

Urine Therapy Campaign – The Path Forward

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In the ancient India, Auto Urine Therapy had a support from age-old life sciences like Ayurved & Hath Yog. It was referred to as *Shivambu* in the Damar Tantra & Amroli in Hath Yog.

In the sixties, a book titled *Manav Mootra* was written by Ravjibhai Patel in Gujarati, which generated a good response for auto urine therapy, particularly in Gujarat & Mumbai. The movement gathered momentum when Morarjibhai Desai publicly advocated its efficacy.

In the eighties & nineties, *Shivambu Chikitsa Sanshodhan Mandal*, Vadodara, popularized it more, particularly in Gujarat through the means of 'Shivambu' magazine and other publications in Gujarati and also by conducting series of meetings and training camps all over Gujarat.

Water of Life Foundation and Urine Therapy Federation joined hands with *Shivambu Chikitsa Sanshodhan Mandal* in these efforts by co-organizing various National and International Conferences, and the movement reached its peak between 1995 and 2000.

However during the recent times, due to the sad demises of the stalwarts working in the field and old age of seniors, the *Shivambu* movement has slowed down. How to re-activate this noble cause, once again ?

- i. By reinforcing our belief in the substance of auto urine therapy i.e. its efficacy on the various ailments and for the wellbeing of mankind.
- ii. By encouraging the research aspect of this unique and ancient therapy, so as to establish its efficacy scientifically and thus, making it acceptable to modern science.
- iii. By popularizing it and creating awareness amongst the people about this no-cost, no-side-effects therapy, for instance:
 - a. by way of organizing meetings, seminars, shibirs, national conferences, doctors' meetings, etc.
 - b. by way of written material i.e. by publishing books, periodicals, magazines, etc.
 - c. through electronic media, i.e. through internet websites, emails, social media like twitter, facebook, etc, so that younger generation can be attracted to this therapy

Let me discuss the above points, in little detail.

Reinforce our belief in the substance of auto urine therapy and its effectiveness.

The auto urine therapy, as we all have experienced, is the most effective, cost-less, drug-less natural therapy without any side effects. We, as urine therapists, know that this therapy is most effective in many, if not all, ailments. Sometimes, it so happens that we may have started this therapy for one of our diseases, but it also cures the ailments, which we may not be aware of.

What is more important is that it increases your immunity to fight the diseases and the sense of wellbeing is generated. Urine therapy hence has the capability of instilling in you a sense of enthusiasm, energy, alertness and a feeling of wellbeing generally. Modern medicine treats one illness, bringing to the fore in its wake, many others. Whereas urine therapy cures not one, but many sicknesses and with no side-effects.

By enabling discussions and sharing of information and knowledge amongst us, we could solve our doubts about urine therapy and thereby reinforce our faith in this therapy. However one who wishes to promote this therapy has to bear in mind very clearly that while our own faith in the therapy is of utmost importance, it shouldn't become a blind faith. Like all other therapies and 'pathies', urine therapy also has some limitations. It will be wrong to say that it cures all diseases or to promote it as 'sab dukhonki ek dawa'. It may not cure all the diseases. The cure will depend on so

many factors. The success of the therapy will differ from case to case, person to person the degree of disease etc. The same thing is true for modern medicine as well. My personal belief is that when a health advisor wants to be honest in his practice, he needs to be aware of the limitations of his advocated therapy and keep an open mind at the same time.

But Shivambu therapy is an all-encompassing extra-ordinary and invaluable Gift of God. This wonderful therapy increases our energy as well as the resistance power to sickness.

I quote below an extract translated from an article written by Shri Jagdishbhai Shah :

“We have a saying – one that has a name is bound to perish. Birth-youth-old age-sickness-death all these are unavoidable for every one. Such is the Mother Nature’s Big Plan. Hardly any one does the task of explaining this reality to the patient and their relatives. After leading a good life, just as a ripe fruit will fall down from the tree, soul will naturally leave the body. This, rarely, is explained to the patients and their relatives”.

The Research

After our faith in the therapy is reinforced, we need to arm ourselves with facts, figures, and research results relating to the therapy. Research is the backbone of any science. The **research aspect** of this unique and ancient therapy is as important as research in any science because, only then can we establish its efficacy scientifically and only then will it become acceptable to modern science and to the younger generation.

Long back, the Shivambu Parivar had published a ‘Shivambu Directory’ containing the data collected from the urine therapy followers. The benefit derived by use of this therapy in various ailments was documented and names and addresses of the persons concerned were also given. Hemantbhai Shah also tried to explain the science of urine therapy in the articles and the books written by him. If I correctly remember, either Martha Christy or Martin J. Lara has done the same thing by documenting their experiences.

My friends from medical profession, who believe in this therapy, will throw more light on this aspect. We can do something concrete and positive in the research field under the able guidance of Dr. Jagdip Shah, Dr. Sarang Patil and Dr. Mahesh Sanghvi. In fact Dr. Sarang Patil must be having a good collection of data of the patients admitted in his Kolhapur Centre, Anand-Kunj, which can be properly documented. The case studies from Shri Ramnik Gada’s experiences can also be property documented.

Creating Awareness about this Therapy

Does it not become our duty to the society at large to create awareness amongst the people about this no-cost, no-side-effects therapy so as to make it more popular and acceptable?

If we ourselves are convinced about the efficacy of this wonderful therapy, then we should not be shy of openly and publicly, sharing our own experiences.

Our status, profession, dignity should not come in the way of this noble work. We should not feel that others would laugh at us. At the same time, we should not be afraid that we are going against the modern science. According to me, no legal-medico issues can arise because the therapy is supported by many works and books, right from our

ancient Shivambu Kalp in Damar Tantra and Amroli in Hath-Yog to modern writers like J W Armstrong, Martha Christy, Martin J. Lara and our own Ravjibhai Patel and not to forget the great work done by Dr. Shashi Patil and his two sons in their Shivambu Hospital at Kolhapur. All these documentary works can definitely support our cause.

We must not fear any eventuality; if we are convinced that what we are preaching is the truth. Even our late Prime Minister Shri Morarji Desai did not hesitate to publicly advocate the shivambu therapy in a foreign country when he was holding the prime ministership of this great country – because he himself was convinced about the scientific truth and efficacy of the therapy

So how can we create awareness about this beneficial, useful and wonderful therapy?

- (a) By way of organizing meetings, seminars, shibirs, national conferences etc. Shivambu Chikitsa Sanshodhan Mandal, Vaodara has done a very pioneering work of organizing the training shibirs regularly. I recollect two of such earlier shibirs, one at Valsad and another at Chinchani in which an all time record (more than 100) participants had participated.

Dr. G.K. Thakker and Shri Devidas Tirodkar organized first National Conference at Goa and later on also first World Conference at Goa. We all worked hard under the banner of Urine Therapy Federation, Shivambu Chikitsa Sanshodhan Mandal and Water of Life Foundation to organize the National Conferences later on at Ahemedbad, Agra, Nasik & Kolhapur.

I hope the present 6th National Conference at Jodhpur generates more enthusiasm amongst us to popularize this therapy amongst the masses of this country.

- (b) By way of written material i.e. by publishing books, periodicals, magazines etc.

Once again, in this field also, Shivambu Chikitsa Sanshodhan Mandal has done pioneering work, by publishing the Gujarati Monthly magazine 'Shivambu' since last 27 years. Unfortunately due to many reasons, this excellent magazine would stop getting published from March 2014 onwards. We have to discuss the reasons and find out the ways and means so that this publication does not meet a sad demise. The Mandal is also instrumental in publishing around 20 books on Shivambu.

Shivambu Health Research Institute (SHRI) at Kolhapur is also publishing a mazagine 'Shivambu Samachar' regularly. Written material has its own usefulness and appeal to the people. It must continue.

- (c) Through electronic media i.e. through Internet, websites, emails, social media like twitter, facebook etc. so that younger generation can be attracted to this therapy.

The modern age of communication is through Internet. This form of communication is very cost effective, speedy and without any regional barriers. You can reach people world over in no time.

In our today's meet, we have Mr. Jagdish Bhurani from Bangalore and Mr. Sunil Munot from Kolkata. Both of them have their own websites on Urine Therapy. They will make us more educated in this field.

To summarize, friends, Auto Urine Therapy (AUT) gives one, not only personal, physical and mental wellbeing and confidence, but also guides him towards good thinking and work. One feels pride in informing people about this divine and priceless therapy. One comes into contact with several selfless volunteers of AUT through various shibirs, training camps, and conferences. We receive many phone-calls and visitors to inquire about AUT. A sense of satisfaction overwhelms us when we listen to their good experiences later on.

Over a period of time, the promotion of this therapy has slowed down. Zealous selfless, whole time workers like Dr. G.K. Thakker, Devidas Tirodkar, Mohanbhai Mandalia, Hemantbhai Shah have passed away. Veterans like Jagdishbhai Shah, Vinubhai Gandhi and Dr. Shashi Patil are in their old age and even then enthusiastic to guide us. Let the younger generation come forward and carry this noble cause forward.

To me, it seems possible: For instance, Sunil Munot from Kolkata has taken, up this mission through the means of his own web-site (www.Shivambu.in) and by organizing regional meetings. Even senior citizen Shri Jagdish Bhurani from Bangalore is also putting all his experiments and experiences with case histories on his own website (www.urinetherapy.in). The hard work of Dr. Sarang Patil and Dr. Nitin Patil is supplementing the pioneering work done by their father Dr. Shashi Patil.. In remote place like Kerala, where Ayurved and health tourism are most prominent in recent days, a group consisting of enthusiastic people is very much active to popularize this therapy there.

Let us we all join our hands together!

I end my article with a story which I have read about four people named :

Everybody, Somebody, Anybody & Nobody.

There was an important job to be done and Everybody was sure that Somebody would do it.

Anybody could have done it, but Nobody did it.

Somebody got angry about that, because it was Everybody's job.

Everybody thought Anybody could do it, but Nobody realized that Everybody wouldn't do it.

It ended up that Everybody blamed Somebody When Nobody did what Anybody could have done!

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