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Short Communication

A CRITICAL REVIEW OF GOMUTRA HARITAKI PREPARATION METHODS
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ABSTRACT
Gomutra Haritaki is one of the Ayurvedic drugs which have been described in the Samhitas like Charakasamhita, Sushratasamhita, Ashtangahridayam etc. This drug has been recommended for the diseases like Shoth (Oedema), Arsha (Haemorrhoids) and Pandu (Anemia). Several references are available about the properties of Gomutra (Cow’s Urine) and Haritaki (Fruit of Terminalia Chebula) in different Samhitas. The different methods are described regarding the preparation of Gomutra Haritaki. This is multidimensional drug useful in various disorders. An attempt has been made to compile all the details of Gomutra Haritaki from classics along with its method of preparation.

KEYWORDS: Gomutra Haritaki, Impregnate, Triturate, Boiling, Roasting

INTRODUCTION
Gomutra and Haritaki are widely used in Ayurveda. Both the drugs are Ushna (Hot) in nature and useful in the disorders of Vata (One of the Humors of the body) and Kapha. Gomutra Haritaki, a drug prepared from Gomutra and Haritaki has been indicated for the diseases like Arsha, Pandu, Shoth, Mukhroga (Disorders of Oral Cavity), Gomutra Haritaki can be prepared with different methods like Gomutra Bhavit (Triturated) Haritaki, Gomutra Klinna (Impregnated) Haritaki or Gomutra Pakva (Boiled) Haritaki. There are certain pros and cons associated with each of these methods. This article reviews around the different methods of preparation of this drug, opinion of various authors, commentators have been compiled for proper understanding.

AIMS AND OBJECTIVES
1. To compile various references of Gomutra Haritaki from Ayurvedic literature
2. To understand the different methods of preparation of Gomutra Haritaki

MATERIALS AND METHODS
Available references of Gomutra Haritaki from ancient Ayurvedic texts like Charakasamhita, Sushratasamhita and Ashtang Hridayam etc. are compiled. The different methods of preparation of the same drug are critically studied.

Sushruta Samhita
Gomutra siddha Haritaki is recommended in Shushka Arsha Chikitsa (Piles) to improve the status of Agni and to pacify the sign and symptoms of Arsha. It should be given in Pragbhakta kaal (Before taking Meal) and along with Honey. Dalhana has commented that this formulation is for patients having constipated bowel habit and diminished status of Agni (Digestive fire) (Gadhvitkasya Mandagni):1 It has also been stated that abstinence should be followed during the course of treatment due to the dryness of this formula.2

Charaka Samhita
1. Intake of Haritaki along with Cow’s urine cures Kaphaja type of oedema.3

DISCUSSION
According to the pharmacodynamic profile of Cow’s urine and Haritaki one can easily understand that both Cow’s urine and Haritaki has got the predominance of Agni (Fire) and Vayu (Air) Mahabhuta (Basic Elements). One can see the predominance of Laghu (Light), Usna (Hot), Tiksna (Sharp) and Ruksa (Dry) Gunas (Properties) in both of them.

1. The patients of Piles should be given Haritaki soaked overnight in Gomutra. It should be given along with jaggery.4
2. The patients suffering from Kaphaja type of Pandu roga should take Haritaki impregnated with Cow’s Urine5

Ashtanga Hridayam
1. Haritaki, two hundred in number, is cooked in one drone of cow’s urine till the urine gets evaporated. Two such Haritaki mixed with honey consumed at each time cures piles, leprosy, dropsy, abdominal tumors, malignant tumors, goitre, obesity, anaemia and rigidity of the thighs arising from Kapha
2. The patients suffering from Shoth (Oedema) should be given Gomutra Haritaki for Shodhan purpose.7
3. Haritaki boiled in Cow’s urine till they completely lose their shape (become minced) and with this thick liquid, the powder of Jala, Mishi and Kushtha are macerated. The person who consumes even an atom of this medicine will not be troubled by diseases of the mouth just as the king by useless men.8

Vangasena
One who takes with cow’s urine Haritaki fried with castor oil is relieved of Shleeepada (Filariasis) by a week.9

Brihat Nighantu Rantakar
Gomutra Haritaki is indicated in Pandu Roga. It has been mentioned that Haritaki should be given the bhavana of Gomutra for three weeks. Then it should be given in a dose of one Haritaki per day.10

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Gomutra Haritaki is used in the conditions where shodhan (purification) is indicated. After going through various references following different methods are recommended

1. Haritaki triturated with Cow’s urine
2. Haritaki soaked overnight in Cow’s urine
3. Haritaki boiled in Cow’s urine
4. Haritaki consumed with Cow’s urine
5. Haritaki roasted in Castor oil then consumed with cow’s urine

One study was conducted on Study of some Gomutra containing formulations w. s. r. to its Microbial contamination. In this study three Ayurvedic formulations Punarnava Mandura, Sanjeevani Vati and Gomutra Haritaki was studied for Microbial contamination. The study concluded that Gomutra Haritaki shown maximum fungal growth as well as maximum total viable aerobic bacterial count. From all these references it can be said that if Haritaki is soaked in cow’s urine or if it is triturated with cow’s urine it can show fungal growth or increased aerobic bacterial contamination. Whereas according to the reference of Ashtangahridayam, Haritaki should be boiled in cow’s urine so that it will be free from contaminations.

CONCLUSION

Gomutra Haritaki prepared by triturating Haritaki with cow’s urine or by soaking Haritaki in cow’s urine can show various types of fungal or bacterial contaminations. Gomutra Haritaki prepared by boiling method looks more appropriate. Comparative study of Gomutra Haritaki prepared by different methods will be an area of further research.

REFERENCES

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