

### Cow Urine: A Magical Remedy W.S.R. to *Brahattrayi*

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#### Abstract

Cow is equated to mother in the Indian tradition and her urine is panacea of all diseases. Cow urine is the treasure of medicines used to cure a no. of diseases since ancient times. Various researches have also proved the significance of cow urine. In Ayurveda, cow urine is used alone and also in the yogas to alleviate various health issues. In this article an attempt has been made to compile the use of cow urine in *Brahattrayi* to facilitate its literary research which will serve as a base for further scientific researches.

#### Keywords

Cow urine, *Brahattrayi*



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## INTRODUCTION

Cow has been given lot of respect since ancient times because of its usefulness to mankind in several ways all throughout its lifespan. Cow as *Kamdhenu* is the provider of all happiness. Cow urine, Cow dung, Cow milk, Curd obtained from cow's milk, ghee obtained from cow's milk are collectively known as *Panchgavya*<sup>1</sup>. *Acharya Bhavamishra* has indicated Cow urine the best in *mutra varga*. So, when only the term *mutra* is used, Cow urine is taken as according to *anukta pramana*<sup>2</sup>. Cow urine is capable of treating many curable as well as incurable diseases. Lot of research has been conducted on cow's urine and its immunomodulatory<sup>3</sup>, hypoglycemic<sup>4</sup>, bioenhancer<sup>5</sup>, antimicrobial<sup>6</sup> and anticancerous<sup>7</sup> properties have been proved scientifically. Recently, in a study at Junagarh Agricultural University, scientists found Gold in cow's urine<sup>8</sup> at Dist Gir. Cow urine has been used extensively in *Ayurvedic* preparations since time immemorial owing its special properties (Table 1)<sup>9</sup>.

### Cow urine in *Charak samhita*-

*Acharya Charak* has included Cow urine in *Ashtamutra*. The properties of Cow urine are also described here that it is beneficial in

*Krimi, Kushtha, Kandu and Udar roga*<sup>10</sup>. (Table No. 2)

### Cow urine in *Sushruta samhita*-

*Acharya Sushruta* has described the features of Cow urine as *Katu, Tikshna, Ushna, Kshara, Vatala, Laghu, Agnideepaka, Medhya, Pittala* and *Kaphavatashamaka* and it is used in the diseases like *Shoola, Gulma, Udarroga, Anaha*. It is used for the purpose of *Virechana* and as *Asthapana dravya*<sup>11</sup>. (Table No. 3)

### Cow urine in *Ashtanga hrdaya*-

*Acharya Vagbhata* has also described Cow urine under *Mutra varga*<sup>12</sup>. (Table No. 4)

## DISCUSSION

## AND

## CONCLUSION

Cow's urine is used in the treatment of skin disorders (*Kushtha & Kshudrakushtha*), GIT disorders (Different types of *Udar roga, Anaha, Adhmana, Udavarta, Gulma, Grahani, Arsha, Udarkrimi*), Liver disorders (*Pandu, Kamla, Shotha*), Psychiatric disorders (*Unmada, Apsmara*), Musculoskeletal/Neuromuscular disorders (*Vatrakta, Urustambha*), *Grahabadha*, ENT disorders (*Naktandhya, Timir, Karnashoola, Karnabadhira, Karnakrimi, Pakva Pratishyaya, Mukhroga, Galganda*) and in

Gynaecological disorders. Cow urine is used in several forms such as *Snana*, *Abhyanga*, *Parishechan*, *Svedana*, *Lepa*, *Udvartan*, *Utsadan* etc. are done with help of it as a part of *Vahya chikitsa upkrama*. *Aasthapana* and *Uttarvasti* are also given with Cow urine. For *Antahparimarjan chikitsa* Cow urine also plays a wide role such as intake of Cow urine itself is indicated in the treatment of *Shotha*, *Pandu*, *Udarroga*, *Shvitra*, *Kushtha* and *Prameha*. Cow urine is used in the pharmaceutical processing of *yogas* as *bhavana dravya*, *paka dravya* etc. It is also used as a *anupana* of *aushadha*. Cow urine is supposed to be the best in *kaphaj rogas*. *Acharya Charak* has indicated to use Cow urine *bhavit aushadh* in *kaphaj vikritis*. Hence Cow urine is the treasure of medicines which is easily available to all. Its medicinal properties are beyond doubt. Requirement is only to validate this ancient knowledge with contemporary research.

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**Table 1** Chemical constituents of cow urine<sup>9</sup>

S.N.	Name of constituents	Functions
1.	Nitrogen (N <sub>2</sub> )	Removes blood abnormalities and toxins, natural stimulant of urinary tract, Diuretic
2.	Sulphur (S)	Supports motion in large intestines, cleanses blood
3.	Ammonia (NH <sub>3</sub> )	Stabilizes blood formation
4.	Copper (Cu)	Controls deposition of unwanted fat
5.	Iron (Fe)	Maintains balance and helps in production of RBCs and Hemoglobin.
6.	Urea {CO(NH <sub>2</sub> ) <sub>2</sub> }	Affects urine formation and removal, Germicidal
7.	Uric acid (C <sub>5</sub> H <sub>4</sub> N <sub>4</sub> O <sub>3</sub> )	Removes heart swelling or inflammation, Diuretic
8.	Phosphate (P)	Helps in removing stones from urinary tract
9.	Sodium (Na)	Purifies blood, antacid
10.	Potassium (K)	Cures hereditary rheumatism, Increases appetite, removes muscular weakness and laziness
11.	Manganese (Mn)	Germicidal, protects decay due to gangrene
12.	Carbolic acid (C <sub>6</sub> H <sub>5</sub> OH)	Germicidal, protects decay due to gangrene
13.	Calcium (Ca)	Blood purifier, bone strengthner, germicidal
14.	Salt (NaCl)	Decreases acidic contents of blood, germicidal
15.	Vitamins A,B,C,D,E	Active ingredient for energetic life and saves from nervousness and thirst, strengthens bones and reproductive power
16.	Other minerals	Increase immunity
17.	Lactose	Gives satisfaction, strengths heart, removes thirst and nervousness
18.	Enzymes	Make healthy digestive juices, increases immunity
19.	Water (H <sub>2</sub> O)	Maintains fluidity of blood and body temperature
20.	Hippuric acid	Removes toxins through urine
21.	Creatinine	Germicide
22.	Aurum hydroxide	Germicidal, increases immunity power. It is highly antibiotic and antitoxic

**Table 2** Dosage forms using Cow urine in *Charak Samhita*

S.N.	Name of Formulation	Disease	Reference
1.	<i>Karanjadi lepa</i> (Prepared with Cow urine)	<i>Kushtha</i>	C.S.3/13
2.	<i>Lohadi rasayana</i> (Cow urine is used to dip red hot <i>lohapatra</i> )	<i>Rasayana</i>	C.C.1/3/15-23
3.	<i>Taila panchaka</i> ( <i>Eranda</i> oil, <i>Prasanna</i> , Cow urine, <i>Kanji</i> , <i>Yavakshara</i> )	<i>Gulma</i> , <i>Udarroga</i> , <i>Anaha</i>	C.C.5/96
4.	<i>Uttarvasti</i> of <i>Dashmool kvath</i> with Cow urine, Milk and <i>Yavakshara</i>	<i>Raktagulma</i>	C.C.5/178
5.	<i>Daruharidra kalk</i> with Cow urine	<i>Kushtha</i>	C.C.7/61
6.	<i>Rasanjana</i> with Cow urine	<i>Kushtha</i>	C.C.7/61
7.	<i>Svarnamakshika bhasma</i> with Cow urine	<i>Kushtha</i>	C.C.7/61
8.	<i>Chitrakadi lepa</i> ( <i>Bhavana</i> of <i>Palashkshara</i> prepared by dissolving in Cow urine)	<i>Mandala kushtha</i>	C.C.7/85-86
9.	<i>Mansyadi lepa</i> (prepared with Cow urine)	<i>Mandala kushtha</i>	C.C.7/87
10.	<i>Phalguvadi lepa</i> (prepared with Cow urine)	<i>Mandala kushtha</i>	C.C.7/88
11.	<i>Shvetakarviradhya taila</i>	<i>Kushtha</i>	C.C.7/105
12.	<i>Shvetakarvirpallvadhya taila</i>	<i>Kushtha</i>	C.C.7/107
13.	<i>Kanakshiri taila</i>	<i>Kushtha</i>	C.C.7/112-116
14.	<i>Lepa</i> of <i>Mulak</i> and <i>Bakuchi</i> seeds (prepared with Cow urine)	<i>Shveta kushtha</i>	C.C.7/169
15.	<i>Lepa</i> of <i>Kathgular</i> , <i>Bakuchi</i> , <i>Chitrak</i> (prepared with Cow urine)	<i>Shveta kushtha</i>	C.C.7/170
16.	<i>Lashunadhya ghrita</i> (Paka with Cow urine)	<i>Unmada</i>	C.C.9/49-51
17.	<i>Siddhartak ghrita</i> (Paka with Cow urine)	<i>Unmada</i>	C.C.9/72
18.	<i>Panchgavya ghrita</i>	<i>Apsmara</i> , <i>Kamla</i> , <i>Jvara</i>	C.C.10/17
19.	<i>Mahapanchgavya ghrita</i>	<i>Apsmara</i> , <i>Unmada</i> , <i>Pandu</i> , <i>Kamla</i>	C.C.10/18-24
20.	<i>Snana</i> with Cow urine	<i>Apsmara</i>	C.C.10/32
21.	<i>Abhyang</i> with <i>Katabhyadi taila</i> (Paka with Cow urine)	<i>Apsmara</i>	C.C.10/33
22.	<i>Utsadan</i> ( <i>Kushtha</i> , <i>Putna</i> , <i>Keshi</i> etc. drugs are pasted with Cow urine)	<i>Apsmara</i>	C.C.10/39
23.	<i>Avsechana</i> with Cow urine	<i>Apsmara</i>	C.C.10/39
24.	<i>Nasya</i> of <i>Kapil varna</i> cow's urine	<i>Apsmara</i>	C.C.10/41
25.	<i>Haritaki churna</i> with Cow urine	<i>Kaphajanya shotha</i>	C.C.12/21
26.	<i>Churna</i> of <i>Haritaki</i> , <i>Shunthi</i> etc with Cow urine	<i>Tridoshaja shotha</i>	C.C.12/22
27.	Intake of cow milk with cow urine, Buffalo's milk with cow urine, cow urine residing on milk diet only	<i>V P Shotha</i>	C.C.12/26
28.	<i>Parisheka</i> and <i>Snana</i> with <i>kullatha</i> – <i>shunthi kvatha</i> mixed with Cow urine	<i>K shotha</i>	C.C.12/70
29.	<i>Amaltas siddha</i> Cow milk mixed with Cow urine	<i>Pittodara</i>	C.C.13/70
30.	Intake of Cow urine	<i>K Udarroga</i>	C.C.13/73
31.	<i>Rohitakadi yoga</i> ( <i>yavakuta Rohitak</i> stem is dipped in Cow urine for seven days)	<i>Kamla</i> , <i>Gulma</i> , <i>Pliha</i> , <i>Prameha</i> , <i>Udarroga</i>	C.C.13/81-82
32.	<i>Niruha</i> and <i>Anuvasana vasti</i> with Cow urine	<i>Baddhgudodara</i>	C.C.13/89-90
33.	<i>Tikshna kshara</i> and <i>aushadh</i> mixed with Cow urine	<i>Jalodara</i>	C.C.13/94
34.	<i>Pradeha</i> , <i>Parisheka</i> and <i>Pana</i> of Cow urine	<i>Udar roga</i>	C.C.13/109-110
35.	<i>Chitraka ghrita</i> (Paka with Cow urine)	<i>Udar roga</i>	C.C.13/116
36.	<i>Patoladi</i> , <i>Gavakshyadi</i> and <i>Hapushadya churna</i> (Cow urine is <i>anupana</i> )	<i>Udar roga</i>	C.C.13/119-135



37.	<i>Kshara vatika</i> (Cow urine is as solvent here)	<i>Shotha, Jalodara</i>	C.C.13/162-164
38.	<i>Yavagu</i> (Using rice triturated with cow urine 7 times)	<i>Udar roga</i>	C.C.13/165-166
39.	<i>Haritaki churna</i> and old jaggery dipped in Cow urine for 12 hours	<i>Arsha</i>	C.C.14/68
40.	<i>Niruha vasti</i> with Cow milk & Cow urine mixed <i>Dashmool kvath</i>	<i>Shushka Arsha</i>	C.C.14/137
41.	<i>Duralabhadhya kshara</i>	<i>Grahani</i>	C.C.15/179-180
42.	<i>Chaturtha kshara</i>	<i>Grahani</i>	C.C.15/187
43.	<i>Ghrita</i> (Paka with Cow urine)	<i>Pandu</i>	C.C.16/54
44.	Intake of Cow urine with milk	<i>Pandu</i> (for <i>virechana</i> )	C.C.16/56
45.	<i>Haritaki kalk</i> made with Cow urine (Cow urine is <i>anupan</i> also)	<i>K Pandu</i>	C.C.16/58
46.	Intake of Cow urine with Cow milk for 15 days or Cow urine with <i>Triphala kvatha</i> for 7 days	<i>Pandu</i>	C.C.16/64
47.	<i>Svarnakshiryadi yoga</i> (Paka with Cow urine)	<i>Pandu, Kamla</i>	C.C.16/66-67
48.	<i>Haritaki churna</i> with Cow urine	<i>Pandu</i>	C.C.16/68
49.	<i>Lohabhasma</i> triturated with cow urine	<i>Pandu</i>	C.C.16/69
50.	<i>Mandoor vatak</i>	<i>Pandu</i>	C.C.16/73-77,104
51.	<i>Punarnava mandoor</i>	<i>Pandu, Pliha, Arsha</i>	C.C.16/93-96
52.	<i>Ushna gomutra parisechana</i>	<i>Granthi visarpa</i>	C.C.21/122
53.	<i>Nagdantyadi ghrita</i> (Paka with Cow urine)	<i>Sarp, Kita &amp; Garvisha</i>	C.C.23/241
54.	<i>Amrit ghrita</i>	<i>Sarvavishanashak</i>	C.C.23/242-249
55.	<i>Pipplayadi varti</i>	<i>Udavarta</i>	C.C.26/13
56.	<i>Vasti</i> with Cow urine	<i>K Bahulya Udavarta</i>	C.C. 26/17
57.	<i>Virechana</i> by Cow urine	<i>Udavarta, Vatrakta</i>	C.C.26/19, 29/82
58.	<i>Pashanbhedadi ghrita</i> (Paka with Cow urine)	<i>Ashmari</i>	C.C.26/60-61
59.	<i>Tila taila paka</i> with Cow urine, <i>kanji &amp; lavan</i>	<i>Anaha, Gulma, Hrdroga</i>	C.C.26/81
60.	<i>Katphaladi kvath</i> (Ingredients are dipped in Cow urine for overnight)	<i>K Hrdroga</i>	C.C.26/97
61.	<i>Krishnadi churna</i> with Cow urine	<i>K Hrdroga</i>	C.C.26/97
62.	<i>Bharngyadi taila</i> (for <i>nasya</i> )	<i>Pakva Pratishyaya</i>	C.C.26/153
63.	<i>Katukadi kvatha</i>	<i>Kantha roga</i>	C.C.26/201
64.	<i>Gomutra kavala</i>	<i>Mukhpaka</i>	C.C.26/204
65.	<i>Sarshap lepa</i> ( <i>Kalka</i> of <i>sarshap</i> is left in Cow urine for overnight)	<i>Urustambha</i>	C.C.27/53
66.	<i>Parisheka</i> with cow urine	<i>K Vatrakta</i>	C.C.29/147
67.	<i>Guduchyadi taila</i> ( <i>Pichu &amp; Uttarvasti</i> )	<i>V Yoni</i>	C.C.30/59-60
68.	<i>Yoniprakashalan</i> with Cow urine + <i>Triphala kvath</i>	<i>Yonirava</i>	C.C.30/82-83
69.	<i>Uttarvasti</i> of <i>katudravayas</i> with Cow urine	<i>K Yoniroga</i>	C.C.30/85
70.	<i>Haritaki churna</i> with Cow urine	<i>Stanyadosha</i> (for <i>virechana</i> )	C.C.30/254-255
71.	<i>Gomutra bhavit aushadh</i>	<i>K Vikriti</i>	C.K.1/12

C.S.- Charak samhita siddhi sthana, C.C.- Charak samhita chikitsa sthana, C.K.- Charak samhita kalpa sthana

**Table 3** Dosage forms using Cow urine in *Sushruta Samhita*

S.N.	Dosage forms	Diseases	Reference
1.	<i>Parisheka</i> with Cow urine	<i>Kaphaj shotha</i>	Su.C.1/17
2.	<i>Bhallataka</i> dipped in Cow urine	<i>Krishna karma</i>	Su.C.1/90-93
3.	<i>Gutika</i> (Cow urine is <i>Bhavana dravya</i> )	<i>Pratisarana karma</i>	Su.C.1/99-100
4.	<i>Lepa</i> ( <i>Karanja, Madar, Neem</i> etc. drugs are pasted with Cow urine)	<i>Krimighna karma</i>	Su.C.1/119-122
5.	<i>Guda Haritaki</i> with Cow urine	<i>K Pradhan Vatarakta</i>	Su.C.5/10
6.	<i>Parisheka</i> with Cow urine	<i>K Pradhan Vatarakta</i>	Su.C.5/10
7.	<i>Abhyanga</i> with <i>Gomutra siddha ghrita</i>	<i>K Pradhan Vatarakta</i>	Su.C.5/10
8.	<i>Lepa</i>	<i>K Pradhan Vatarakta</i>	Su.C.5/10
9.	<i>Karnapurana</i> with <i>Gomutra sadhit taila</i>	<i>Karnashoola</i>	Su.C.5/24
10.	<i>Guggulu/Shilajit sevana</i> with Cow urine	<i>Urustambha</i>	Su.C.5/35
11.	<i>Svedana</i> with cow urine	<i>Urustambha</i>	Su.C.5/36
12.	<i>Lepa</i> of <i>Karanja</i> & yellow <i>sarshap</i> prepared with Cow urine	<i>Urustambha</i>	Su.C.5/37
13.	<i>Lepa</i> of <i>Murgvishtha, Gunja, Haridra, Pippali</i> prepared with Cow urine	<i>Arsha</i>	Su.C.6/12
14.	<i>Gomutra siddha Haritaki</i>	<i>Adrshya arsha</i>	Su.C.6/13
15.	<i>Lepa</i> of <i>Laksha, Rala, Bakuchi, Chakramarda</i> prepared with Cow urine	<i>Kushthanashaka</i>	Su.C.9/10
16.	<i>Mahanila ghrita</i> ( <i>Paka</i> with Cow urine)	<i>Tvaksavarnkar in Kushtha</i>	Su.C.9/34-38
17.	Intake of Cow urine kept in the vessel of ghee with <i>Chitraka, Trikatu</i> , honey for 15 days	<i>Shvitra</i>	Su.C.9/39
18.	<i>Lepa</i> of <i>Karanja, Arka, Snuhi, Chameli</i> leaves prepared with Cow urine	<i>Shvitra, Dadru, Vrana</i>	Su.C.9/40
19.	1 <i>Pala Haridra</i> with Cow urine for 1 M	<i>Kushtha</i>	Su.C.9/44-45
20.	1 <i>Pala Chitraka/Pippali</i> with Cow urine	<i>Kushtha</i>	Su.C.9/44-45
21.	<i>Rasanjana</i> with Cow urine for 1 M	<i>Kushtha</i>	Su.C.9/46
22.	<i>Churna</i> of <i>Nimba, Trikatu, Chitraka, Haridradvy</i> etc. with Cow urine for 1 M	<i>Kushtha</i>	Su.C.9/47
23.	<i>Gomutra siddha ghrita</i> & <i>Kalmegha kalk</i>	<i>Kushtha</i>	Su.C.9/48
24.	<i>Lepa</i> of <i>Karvira's</i> root & <i>Vidanga</i> prepared with Cow urine	<i>Krimikushtha</i>	Su.C.9/52
25.	<i>Parisheka</i> with Cow urine	<i>Krimikushtha</i>	Su.C.9/52
26.	<i>Vajraka taila</i> ( <i>Abhyanga</i> )	<i>Nadivrana, Dushitavrana</i>	Su.C.9/56
27.	<i>Mahavajraka taila</i> ( <i>Paka</i> with cow urine )	<i>Kushtha, Gandmala, Nadivrana</i>	Su.C.9/57-63
28.	<i>Lakshadika taila</i> ( <i>Pana</i> & <i>Abhyang</i> )	<i>Kushth, Bhagandar, Gandmala</i>	Su.C.9/64-65
29.	<i>Yavakalp</i> (Cow urine dipped <i>Yavahusk</i> )	<i>Kushtha</i>	Su.C.10/3
30.	<i>Gomutrasava</i>	<i>Kushtha</i>	Su.C.10/7
31.	Intake of Cow urine	<i>Poor pramehi</i>	Su.C.11/12
32.	<i>Vasti</i> with Cow urine	<i>Shleshmodara</i>	Su.C.14/7
33.	<i>Gomutra siddha ghrita</i>	<i>Dushyodara (for virechana)</i>	Su.C.14/8
34.	<i>Eranda taila</i> with Cow urine for 15 days	<i>Udarroga</i>	Su.C.14/9
35.	<i>Mutravarti</i> ( <i>Paka</i> with Cow urine)	<i>Udavarta, Koshthagat krimi</i>	Su.C.14/11
36.	<i>Anahavarti</i>	<i>Udavarta, Adhmana, Anaha</i>	Su.C.14/12
37.	<i>Seka</i> with cow urine	<i>Shleshmika vidridhi</i>	Su.C.16/23
38.	<i>Churna</i> of <i>Shigru</i> bark with Cow urine	<i>Apakva Antravidridhi</i>	Su.C.16/32
39.	<i>Lepa</i> of <i>Ajagandha, Ashvagandha, Nishotha</i> prepared with Cow urine	<i>Kaphaja visarpa</i>	Su.C.17/15





40.	<i>Tailapaka</i> with Cow urine	<i>Nadivrana, Medoj granthi</i>	Su.C.17/25,40 18/19
41.	<i>Kshara</i> mixed Cow urine <i>lepa</i>	<i>Kaphaj Arbuda</i>	Su.C.18/36
42.	<i>Nadisveda</i> with Cow urine	<i>V Galganda</i>	Su.C.18/43
43.	Intake of cow urine with <i>Trikatu</i> & honey	<i>K Galganda</i>	Su.C.18/51
44.	<i>Salsaradigana dravya sara</i> dissolved in Cow urine	<i>Medoja Galganda</i>	Su.C.18/53
45.	<i>Lepa</i> of <i>Ushnavirya dravyas</i> prepared with Cow urine	<i>Kaphaja vriddhi</i>	Su.C.19/12
46.	<i>Daruharidra kvatha</i> + Cow urine	<i>Kaphaja vriddhi</i>	Su.C.19/13
47.	<i>Ushna lepa</i> of <i>Sursadigana dravyas</i> prepared with Cow urine	<i>Medaja vriddhi</i>	Su.C.19/15
48.	Cow urine mixed <i>eranda taila</i> for 1 M	<i>V Shlipada</i>	Su.C.19/53
49.	<i>Haritaki kalka</i> with Cow urine	<i>K Shlipada</i>	Su.C.19/57
50.	<i>Paniya kshara</i> (Cow urine is solvent)	<i>Shlipada, Apchi, Galganda</i>	Su.C.19/63-67
51.	<i>Churna</i> of <i>Musta, Patha, Ativisha, Devdaru</i> etc with Cow urine	<i>K Sarvasar roga</i>	Su.C.22/73-75
52.	<i>Kavala</i> of Cow urine	<i>Mukhroga</i>	Su.C.22/76
53.	Intake of Cow urine & Cow milk in 1:1	<i>Udar roga</i>	Su.C.23/12
54.	$\frac{1}{2}$ <i>pala</i> black <i>bakuchi churna</i> with Cow urine	<i>Kushtha, Pandu, Udarroga</i>	Su.C.28/3
55.	<i>Trikatukadi kavala</i>	<i>Kaphahara</i>	Su.C.40/61
56.	<i>Gomutradirasakriya anjana</i>	<i>Naktandhya</i>	Su.U.17/19-20
57.	<i>Anjana</i>	<i>Sannipataj Timir</i>	Su.U.17/44-45
58.	<i>Churnanajana</i>	<i>Sarvanetra roga</i>	Su.U.18/85-93
59.	<i>Karnapurana</i> with little warm cow urine	<i>Karnashoola</i>	Su.U.21/27
60.	<i>Pooran</i> with <i>Bilvadi taila</i>	<i>Karnabadhira</i>	Su.U.21/35
61.	<i>Karnapurana</i> with <i>hartala</i> mixed cow urine	<i>Karnakrimi</i>	Su.U.21/52
62.	<i>Nasya</i> with <i>gomutra sadhit taila</i>	<i>Apinasa, Putinasya</i>	Su.U.23/4
63.	<i>Avpidana nasya</i>	<i>Krimija shiroroga</i>	Su.U.26/26-28
64.	<i>Abhyang</i> with <i>gomutra sadhit taila</i>	<i>Sheetputana, Negmesha</i>	Su.U.34/4,36/4
65.	<i>Panchgavya ghrita</i>	<i>Visham jvara</i>	Su.U.39/243
66.	<i>Parisheka</i> with Cow urine	<i>Cold sensation in Jvara</i>	Su.U.39/272
67.	<i>Mutrashataka siddha ghrita</i>	<i>Kaphaj Gulma</i>	Su.U.42/38
68.	<i>Kshara avleha</i>	<i>Gulma &amp; Vatvikara</i>	Su.U.42/41-44
69.	<i>Triphaladi churna</i> with Cow urine		Su.U.44/24
70.	<i>Manduradi prayog</i> (Cow urine is <i>bhavana dravya</i> )	<i>Pandu</i>	Su.U.44/26
71.	<i>Sauvarchaladi yoga</i> ( <i>Bhavana</i> of Cow urine for 7 days)	<i>Pandu</i>	Su.U.44/28
72.	<i>Suvarnamakshika bhasma</i> with honey (Cow urine is <i>anupana</i> )	<i>Kumbhkamla</i>	Su.U.44/35
73.	<i>Gomutra shuddha shilajit</i> with honey (Cow urine is <i>anupana</i> )	<i>Kumbhkamla</i>	Su.U.44/35
74.	<i>Lohkitta prayog</i> ( <i>Anupana</i> is Cow urine)	<i>Kumbhkamla</i>	Su.U.44/36
75.	<i>Akshkashthadagdha mandura</i>	<i>Kumbhkamla</i>	Su.U.44/37
76.	<i>Saindhav mandura</i>	<i>Kumbhkamla</i>	Su.U.44/38-39
77.	<i>Gomutra bhavit varti</i>	<i>Visuchika</i>	Su.U.56/24-25
78.	<i>Niruha vasti</i> with Cow urine	<i>Anaha</i>	Su.U.56/26
79.	<i>Leha</i>	<i>Arochaka</i>	Su.U.57/10
80.	<i>Asava</i> prepared with cow urine	<i>Arochaka</i>	Su.U.57/16
81.	<i>Shigravadi taila</i> ( <i>Paka</i> with Cow urine)	<i>Apsmara</i>	Su.U.61/24





82.	<i>Krishnadi ghrita</i> (Paka with Ashtamutra)	<i>S Apsmara</i>	Su.U.61/30
83.	<i>Siddhartaka ghrita</i> (Paka with Cow urine)	<i>Apsmara, Unmada, Grhapida</i>	Su.U.61/31-33
84.	<i>Panchgavya ghrita</i>	<i>Apsmara, Jvara</i>	Su.U.61/34-37

Su.C.- Sushruta samhita chikitsa sthana, Su.U.- Sushruta samhita utara tantra

**Table 4** Dosage forms using Cow urine in *Ashtanga Hrdaya*

S.N.	Name of Drug formulation	Disease	References
1.	<i>Dipyakadi yoga</i>	<i>Kaphaja kasa</i>	A.H.C.3/54
2.	<i>Trikatu</i> with cow urine	<i>Kaphaja svarabheda</i>	A.H.C.5/43
3.	<i>Taila paka</i> with five <i>lavanas</i> mixed with cow urine and <i>Kanji</i>	<i>Vataja Hrdroga, Gulma, Anaha</i>	A.H.C.6/26
4.	<i>Kasisadi taila</i> (Paka with cow urine)	<i>Arsha</i>	A.H.C.8/14-15
5.	<i>Lepa</i> of <i>Murgvishtha, Pippali, Haridra, Gunja</i> prepared with cow urine	<i>Arsha</i>	A.H.C.8/21
6.	<i>Haritaki</i> dipped in cow urine overnight	<i>Arsha for virechana</i>	A.H.C.8/54
7.	<i>Haritaki paka</i> in cow urine	<i>K Arsha, Kushtha, Gulma</i>	A.H.C.8/55-56
8.	<i>Niruha vasti</i> with cow urine	<i>K Arsha, Kushtha, Gulma</i>	A.H.C.8/93
9.	<i>Varti</i>	<i>Udavarta</i>	A.H.C.8/137
10.	<i>Churna</i> of <i>Sarasasthi, Gokshura, Ela, Trikatu</i> with honey and cow urine	<i>K Mutraghata</i>	A.H.C.11/10
11.	Intake of cow urine	<i>Prameha</i>	A.H.C.12/37
12.	<i>Taila</i> (Paka with cow urine)	<i>K Vidraddhi</i>	A.H.C.13/5-6
13.	<i>Daruharidra kalka</i> with cow urine	<i>K Vriddhi</i>	A.H.C.13/34
14.	<i>Lepa</i> of <i>Sursadi/Shirovirechana dravyas</i> prepared with cow urine	<i>Medoja Vriddhi</i>	A.H.C.13/35
15.	<i>Tailadi yoga</i> ( <i>Tila taila, Prasanna, Cow urine, Kanji, Yavakshara</i> )	<i>Gulma, Udara, Anaha</i>	A.H.C.14/47
16.	<i>Shuddha Guggulu</i> with cow urine	<i>Gulma (for virechana)</i>	A.H.C.14/119
17.	<i>Dashmoolika vasti</i>	<i>Gulma</i>	A.H.C.14/126
18.	<i>Eranda taila</i> with cow urine for 2 month/ only Cow urine for 2 month	<i>Udarroga(for virechana)</i>	A.H.C.15/2
19.	<i>Chitraka ghrita</i> (Paka with cow urine)	<i>Udarroga</i>	A.H.C.15/7
20.	<i>Patoladi</i> and <i>Gavakshyadi churna</i> (Cow urine is <i>anupana</i> )	<i>Udarroga</i>	A.H.C.15/11-13
21.	1000 <i>Haritaki</i> sevana with cow urine	<i>Udarroga</i>	A.H.C.15/39-40
22.	<i>Devdarvadi lepa</i>	<i>Udarroga</i>	A.H.C.15/48
23.	<i>Gomutra sinchana</i>	<i>Udarroga</i>	A.H.C.15/49
24.	<i>Vasti</i>	<i>Udarroga</i>	A.H.C.15/52,63,67-68
25.	Intake of cow urine	<i>K Udar rogi</i>	A.H.C.15/74
26.	Intake of cow urine in which <i>Haritaki</i> is dipped for 7 days	<i>Pliharoga, Gulma, Arsha, krimi</i>	A.H.C.15/91-92
27.	<i>Niruha vasti</i> with <i>tikshna virechaka dravya</i> and cow urine	<i>Baddhaguddodara</i>	A.H.C.15/99-100
28.	Cow urine mixed <i>aushadha</i>	<i>Jalodara</i>	A.H.C.15/102
29.	<i>Kshara gutika</i>	<i>Ajirna, Shotha</i>	A.H.C.15/103-106
30.	<i>Yavagu</i> of <i>gomutra bhavita Sathi tandula</i> in milk	<i>Jalodara</i>	A.H.C.15/123
31.	Cow urine mixed milk	<i>Pandu (for virechana)</i>	A.H.C.16/5



32.	<i>Haritaki kalka</i> and <i>Triphala kvatha</i> prepared with cow urine	<i>Pandu</i>	A.H.C.16/6
33.	<i>Paka</i> of <i>Svarnakshiri</i> , <i>Trivrita</i> , <i>Devdaru</i> in cow urine	<i>Pandu (for Malanulomana)</i>	A.H.C.16/7-8
34.	<i>Lohbhasma</i> dipped in cow urine for 7 days with milk	<i>Pandu</i>	A.H.C.16/9
35.	<i>Manduravataka</i> ( <i>Paka</i> in cow urine)	<i>Pandu</i>	A.H.C.16/16-19
36.	<i>Shilajatu sevana</i> with cow urine for 1 M	<i>Kumbhkamla</i>	A.H.C.16/52
37.	<i>Haritaki sevana</i> with cow urine	<i>Shotha (Malashuddhi)</i>	A.H.C.17/3
38.	<i>Lepa</i> of <i>Pippali</i> , <i>Purana pinyaka</i> , <i>Shigru</i> , <i>Balu</i> , <i>Atsi</i> prepared with cow urine	<i>K Shotha</i>	A.H.C.17/35
39.	<i>Lepa</i> of <i>Shothghna dravyas</i> prepared with cow urine	<i>Ekanga shotha</i>	A.H.C.17/37
40.	<i>Pathadi yoga</i> for 1 month	<i>Kushtha</i>	A.H.C.19/40
41.	<i>Lakshadi churna</i> with cow urine for 1 M	<i>Kushtha</i>	A.H.C.19/41
42.	<i>Nishadi vatika</i> with cow urine	<i>Kushtha</i>	A.H.C.19/42
43.	<i>Karviradi lepa</i>	<i>Kushtha vrana</i>	A.H.C.19/61
44.	<i>Shveta Karviradi lepa</i>	<i>Kushtha</i>	A.H.C.19/62
45.	<i>Lepa</i> of <i>Shirish twak</i> , <i>Karpasapushpa</i> , <i>Rajvrksha</i> prepared with cow urine	<i>Kushtha</i>	A.H.C.19/63
46.	<i>Karanjadi lepa</i>	<i>Kushtha</i>	A.H.C.19/69-70
47.	<i>Vajraka taila (Paka)</i> with cow urine	<i>Tvakroga, Nadivrana</i>	A.H.C.19/79-80
48.	<i>Kushthadi taila</i> for <i>abhyanga</i>	<i>Kushtha</i>	A.H.C.19/83
49.	<i>Khadiradi yoga</i>	<i>Krimija kushtha</i>	A.H.C.19/91
50.	<i>Gomutrasava</i>	<i>Shvitra</i>	A.H.C.20/7
51.	<i>Lepa</i> of <i>Putikaranja</i> , <i>Madar</i> , <i>Aragvadha</i> prepared with cow urine	<i>Shvitra, Pama</i>	A.H.C.20/9
52.	<i>Bhallataka lepa</i> (soaking of <i>bhallataka</i> in cow urine)	In <i>Shvitra</i> to produce blisters	A.H.C.20/11
53.	<i>Savarnakara lepa</i>	<i>Shvitra</i>	A.H.C.20/30
54.	<i>Niruha vasti</i> with cow urine	<i>Udarkrimi</i>	A.H.C.20/19-23
55.	<i>Haritaki/Guggulu/Shilajatu sevana</i> with cow urine	<i>Urustambha</i>	A.H.C.20/49
56.	<i>Svedan/Sechan/Udyartan</i> with cow urine	<i>Urustambha</i>	A.H.C.20/51
57.	Cow urine with <i>dharoshna</i> milk	<i>Vatarakta (for Rechana)</i>	A.H.C.22/9
58.	<i>Gomutra sadhit ghrta</i> (for <i>abhyanga</i> )	<i>Vatarakta</i>	A.H.C.22/35
59.	<i>Siddharthaka agada</i> for <i>Pana</i> and <i>Nasya (Paka)</i> with cow urine	<i>Grahabadha</i>	A.H.U.5/10-12
60.	<i>Bhootrava and Mahabhootrava ghrta (Paka)</i> with <i>Ashtamutra</i>	<i>Grahabadha</i>	A.H.U.5/19-20
61.	<i>Hingvadi ghrta (Pana, Nasya, Abhyanga)</i>	<i>Devgraha</i>	A.H.U.5/29-30
62.	<i>Paka</i> of Cow urine, cow ghee and cow milk in same proportion ( <i>Pana, Nasya, Abhyanga</i> )	<i>Yakshgrahanashan</i>	A.H.U.5/35
63.	<i>Gomutra sadhita ghrta (Pana, Nasya, Abhyanga)</i>	<i>Brahmrakchhas, Rakchhasgraha, Pishachgraha</i>	A.H.U.5/38-39 A.H.U.5/43 A.H.U.5/45-46
64.	<i>Panchgavya &amp; Mahapanchgavya ghrta</i>	<i>Apsmar, Jvara, Unmada, Kamla</i>	A.H.U.7/18
65.	<i>Tutthanjana</i>	To obtain <i>Garud drishti</i>	A.H.U.13/83
66.	<i>Talisadigutika</i> (Cow urine is <i>bhavanadravya</i> )	<i>Gharsh, Ashru, Shopha, Kandu</i> of eyes	A.H.U.16/40-41
67.	<i>Paka</i> of <i>Jalakumbhi kshara</i> in cow urine	<i>K Galaganda</i>	A.H.U.22/70-71

68.	<i>Dviksharadi rasakriya</i> (Paka with cow urine)	<i>Galaroga</i>	A.H.U.22/101
69.	<i>Haritaki</i> boiled in cow urine and <i>bhavita</i> with <i>Netrabala, Saunf, Kushthakvathras</i>	<i>Mukhroga</i>	A.H.U.22/102
70.	<i>Taila nasya</i> (Paka in Cow urine)	<i>Krimij shiroroga</i>	A.H.U.24/16
71.	<i>Nasya</i> of cow urine pasted <i>Vidanga</i>	<i>Kriminashan</i>	A.H.U.24/17
72.	<i>Lepa</i> of <i>Tila, Purana pinyak, Murgvishtha</i> prepared with Cow urine	<i>Arunshika</i>	A.H.U.24/22
73.	<i>Eranda taila</i> with cow urine in 1:4	<i>V Shlipada</i>	A.H.U.30/8-10
74.	<i>Bhadrashryadi taila</i> ( <i>Pana, Abhyang</i> )	<i>Kushtha, Nadivrana, Apchi</i>	A.H.U.30/22-24
75.	<i>Yavadi Lepa</i> (Paka in Cow urine)	<i>Neelika, Mukhdushika</i>	A.H.U.32/25-26
76.	<i>Katudravaya</i> + Cow urine <i>uttarvasti</i>	<i>K Yoniroga</i>	A.H.U.34/60
77.	<i>Ashtanga agada</i> ( <i>Pana, Nasya, Anjana</i> )	<i>Visha</i>	A.H.U.36/66
78.	<i>Lepa</i> of <i>Bijoranimbursa</i> and paste of <i>tulsi</i> leaves prepared with cow urine	<i>Vrashchika dansha</i>	A.H.U.37/32
79.	<i>Balavacha, Madanphala, Jimutak and Kutha</i> pasted with Cow urine	<i>Vamanyoga in Mushikvisha</i>	A.H.U.38/22
80.	<i>Churna</i> of <i>Kapitthamajja, Talamkhana, Tila, Ankolroot</i> with cow urine	<i>Mushikavisha</i>	A.H.U.38/30
81.	<i>Churna</i> of <i>Chitraka</i> with cow urine	<i>Shvitra kushtha</i>	A.H.U.39/65

A.H.C.- Ashtang Hrdya chikitsa sthana    A.H.U.- Ashtang Hrdya uttartastra

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