

# SHIVAMBU - A MAGIC PANACEA FOR AILMENTS

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## Abstract

Urine therapy is an ancient practice described in scriptures and Ayurvedic texts, evolving from a spiritual ritual to an alleged medical method. Supporters regard urine as an unpolluted, valuable gift and the "golden elixir" produced by the body, believed to provide a universal remedy, prevention, and cure for almost all diseases. The core idea suggests that urine is the body's natural medicine, akin to a mother's milk, supplied by nature for health maintenance and disease treatment. This healing method involves specific procedures for collecting and using the substance, as outlined in traditional texts. A key claim is that this therapy is self-administered and does not require a doctor or diagnostic tools, and its benefits are reportedly seen upon use.

**Keywords:** Shivambu, urine, urine therapy, diseases

## Introduction

“*Shivambu*” means auspicious water. Here, the word *shiva* means auspicious, and *ambu* means water. In Damaru Tantra, the elaborate description of urine therapy is mentioned. Human urine is

called Shivambu. Auto urine therapy is told by Lord Shiva to his wife, Goddess Parvati.[1]

Shivambu can heal various diseases and promote a healthy and disease-free long life. By internal use of Shivambu for a period of 1 month, the body will get purified. It stimulates and energises the senses of the body if taken for two months, and for three months if one drinks Shivambu, it will destroy all bodily diseases. A person will acquire divine vision and freedom from all diseases if they continuously drink for five months. If for six months will make the practitioner highly intelligent and fluent in the scriptures. When urine intake is continued for 7 months, the person will be bestowed with extraordinary strength if the person continues it for 7 months. The person will attain a glow like gold, if he practices taking Shivambu for 8 months and for 10 months, it will provide tremendous lustre. Stories about travellers and explorers who faced difficulties in the desert and sea, the way they survived for days by drinking their urine and completing their journey are heard. Urine therapy has an age-old history. It has been known for many generations before itself. In India, yogis and sages consider it a sacred fluid. Human urine has been regarded as a healing agent for centuries by Asians.

## Methodology

The Shivambu (one's urine) should be collected in a utensil made of materials like Gold, Silver, Copper, Bronze, Brass, Iron, Clay, Ivory, Grass, wood from sacred trees, Bones, Leather and Leaves. The intending practitioner of the therapy should abstain from eating salty or bitter foods, should not over-exert himself, should take a light meal in the evening, should sleep on the ground and should control and master his senses.

Those who are wisely practising this therapy should get up when three-quarters of the night has elapsed and should pass urine facing the east. The wise one should leave out the first and the last portion of the urine, and collect only the middle portion. This is considered the best procedure. There are certain mantras which are to be recited while accepting, drinking and producing (passing) it,

While taking Shivambu into hands, this mantra should be recited:

Mantra: Aum Hrim Klim Bhairavaaya Namasha.

While drinking Shivambu, this mantra should be recited:

Mantra: Aum Hrim Klim Uddamareshwaraaya Namaha.

While passing this mantra is to be recited,

Mantra: Aum Sarvashristiprabhava Rudraaya Namaha.[2]

Urine consists of the following constituents [3]

### Ingredients

### Milligrams

1. Urea	9.3 to 23.3 gram/litre
2. Creatinine	0.67 to 2.15 gram/litre
3. Sulphur	0.163 to 1.80 gram/litre
4. Sodium	1.17 to 4.39 gram /litre
5. Potassium	0.75to 2.16 gram/litre
6. Chloride	1.87 to 8.4 gm/litre
7. water	95percent
8. Amino acids	150 to 200 mg
9. Vitamins B and C	Traces
10. Calcium and Magnesium	Traces

The Water of Life Foundation in India and the Chinese Association of Urine Therapy have been promoting urine therapy for years. In Germany, Japan, as well as in the USA, this treatment procedure is gaining popularity. Urine therapy has been followed in Egypt, Greece, Rome, the Aztec Empire and also in Europe. For centuries, the European Gypsies have known about the curative power of urine. Urine was the first soap used in England and France; they used to wash their hands

in urine. According to Xinhua news agency, the report states that more than 3 million Chinese drink urine to maintain their health. [4] In India, in Gujarat, about 3 lakh people follow urine therapy and in Mumbai, 30 thousand people follow. [5] In 2009, in Mexico and in 2013, in Sydney Urine Therapy Congress was held. It is considered as world's oldest medicine and in India it began around 5000 years ago. [6]

Tibetan lamas used their urine to preserve their health in the plateaus of Tibet. It is a cold, dry and

isolated region. They live a very long life (more than a hundred years). By the grace of nutritious ingredients in urine, Tibetan llamas had a long life. The importance and medicinal properties of human urine have been described in various Ayurvedic classical texts like Susruta Samhita, Bhavaprakasha, and Harita Samhita, along with the urine of eight animals. In the Caraka Samhita, no description of human urine has been given. Acharya Susruta says urine is an antidote to poisons. [7] Shivambu (human urine) is known to be light and possesses a bitter taste.

## Result

It treats eye issues, strengthens the body, aids digestion and reduces coughs and colds.

External: [8,9]

Cuts, scrapes, wounds	Baldness	Herpes, venereal diseases
Varicose veins	Internal:	Jaundice, hepatitis
Athlete's foot	Cancer	Mononucleosis
Pimples, acne	Diabetes	Prostatic disorders
Insect bites	High blood pressure	Rheumatism
Gangrene	Hormonal imbalances	Sexual impotency
Infections	Allergies	Meningitis
Snakebite	Colds, cough, fever, flu symptoms	Tuberculosis
Sunburn	Conjunctivitis	Parkinson's disease
Eczema	Asthma	
Warts		

For the loss of hair, drinking two to four ounces of morning urine will help to provide basic nutrients that result in the loss of hair.[10] Urine is used to treat cancer. The cancer cells release antigens, which come out through urine. These antigens can

be utilised to produce antibodies to fight against the cancer cells. [11] Types of cancer that can be cured by urine therapy are Skin cancer, uterine cancer, cancer of the lungs, cancer of the breasts, cancer of

the stomach, cancer of the colon, lymphoma, Kaposi's sarcoma, etc.

## Discussion

Practising Shivambu gained significant and widespread prominence due to the strong advocacy of a highly influential figure: Morarji Desai, a Former Prime Minister of India. Living to the impressive age of 99, Morarji Desai became arguably the most well-known proponent of this ancient therapeutic method. He frequently attributed his remarkable longevity and robust health directly to the consistent practice of AUT. Furthermore, he passionately maintained that widespread adoption of this treatment could significantly improve the national well-being. He also suggests that Indian citizens would have been better off if more citizens utilised this highly effective and inexpensive form of self-care. The historical references show that urine therapy was practised in olden days, and it has significance in the present era also. Its key advantages lie in its nature: it is always available to everyone and is completely free of cost. Based on the belief that it is perfectly tailored to the individual, proponents assert that Urine Therapy is a highly effective, and most probably the most effective, customised medicine available to man.[12]

## Conclusion:

In an age where modern healthcare faces mounting challenges like unaffordable costs and misdiagnosis, medication errors and high infection rates that

compromise patient safety. It has become the need of the era to have accessible, reliable, and sustainable health solutions. While established systems often rely on intense medical interventions, leading to adverse outcomes for a significant portion of patients, there is a growing need to look toward holistic, time-tested alternatives. Urine Therapy (Shivambu) emerges not merely as an alternative, but potentially as the miracle cure of the future. It offers a treatment that is customised to the body; it doesn't need complex diagnostics and costly professional expertise. It challenges the notion that deep body knowledge belongs only to experts by effectively curing a large number of diseases. The benefits of Shivambu are also assured health sovereignty for all globally, as it is free of cost, devoid of side effects, and always available, thus making it more than just a supplementary option. This helps each individual to efficiently, effectively, and economically confront any health issue. It is time for medical institutions to integrate such effective, low-cost practices into their systems seamlessly. By shifting to integrate therapies like Shivambu, it drastically reduces the healthcare costs

## Scope for further research

To accept this, a scientific study is needed. Research has to be conducted to prove that urine is a magical panacea for various ailments.

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