



## 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, Sushrutasamhita, 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, Sushrutasamhita 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).<sup>1</sup> It has also been stated that abstinence should be followed during the course of treatment due to the dryness of this formula.<sup>2</sup>

### Charaka Samhita

1. Intake of *Haritaki* along with Cow's urine cures Kaphaja type of oedema.<sup>3</sup>

2. The patients of Piles should be given *Haritaki* soaked overnight in Gomutra. It should be given along with jaggery.<sup>4</sup>
3. The patient suffering from Kaphaja type of Pandu roga should take *Haritaki* impregnated with Cow's Urine<sup>5</sup>

### 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

Gomutra pakva *Haritaki* is indicated in the management of Kaphaja Arsha<sup>6</sup>

2. The patients suffering from Shoth (Oedema) should be given Gomutra Haritaki for Shodhan purpose.<sup>7</sup>
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.<sup>8</sup>

### Vangasena

One who takes with cow's urine *Haritaki* fried with castor oil is relieved of Shleepada (Filariasis) by a week.<sup>9</sup>

### 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.<sup>10</sup>

### 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), Tikсна (Sharp) and Ruksa (Dry) Gunas (Properties) in both of them.

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.<sup>11</sup>

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.

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