

# UROPATHY

## UROPATHY IS A DIVINE THERAPY

### URINE IS A UNIVERSAL MEDICINE

Thousands of medicines are available in the market to cure various diseases. Every medicine has got individual effect on body organs & its various systems. Medicines of stomach cannot be put in eyes. Medicine of eyes is not used for ear & medicine of ear is not suitable for mouth. But Urine is the only medicine prepared in human body which provides a universal remedy as well as prevention and cure of almost every kind of disease, whatever may be its name, its cause or its stage. Also it needs no doctor for diagnosis of disease. God has given such a precious gift right from our birth which is capable of curing diseases whether it is Acute or Chronic as per modern health science. This fact has been described in Scriptures of various Religions and Ayurveda. Urine is one of the unpolluted thing in this polluted world. Just like nature has provided milk in the mother's breast for nourishment of the infant child, similarly nature has also provided urine in human body for preservation of its health and for cure of various diseases.

### History of Uroopathy

Uroopathy is the method of healing disease by the application and use of one's own urine and is also known as Auto Urine Therapy, in short A.U.T.

In one of the volumes of AYURVEDA, viz. BHAVPRAKASHA Urine is termed as VISHAGHNA killer of all poisons and RASAYANA which can rejuvenate even old person and RAKTAPAMAHARAM which purifies blood and cures all skin diseases. Reference of Urine Therapy is found in almost all the volumes of Ayurveda viz. SUSHRUT, HARIT, BHAVPRAKASH, YOGRATNAKAR, BHAISHAJ, RATNAVALI, RAJNICHANTU, VAGBHATT, DHANVANTARI NIGHANTU and many more. In SHIVAMBU KALP VIDHI which is part of DAMAR TANTRA our oldest scripture Lord Shankar has explained to PARVATI in 107 verses (shlokas) the procedure and rules to be followed while doing U.T. and its beneficial effects when taken with certain herbs.

Shlokas 41 and 42 of 'Vyavahaarsutra' by the learned Jain Acharya Bhadrabaha also mention that one must drink one's own urine while taking a vow or undertaking the regular performance of a religious ritual.

In Tantrik Yoga culture, this practice is termed as Amroli. Amroli comes from the root word Amar which means immortality, undying, imperishable, Amroli was, therefore a technique designed to bring about immortality! Amroli was originally a spiritual practice rather than a method of treatment. They termed it as a holy liquid i.e. Shivambu. According to them Urine is more nutritious than even Milk! We are not only physically benefitted by its practice, but we can be spiritually advanced, because it is an elixir for body, mind and spirit!

There are stories of olden times and even recent ones of travelers and explorers who were often put into hardships and seclusion while in desert and sea and when water got exhausted, they have survived for days by drinking their own urine and successfully completed their journey.

It is also well-known everywhere that thieves, dacoits, tramps and other criminal elements make a practice of drinking their own urine to maintain their health and strength, to survive ill-treatment and to recover quickly from the beating they receive from police.

Tibetan lamas are known to use their own urine profusely for preserving their health in isolated, cold dry plateau of Tibet. They live a very long life (more than hundred years) with the grace of nutritious ingredients of urine. By the same means they can also traverse deserts inaccessible to ordinary mortals! (G.C.C. Chang: Milarepa in Ragma, The Hundred Thousand Songs of Milarepa, Boulder and London, 1977.)

Even in western countries, the efficacy and fabulous medicinal values of urine were known to the people which is evident from old records. In a book "ONE THOUSAND NOTABLE THINGS" published in the beginning of Nineteenth Century there are many important and useful references of Urine Therapy available.

Similarly in another book Solomon's English Physician published in 1695, we find valuable knowledge of properties of Urine. It is written that urine prevents decay and rotting. By drinking Urine, diseases of Kidneys, Liver and Biles, Dropsy, Jaundice and other poisonous fevers are cured. It cures wounds caused by even poisonous arms and weapons.

Many people believe that Urine is a toxic, poisonous and dirty excretion of their body. If this belief is true, why during war times governments of several countries are recommending to their soldiers to drink their own urine in case of shortage of drinking water. Do they want to kill their soldiers by drinking poison?

### **Opinion of few Prominent Doctors on Urotherapy**

1. Dr. Vasant P. Mehta M.D. M.S. F.C.P.S.F.I.C.S. of Mumbai who was teaching medicine & surgery in the medical college for more than 15 years had expressed that Urine Therapy has played major role in his recovery from Throat CANCER.
2. Late Dr. Jivraj N. Mehta M.D. (London) former chief minister of Gujarat writes, in his foreword to the book MANAV MOOTRA (English-Edition) "The belief that Urine is not an excreta, but is an elixir of life, gifted by nature for the purpose of healthy living and for the use as a main therapeutic measure for almost the WHOLE RANGE of human disease including Cancer, T.B. Leprosy etc. is intriguing, interesting and fascinating. If it could be substantiated by human experiments undertaken and planned on a scientific basis, it would be a great boon to human beings, more so in the modern age of space travel.
3. Dr. C.P. Mithal M.B.B.S., M.D. Ex. House Physician N.F. Medical College (W.B.) India who has written a wonderful book titled Miracles of Urine Therapy" writes in his book that he used to ask his patients suffering from Chronic and deadly diseases to bring their urine for test on each visit. He coloured and flavored the same and would return it in another bottle to the patients as medicine. After few days when satisfactory improvement was noticed he would tell the truth to them with the advice to drink their own waters in purest and most unadulterated form. He got amazing results in several chronic and deadly diseases.

During four years of his deep involvement in Urotherapy he has come across several, thrilling recovery stories of patients who recovered from deadly and incurable diseases like Terminal Arthritis, kidney failure, Cancer, Varicose-Veins, Varicose Ulcer, epilepsy, nervous breakdown, piles, fistula etc.

4. Dr. Rabagilati of Bradford a renowned surgeon of England admitted that the surgical treatment of cancer was a complete failure. He had performed over 50 major operations for Cancer and rarely any patient survived after the operation. Regarding the success of Auto Urine treatment in diagnosed cancer cases, he testified as under:

"I have examined a number of women who according to orthodox treatment would have been operated and got one or both of their breasts removed. These brave and fortunate mortals declined my advice and gone under urine therapy. When they consulted me again I did not find, even a scar to suggest the healing of incurable malignant growth. Some of them found that lumps disappeared within a fortnight and others even in four days."

The so-called king of terrible disease can be easily cured if tackled promptly by the Auto Urine Treatment. (The same is the case with the horrible deadly disease AIDS, in my personal opinion.)

### **Urotherapy is Scientific**

Mr. J.W. Armstrong of England, Mr. Ravji Bhai Patel & Dr. P.D. Desai of India are the pioneers in the re-establishment of Uro-therapy. Ex.-Prime Minister of India, when told in a press conference in U.S.A. that the reason of his good health was regular drinking of his own urine, the

news spread all over the world and people have developed faith in Uro-therapy. Ex Prime Minister Shri Morarji Desai who started drinking urine at the age of 68 years & as a result got rid of 45 years old constipation. He could stop cataract formation by using his own Urine as Eye Drops. He was not using bathing soap for bathing & also not used shaving cream or soap for shaving during last 30 years of his life. Since he was using urine as a shaving cream as well as after shave lotion. Still he had no old age wrinkles on his face or body even at the age of 98 years but still his skin was silky, soft like a small child.

If we consider Urotherapy from the allopathic point of view, it must be accepted that human urine has close relation to the theory of bacterial infection. The bacteria in urine have proved to be effective in many diseases. Thus this theory can be evaluated vis-a-vis the allopathic bacteria theory. Thus this Urotherapy has the backing of science as allopathic therapy claim.

Urine also contains antibodies and antigens which give immunity against different kinds of bacteria and illness. Since these ingredients are present in minute quantities it is observed that cures are effected on the Homoeopathic principle.

Dr. Alexander N. Glazer and Dr. Stocker from University of California had discovered the yellowing dye responsible for Jaundice present in urine which was previously considered as valueless bodily waste till now is very much useful to reduce tissue damage in cancer, Aging, Inflammation and Heart Disease.

Dr. S.R. Burzynski M.D. who isolated Anti neoplastons from Human Urine, which is non toxic an anti tumor agent, capable to make malignant cells revert to normal. This was published in July-Aug. 1990 issue of Oncology News (Vol. 16 No. 4) which is a publication of Academy Professional Information Services.

In some medically advanced countries Dr's give urine injection before & after operation which will improve vitality of patients.

Dr. Maganbhai Salaria of Ahmadabad gives injections of the patient's own urine in place of other commonly used drugs while preparing his patients for different types of surgery. In the opinion of Dr. Salaria this helps in maintaining the efficiency of the patient's heart, and prevents post-operative complications.

A study done by Lars A Hanson and Eng. M. Tan at the Rockefeller Institute New-york showed antibodies for Cholera, Salmonella typhi, Diphtheria Tetanus toxoid & Polio are present in human urine.

1. Normal Human urine has been found to contain as per the press report In San Francisco (U.S.A.) dated October 24, 1967 published in the Medical Journals. Marvelous healing property promising to cure deadly diseases such as Cancer, Tuberculosis, Pulmonary and Cardiac Vascular diseases etc. they confirm following findings.

“An extract of human urine shows great promise for treatment of certain deadly diseases caused by formation of blood clots, Research Physicians said at the scientific sessions of the American Heart Association. The extract is called Urokinase. It activates substances in the blood stream that dissolve the clots...Experience has been obtained with about 200 patients with Pulmonary Embolism, the most common of serious Lung diseases, Dr. Sherry pointed out”.

2. Extract from the “Science Digest” July 1958

“Normal human urine has been found to contain a powerful Artery dilating agent resembling Nitroglycerin in its ability to increase the coronary blood flow to the cardiac muscle, used for the relief of Angina Pectoris”.

3. Report presented at the annual meeting of the “Federation of American Society for Experimental Biology” in Atlantic City U.S.A. in April 1966, under the heading “BRINGING CANCER CELLS INTO LINE.” Gives the account of research showing the effect of human urine on cancer cells... The two Researchers found unexpectedly last year that the urine extracts, which they call DIRECTIN. When added to the culture medium, caused all the cancer cells on which it has so far been tested, to align themselves end to end into straight rows?”

The researchers have found that the normal Human urine contains valuable ingredients or elements which are capable of curing deadly or killer diseases. Thus it is obvious Auto Urine is self evident, self contained and one's reliable family doctor.

Hence it must definitely cure the most dreaded & horrible disease AIDS which is the biggest challenge to the modern scientists.

4. Dr. Beatrice Barnett of U.S.A. who is practicing Urine Therapy have written a book namely Miracles of Urine Therapy in which she had written special section of treatment of AIDS and given details for the successful treatment of many AIDS Patients with urine therapy.
5. Mr. Quique Palladino of New York who had been cured from AIDS by Uroopathy. He had not only recovered from AIDS but has become much more healthier than ever before, so he became researcher, Propagator & Advocate of uroopathy. His address is given below so that any person wishing to meet write or talk to him for further details.

**Quique Palladino,**

250 Cabrini blvd., Bloc No. 5-E, New York City, N.Y.

10033, Old Tel. Phone No. (212) 795-6625

6. In the month of December 1988 in Sunday Edition of Gujarat Samacher (a leading newspaper of Ahmadabad, Gujarat State). Thirty three cases of cancer cure, by urine therapy with names and addresses of the patients were reported.
7. Late Shri G.K. Thakkar in his book Wonders of Uroopathy narrated an interesting case for the treatment of kidney failure "Mr. B.C. Desai aged about 45 years staying in Kandivali, Bombay. About 4 years before he had a kidney trouble and on investigation it was detected that God had forgotten to give him second kidney. Yes, since birth he was living with one kidney only and that too had failed and was kept on dialysis for some time and was told to arrange for a kidney donor and huge amount of funds for the operation and hospitalization charges. He had no means to undergo Kidney Transplant hence he opted for U.T. very easily, because his wife was drinking Urine since more than 25 years for keeping herself healthy and fit. So he already knew the fabulous medicinal values of Urine and hence started U.T. sincerely in right earnest under the guidance of a Urine Therapist. When his urine was examined after the treatment of one month the report was absolutely normal, and after the treatment of one month he joined his service.
8. Mr. Ken Hashibara, President of Hashibara Laboratories of Japan in his letter dated 22.11.91 addressed to the former P.M. of India, Morarji Desai wrote as under.  
on research I discovered that Cancer and other incurable diseases can be treated with Leucocytes found in Urine. AIDS and Hepatitis can also be successfully treated with Urokinase an enzyme found in Urine, while thrombosis can be completely cured by it."
9. As per the report published in Mid-Day dated 6.3.1992 from a issue of New Scientific Magazine which states as under  
Two Australian Scientists M. Mills and T. Faunce of researching at the University of Newcastle have discovered that morning Urine contains large amount of Melatonin, a Hormone that has a calming effect and believed to function as a regulator of the in built clock in the human system. The hormone moreover, also acts as pain killer.
10. Dr. Christain Schaller of Geneva also has written a very informative book on uroopathy.
11. Dr. Hamao, a professor at the Mediacal University of Kyoto, Japan, has succeeded in isolating a substance from human urine which is beneficial in the treatment of cancer. (The Illustrated Weekly of India, Aug.26, 1973)
12. Dr. K.K. Date, the renowned heart specialist, has stated in the March 1978 issue of the journal "Auto-urine Therapy' that the adventurous mountaineers climbing the mountains of the Himalayan Range drink their own urine as a means of developing the capacity to negotiate steep climbs and to resist adverse atmospheric conditions. Auto-urine helps them maintain their

energy and vigor. The famous mountaineer Morris Wilson testifies to this fact with a certain sense of pride”.

### **Why Urography is most effective?**

After innumerable clinical & laboratory tests carried out all over the world, it has been conclusively proved that urine contains Enzymes, Vitamins, Antigens, Antibodies, Amino acids, valuable salts & minerals, Carbonates, Bicarbonates, Pigments, Carbohydrates & Hormones which help the recovery from even incurable and deadly diseases. It is watery part of Blood.

Recently all over India Chikangunia had spread, but the persons who are drinking urine regularly were not affected by this disease. Whether it is Chikangunia, Degnu, Polio, Plague, AIDS or any other diseases spreading from different kind of viruses, Urography provides protection against such diseases because it improves immune system of body.

### **Advantage of Urine Therapy**

Urine Therapy can be practiced by anybody whether he is young of old and even a child without any expenditure and with a little basic knowledge. It does not produce any side effects, after-effects and ill effects which are generally unavoidable with the use of modern medicines.

The treatment is very fast, in-expensive, harmless, safe & simple and easily adopted even for chronic & Acute Diseases without the help of any Doctor. Healthy person can remain healthy & diseased persons can get rid off from his diseases very promptly. Thus it is obvious that Auto Urine is self evident, self contained and one’s reliable family doctor.

The Auto Urine Therapy is superior to various drug based pathies, all of which are dependent on Medicines for Treatment. No Medicine or Surgery is necessary in Auto Urine Therapy. Hence it makes patient self reliant in the treatment of his illness. Urine can cure almost all diseases except those caused by transmatism or those which are of mechanical nature.

### **Contents of Urine**

Urine analysis and research show that it contains valuable and active salts like sodium, potassium, calcium, magnesium etc. and hormones, enzymes vitamins etc. which are of vital importance in maintenance of health.

The Urine of a healthy person is a little salty in taste. If the urine is of a more intense yellow colour, it may be a little saltier in taste. If there is a reddish tinge in the urine, it may have a slightly bitter taste. Variations in the intake of solids and liquids as well as variations in the weather cause corresponding variations in the colour and taste of urine.

The following are the average quantities of various substances listed below, in 100 milliliter of urine as reported in Introduction to Biochemistry by Dr. Pharon:

	<b>Substance</b>	<b>mg./100ml.</b>
1.	Urea nitrogen	682.00
2.	Urea	1459.00
3.	Creatinin nitrogen	36.00
4.	Creatinin	97.20
5.	Uric acid nitrogen	12.30
6.	Uric acid	36.90
7.	Amino nitrogen	9.70
8.	Ammonia nitrogen	57.00
9.	Sodium	212.00
10.	Potassium	137.00
11.	Calcium	19.50
12.	Magnesium	11.30
13.	Chloride	314.00
14.	Total sulphate	91.00
15.	Inorganic Sulphate	83.00
16.	Inorganic phosphate	127.00

17. N/10 acid 27.80

Some other important constituents of shivambu are as follows:

**(1) Enzymes:**

- (a) Amylase (diastase)
- (b) Lactic dehydrogenase (L.D.H.)
- (c) Leucine amino-peptidase (L.A.P.)
- (d) Urokinase

**(2) Hormones :**

- (a) Catechol amines
- (b) Hydroxy-steroids
- (c) 17-Catosteroids
- (d) Erythropoietin
- (e) Adenylate cyclase
- (f) Prostagelandins
- (g) Sex hormones

**(3) Miscellaneous**

- (a) Copper
- (b) Urobilinogen

There is a strong possibility of there being several other beneficial substances not yet known to science, in addition to the above substances present in urine.

The urinary composition depends far more on the character of the foods and drinks consumed than on any fancied or real disease condition. The idea that urine contains poisonous elements, which the body is trying to eliminate, is based upon so-called theory only and is not endorsed by facts.

Research and abundance of practical experience have proved beyond doubt that human urine is not excreta or poison (as repeatedly taught to us) but the most effective remedy for restoration of health. Commercial interests, which have dominated the modern medical science, have dominated the modern medical science; have discouraged the use of auto urine therapy by the common man. The criticism offered and objections raised by medical men against Auto urine therapy are academic and Unrealistic.

## **Properties of Urine**

Just like magnetized water the 96% of Urine is charged by the electromagnetic energy of the human body.

1. It is a live solution capable of curing almost all diseases, a panacea or nectar of life.
2. It stimulates the defensive mechanism of the body and increases its resistance power. Its antibodies provide the most effective and harmless substitute for all preventive vaccines without producing any of their harmful after effects.
3. It acts like a tonic or elixir and gives a long and healthy life.
4. It is antiseptic.
5. It is disinfectant.
6. It is the best purifier.

It expels from the body, waste products or the toxins produced by harmful foods, over-eating, eating when not hungry and also bacteria, toxins in infectious diseases. The Urine cure is not hungry and also bacteria, toxins in infectious diseases. The urine cure is not temporary but is permanent.

## **How Urine Works?**

Auto-urine cures the illness by dissolving the waste products and toxins accumulated in the body which is the root cause of most of the illnesses or by removing the same from the body through mouth, nose, anus or skin. Thus the patient may have vomiting, cough and cold, diarrhea or skin eruptions. The patient need not worry about such reactions, which are helpful in curing the illness. They will disappear automatically within a few days. Therefore, no other medicine should be taken for treating these symptoms. For skin reaction old urine should be rubbed on the eruptions.

Firstly Urine cleanses unwanted toxins, then makes free life energy flow after removing obstructions & finally rebuilds the vital organs & passages which have been damaged by the ravages of disease. In fact it rebuilds tissues of not only the lungs, pancreas, liver, brain, heart etc. also

repairs the linings of brain & bowel and other linings. This has been proved in the case of many killing diseases, such as the worst form of colitis. Urotherapy helps self healing mechanism of the healthy body, strengthens or encourages positive thinking.

Urine also provides nourishment to the body. Moreover, as the nutritious contents of urine are present in minute quantities, they are easily assimilated in the body system. Thus not only malnutrition is easily overcome, but vitality also is quickly restored.

The anti toxic property of urine eliminates toxins produced in the body due to any cause and also counteracts against their evil effects.

Due to its antiseptic and disinfectant properties, urine provides an effective cure for injuries, burns and skin diseases. When externally applied on the affected part, it stops bleeding, stops pain and promotes speedy healing.

In some allergic patients drinking of urine may cause severe itching of the whole body and skin eruptions. In such cases the patients should stop drinking urine and continue only external application (rubbing) of the old urine.

Urine is, therefore, not a specific remedy for any particular disease, but it is a one remedy for total health.

### **Curable Diseases**

To name the few serious and chronic disease : Cancer (of all types), Osteo Arthritis of all types, Kidney failure, Heart disease (all types) Varicose veins, Varicose Ulcer, Gangrene, all skin diseases named or un-named including leucoderma and leprosy. All types of ear troubles, mouth and throat diseases like stomatitis, tonsillitis, dental diseases like gingivitis, pyorrhoea, gumboil, shaking teeth piles, fistula and fissure etc. For female organs, leucorrhoea, excessive menstruation, tumor in uterus. It acts wonderfully on insect and other poisonous bites. All sorts of pregnancy problems are remedied by its use. It works fabulously on fevers, headaches, migrain, constipation, paralysis, slip disc, and even mental disorders.

Urine also works fantastically on Impotency and sexual debility. It is one of the best de-aging tonics discovered so far. The Profasi Injection given to impotent woman is prepared from human Urine only.

Mr. Arthur Lincoln Paul a Canadian author has, in his book 'Shivambu' kalpa, reported following interesting case.

A young 27 years old Anglo Indian got married to a girl of 18. After few years of marriage it was detected that he was not virile and his semen lacked active sperms, and hence his wife not conceive. Both of them drank each other's. Urine daily and also their own Urine on alternate days and them both anointed each other's urine on their genital organs. He became more potent and his sperm count increased. In two months his wife conceived and now they have two sons.

Diseases may be many and their names are numerous but the remedy is only one and that is one's own Urine, which cures the illness by removing the waste products and toxins from the body and also by stimulating the defensive mechanism of the body. Preferably no other medicines should be taken while doing this therapy.

### **Multifarious uses of Urine**

It can be safely and beneficially used as :- A conditioner for hair, shaving cream, after shave lotion, Tanning lotion, antiseptic lotion for cuts and wounds, complexion improving lotion, eye washes for all eye troubles, astringent lotion for pimples and acne, mouth wash for all dental problems, nasal passage cleaner for all sinus troubles, rheumatic and muscular pain killer, soothing and healing lotion for burns and treating piles and fistula, antidote for snake and scorpion bites, can be used as aphrodisiac, on impotency, as dush for leucorrhoea and other menstrual diseases, and last but not the least, as an instant energizer.

### **FOOD DURING UROPATHY TREATMENT**

"FOOD IS LIFE" is a fundamental principle of the science of health. Food itself has medicinal value. Most of the diseases of the present generation have spread throughout the world

because of wrong food habits, adulteration in food and wrong way of living. Our nature has got direct relation with our diet. Tasteless, Odorless first morning urine is indication of good digestion. During the treatment with Urotherapy one should take following precautions in selection of food.

1. Avoid white sugar, refined oil & chemical ghee totally during Urine Treatment for prompt results.
2. All tinned foods, bread, biscuits, jams, pickles, dried and spicy foods should be strictly avoided.
3. All intoxicants like wine and tobacco in all forms are to be stopped.
4. Only simple, light, sensible satvik food should be taken. Hunger less & over eating should be avoided.

### **Mode of Urine Treatment**

It is not required to examine urine before starting urine treatment. Sometimes urine passed may have some deep colour, strong taste, or it may appear thick & foul, it may have sugar contents or even pus in urine, but it is to be drunk as it is, ignoring its appearance. No evil effects are produced by such urine. It will be found that within a few days treatment urine becomes odorless and has agreeable taste, as it gets filtered and purified in the course of treatment. For drinking purpose urine must be FRESH.

Normally no other medicine should be taken during the Auto Urine Treatment. However, even if medicine cannot be discontinued due to any reason, interval between urine intake and other medicines should be of few hours, if the combined treatment causes some conflict, which happens very rarely the interval should be suitably increased. Even if this does not help either of the remedies should be discontinued.

Therefore, if little care is exercised urine treatment can be started and continued while medicines are being administered.

### **Applications of Urine**

Due to availability of valuable ingredients, chemical and elements available in human urine injections and medicines for various chronic & acute diseases are manufactured from urine. UROKINASE INJECTION WHICH IS USEFUL FOR HEART PATIENTS IS PREPARED FROM URINE ONLY.

During the pregnancy, urine is full of OESTROGEN and PROGESTROGEN Hormones, which are being extracted by many medicine manufacturers for preparing Profasi Injection which is useful for infertile women, who don't become pregnant. One of the marketing company from Hyderabad (India) is exporting such urine in bulk quantity to Japan.

Urine treatment becomes even faster if properly done with other drugless therapies. Urine Neti is very good for respiratory problems. If urine is drunk through nostrils Asthama. T.B. & other chronic respiratory problems can be cured in very short duration.

### **URINE IN TAKE**

Discard some portion of urine to allow clearing of urine passage while collecting Urine. To begin with take a small dose once or twice daily and gradually increase the dose. No food should be taken preferably for minimum half an hour after drinking urine. The urine dose can be repeated if desired.

The following guideline may be observed under different disease condition.

The urine dose has to be repeated a number of times depending on the type of disease, its stage and the patient's condition. The quantity of a urine dose is not fixed but variable and such a variation is not harmful. The patient has to be aware and watchful during the treatment and if required, has to ascertain his own dosages which are comfortable and adequate.

As a preventive general tonic the dose varies from one tea spoon for infant to one glass according to age. For drinking, first morning urine is the best because it has got good hormones produced during calm & quietness of sleep. The persons who do not drink anything during night may take their first urine without eating or drinking anything in the morning.



In our food alkali/acid ratio should be preferably 80/20 but we don't maintain the same generally take more acidic items which are not required. Since fresh urine is alkaline in nature, if it is taken after sometime of meal, it balances the food and improves digestion. Patients having constipation should take urine in the morning and after an interval of 15 to 20 minutes if they drink water as per their capacity, problem of constipation shall be solved. Gargling or Gandus of urine for few minutes before drinking will multiply the effect.

Quantity of urine can be decided by acceptability of individuals and personal experience.

Urine is hot (pitta) in nature so it is not advisable to suggest same dose in all seasons. In summer it can be taken once in a day In rainy season twice a day and In winter thrice a day is preferable. Secondly, persons having cough nature can drink more Urine as compared to person having pitt (Hot) nature. Thirdly persons having obesity can take all the urine in all seasons because urine helps in burning of extra fats. Similarly persons taking non-vegetarian diet or having any kind of bad habits of wrong intake through mouth must also drink all the urine passed by them. Fourthly, when there is a danger of spreading viral diseases like Chikanguniya, Dengu, Maleria, Plague etc. dose of urine is to be increased because it helps in improving immunity system of body.

Similarly person suffering from acute & chronic diseases must drink maximum urine if no adverse affect is felt, because it is one of the best cleaner of impurities deposited inside the body. Urine helps in cleaning Cholesterols in the Arteries and also dissolves tumor, if any.

1. As a preventive and general tonic for healthy persons first morning urine will serve the purpose.
2. In case of minor illness Urine dose should be repeated 2 to 3 times.
3. For Acute illness take all the quantity of urine passed each time during day. Also to observe fast & taking enema is preferable for prompt results.
4. For Chronic Diseases such as Cancer, Heart Attack, Asthma, Paralysis, Kidney diseases etc. first enema is to be given. Long continuous fast should be done on urine under expert guidance. Simultaneously rubbing of old warm urine on entire body is preferable for prompt & better results.
5. for injury, burns, swellings, boils etc 3 to 4 times daily urine should be taken, plus urine packs on the affected parts must be placed.
6. In case of Snake bite, Scorpion bite, rabid dog bite, rat bite and poisoning from opium or any other substance, Urine is to be given immediately. If the patient cannot pass urine, urine of a healthy person may be given along with putting urine packs on the wound.

## **URINE RUBBING**

For rubbing, old urine is better. However fresh urine boiled for few minutes can also be used instead of old urine. Old urine should not be boiled. Due to rubbing urine heat is produced, pores get opened & urine is easily absorbed into the body. Firstly it removes toxins from the body. Secondly it supplies nourishment and thirdly the texture and Luster of the skin is improved.

Rubbing gives better result if rubbed clockwise on hypoactive organ & anti clockwise if organ is hyper active. Secondly normal direction of urine massage is towards heart but in case of heart trouble or high blood pressure, direction should be reversed. Rubbing should be avoided on and around suspicious lumps, swellings, wounds and eruptions.

## **URINE CLOTH PACKS**

Soak a clean folded cotton cloth in urine and keep it on the affected part. If pack becomes dry, pour a little urine over it to make it sufficiently wet. The remedy of urine packs may be repeated if necessary and should be continued till complete cure is obtained.

For injury, burns, swollen painful parts, boils, ulcers and tumors etc. put urine compresses - cloth soaked in urine on the effected parts.

## **EXTERNAL APPLICATION FOR EYES**

For eyes fresh urine is to be taken in an eye cup. Let it cool for one or two minutes and then dip eyes one after the other and keep them open or close repeatedly for few minutes. Such eyewash

can be done whenever we pass our urine, depending on eye problems. For persons having cataract old urine is too used and must be put in eyes by dropper. By doing so regularly cataract in the initial stage can be cured within few weeks & for old cataract surgery can be avoided.

### **EXTERNAL APPLICATION FOR MOUTH**

For sore throat, tonsillitis, hoarseness, pyorrhea, gumboil, spongy and bleeding gums, shaking tooth fresh urine or fresh boiled urine may be used for gargling. Severest and even excruciating tooth pain disappears within 10 to 15 minutes, by rinsing mouth with urine continuously. By repeating this process few times a day over a week, even the loose and decayed teeth become firm and serves for the life time. Even infected gums from which blood and pus come out become healthy within few days by repeating the above process few times daily.

### **EXTERNAL APPLICATIONS FOR EARS**

For ear problems like pain, discharge, deafness, boiled fresh urine should be preferably used. In addition to this urine packs should be applied for sufficient time on ear. In case of pain in the ear hot fomentation of urine on and around the ear is also advisable.

### **PILES, FISTULA AND FISSURE:**

Place a piece of cotton wool soaked in urine on the anus at bed time and after passing stools, to stop pain, bleeding and to cure swelling. A compress pack of urine kept on anus will give more relief. A pack kept on stomach will ensure speedy recovery.

### **FEMALE ORGANS**

For Leucorrhoea, excessive bleeding and other initiations keep a cotton wool soaked in urine in the vagina when going to bed and also during day time as required. Urine compress pack kept on vagina will expedite the cure.

### **TREATMENT OF CHRONIC & ACUTE DISEASES**

In the event of chronic, long standing and serious diseases, long and complete fast is a must. Fasting gives complete rest to the digestive system. We must remember that to eat during sickness is to feed the sickness. During the fast, the energy required to digest the food and to carry out the manual labor is saved and is thus available for curing diseases.

Urine when taken internally passes through all digestive organs and gets itself filtered. Urine removes poisons and accumulated waste matter from different organs of the body and thus purifies the body. Urine also reenergizes the glands, nerves, arteries, veins and all other organs affected by diseases.

The period of fasting will vary depending upon the nature and stage of the disease and the condition of the patient.

The patient may drink water freely according to his need. During urine treatment the lungs, the skin and other organs absorb more oxygen than normal. The process of metabolism gets faster. For the assimilation of urine and the subsequent cleansing process the heart has to exert more pressure of work. Hence palpitation of heart is likely to go up. Urine massage improves the blood circulation and thereby eases heart palpitation. This is why daily urine massage of the whole body is essential during fast.

As urine massage and intake provide nourishment to the body, no apparent weakness due to hunger is felt by the patient during a long fast.

It has been found that the urine fast to 7 to 9 days is equivalent to 21 days fast on water and fruit juices. This shows how urine fast is effective, simple, advantageous and superior.

During fasting toxins are washed out from the body through the anus in the form of frequent stools. Through the skin in the form of oozing eruptions, through the mouth in the form of vomiting and by discharge through the nose.

Generally toxins are expelled through stools and in the beginning the patient may have some flushed watery stools in addition to the normal evacuation. If any skin disease has been suppressed

in the past, it may erupt through the skin in the form of oozing pimples, eruptions or boils. In such cases apply fresh boiled urine to the skin and the trouble will subside soon.

When urine treatment is begun, the symptoms of a disease or diseases may get aggravated for the time being. Pains may be felt anywhere in the body. Some sort of discomfort such as giddiness, headache, uneasiness etc. may also be experienced. These are indications that Auto-urine has started its healing action. These are the signs of the cleansing process at work in the body and the patient or the persons around him should not be alarmed and lose heart at this stage because such reactions are in no way harmful. The urine treatment should be continued further without a break and when sufficient toxins are expelled from the body these reactions will subside.

If complete fast is not endurable then a partial fast may be undertaken with fruit juices, vegetable soups or skimmed milk according to the need of the patient. This is necessary to maintain his strength and confidence during the treatment. Partial fast may take more time to achieve sufficient improvement but the patient will be saved from the troublesome reactions and discomfort. After breaking the fast great care should be taken in resuming food intake. The return to solid food and normal diet should be gradual.

For acute illnesses such as dysentery, fever, vomiting and so on, complete urine fast for 2 to 4 days is normally sufficient. The fast must be continued for 24 hours after the fever has subsided. Here again the return to normal food should be gradual.

During the period of fast the patient must take complete physical and mental rest. Light reading and writing is permitted. During fever urine rubbing should not be carried out but the body of the patient may be sponged gently with luke warm urine.

## **UROPATHY WITH VARIOUS DRUGLESS THERAPIES**

As per Reflexology, Sujok and Acupressure therapies, Sole & Palm of human body represents the whole body. Where-ever we find tenderness on pressing; those points are related to the illness of body. Cause of tenderness is due to deposition of toxins which obstruct smooth flow of life energy in the body. By rubbing the sole & palm of body with urine these toxins start leaving their places and person can get rid of diseases.

Similarly putting Urine stored in glass, if put on Magnets, it get magnetized and by using such urine, one can get the advantage of Magneto - Therapy along with Uropany resulting in faster recovery.

Similarly if Urine is collected in coloured bottles and kept in Sunrays, properties of colour therapy can be added in Urine. However if Urine is placed in or on Pyramid its power can also be accumulated in Urine. Thus if Uropany is done with other drugless therapies, prompt results can be achieved in shortest time for curing various diseases.

## **INFLUENCE OF URINE ON HUMAN ATTITUDE**

Due to presence of various Hormones drinking of urine properly changes the attitude of a person from negative to positive. It reduces tension. Develops confidence, improves memory, removes fearfulness. Non vegetarian gets self intuition to become Vegetarian. Persons having Habits of taking alcohol to tobacco in any form changes within few months. People become expert in his profession and human qualities develop in true sense. Mental peace is achieved; concentration of mind and memory is also improved. All these facts are explained in details in DAMAR TANTRA.

Thus we are not only physically benefitted by its practice, but also we become spiritually advanced.

To summarize, it is my humble and sincere request to the Health Ministry of India as well as W.H.O. and the heads of different nations that they should take up urgent research work to find out on a scientific basis the fabulous medicinal qualities of our own Urine. Also they should find the ways and means to make this therapy acceptable and popular amongst the masses and save the ailing humanity from total annihilation especially in view of the impending danger of AIDS.

The first step is to move the Govts. Include the subject in the curriculum in all the medical educational institutions. Hospitals should provide urine therapy for treatment. Gujarat is the first and only state in India which has given official recognition to this Therapy.

Everything is imperfect in human affairs but co-operation and co-ordination between different disciplines can overcome all deficiencies and enhance their efficacy contributing to the happiness, well being and health of humanity. So if we want to become self reliant we have to find out a Basic Therapy which will be safe, sure, simple and free. These qualities are present in SHIVAMBU or URINE THERAPY.