi churna with gomutra as anupana in udara.

Gomutra used as in various oushadha yoga⁹

Table 3- Gomutra used as in various oushadha yoga

Sr. no	Oushdha yoga	Indication
1	Swetakarviradya taila	Kustha
2	Swetakarvirapallavadya taila	Kustha
3	Tikteksvadi taila	Kustha
4	Siddharthaka ghruta	Kustha
5	Panchyagavya ghruta	Kamala, jwara
6	Rohitakyadi ghruta	Kamala, gulma, prameha, udara
7	Chitrak ghruta	13 c chi
8	Punarnava mandura	Pandu
9	Nagdntyadi ghruta	Sarpavisha
10	Taila panchka	Gulma
11	Mandura vataka	Pandu, kustha
12	Sanjivani vati ¹⁴	Aam, Ajirna, Atisara
13	Maha pancha gavya ghruta	Unmad, atisara

Conclusion

From above literature it is concluded that in Ayurveda use of gomutra for various purposes. The popularity of cow urine is increasing day by day but furthermore scientific validation of its therapeutic efficacy is required for its worldwide acceptance. Gomutra, milk are in great demand due to their wide use in religious and other medical fields. The important components from cow urine can be obtained for various useful pharmaceutical, therapeutic and agricultural uses.

Reference

- [1] Atridev Gupta; Astanga Hridayam sutrasthana; Choukhamba Samskrita Sansthana; Varanasi 2003; 5/82
- [2] Yadavaji Trikrampi Acharya; Charaka samhita Chikitsasthana; Choukhamba Sanskrit Bhawan, Varanasi 2005 10/ 21-22
- [3] P.V. Sharma and Dr. Guru Prasad Sharma; Dhanvantari Nighantu; Choukhamba orientalia, Varanasi; 2005

- [4] P.V. Sharma and Dr. Guru Prasad Sharma; Kaiyadeva Nighantu; Choukhamba orientalia; Varanasi
- [5] Yadavaji Trikamji Acharya; Charaka samhita sutrasthana; Choukhamba Sanskrit Bhawan, Varanasi 2005
- [6] P.V.Sharma;Susrutha Samhita sutrasthana; Chaukhambha Vishvabharti Varanasi 2005: 45/220-221
- [7] Bhavprakasha nNighantu (Indian material mmedica) Dr. K. C. Chunekar Dr. G. S. Pandey. Chaukhamba Bharti Academy, Varanasi, 2006
- [8] Indradev Tripathi; Raj Nighantu with Dravyagunaprakashika Hindi commentary; Choukhamba Krisnadas Academy Varanasi 2003;
- [9] Ravi Dutt Shastri; Harita Samhita; Kamraj Sri Krishna Das, Bombay1949 9/2-3
- [10] Yadavaji Trikamji Acharya; Charaka samhita Chikitsasthana; Choukhamba Sanskrit Bhawan, Varanasi 2005
- [11] Atridev Gupta; Astanga Hridayam chikitsasthana; Choukhamba Samskrita Sansthana; Varanasi 2003
- [12] Yadavaji Trikamji Acharya; Charaka samhita kalpasthana; Choukhamba Sanskrit Bhawan, Varanasi 2005
- [13] Yadavaji Trikamji Acharya; Charaka samhita siddhisthana; Choukhamba Sanskrit Bhawan, Varanasi 2005
- [14] Yadavaji Trikamji Acharya; Charaka samhita Chikitsasthana; Choukhamba Sanskrit Bhawan, Varanasi 2005
- [15] Acharya Shri Radha Krishan Prashar; Sharangdhara Samhita; Shri Vaidyanath Ayurved Bhavan Ltd., Nagpur 4th Edition

