

The benefits of cow urine

The cow is very important in Indian culture. It is the only animal addressed as “*Go-mātā*” (mother cow). Thus, the cow is given a position of importance right behind the biological mother who gives one birth.

No religious performance should begin without the worship of Mother Cow. The cow is such an animal that all of her products and limbs give life, health, happiness, peace, bliss, and satisfaction.

She generates five products—namely (1) cow dung, (2) cow urine, (3) milk, (4) curd (yogurt), and (5) ghee (clarified butter). Below we only discuss cow urine.

Cow urine contains potassium, calcium, magnesium, phosphorous, potash, ammonia, creatinine, nitrogen, carbolic acids, lactose, digestive enzymes, hormones, and many types of minerals. These help in the purification and nourishment of the human body.

1) In the case of dental diseases, if one cleanses the teeth first and then holds cow urine in the mouth for some time, all diseases are certainly cured. This wonderful cure is due to the presence of carbolic acid.

2) If children’s bones are weak, they should be given 50 ml of cow urine to drink every morning on an empty stomach. Then, their bones will

become strong in a few days.

3) Lactose in cow urine provides proteins to children and elderly persons.

4) Cow urine tones up the heart cells.

5) Cow urine prevents the brain from becoming weak in old age.

6) Cow urine stops mental disorders such as hysteria in women.

7) Cow urine destroys sexually-transmitted diseases (STDs) such as syphilis and gonorrhoea. If one drinks a half-cup of cow urine on an empty stomach, all sexually-transmitted diseases are certainly cured.

8) An important fact is that once a disease is cured by cow urine, it cannot recur quickly. This is a special characteristic of cow urine.

9) Carbolic acid in cow urine purifies bones, bone marrow, and semen.

10) If one drinks cow urine regularly, one can shed two to three kilograms of excessive body weight in a month.

11) Cow urine is the best medicine for skin diseases.

12) Cow urine removes excess cholesterol.

13) Cow urine is also beneficial in treating thyroid disorders such as hyperthyroidism, hypothyroidism, and postpartum thyroiditis.

14) Cow urine completely cures constipation.

15) Cow urine also cures hemorrhoids (piles).

16) Cardiovascular diseases such as coronary artery blockages in the heart region are gradually diminished by the intake of cow urine.

17) Eating five Tulasī leaves and drinking five tea-spoons of cow urine regularly can cure primary-stage cancer and tuberculosis.

18) If one takes cow urine regularly, one never has to suffer from bacterial or viral infections.

19) If one mixes three tea-spoons of honey in thirty ml of cow urine and gives it to young children to drink, they become free from thread-worms and tape-worms in one week.

20) We are certain to develop lifestyle diseases such as gases, sour and foul-smelling burping, and acidity when we consume bakery products, *Vaḍā-pāva* [1], *bhajji* [2], and fast-foods. Doctors prescribe tablets or syrups for these diseases. Instead of curing the diseases, these tablets and syrups make them chronic and permanent in nature. Cow-urine is the panacea for these lifestyle diseases.

21) If one develops an ulcer due to swelling of the intestines, doctors recommend a surgical procedure. However, such surgery can certainly be averted by regularly drinking cow urine.

22) People who drink cow urine on a regular basis have their digestive system in perfect order. Those who are suffering from stomach diseases should consume cow urine regularly.

23) Wounds are healed quickly by cow urine, and the danger of tetanus (lockjaw) [3] is averted.

24) One should mix two drops of mustard oil in one tea-spoon of cow urine and put it in the nostrils. This clears nose blockages immediately, and makes breathing easy.

25) Mix a little cow ghee (clarified butter) and camphor in cow urine and soak a piece of cloth in that mixture. When this soaked cloth is put on the chest, accumulated mucus dissolves and chest blockages are cleared.

26) There is no medicine greater than cow urine for sciatica, knee-pain, elbow-pain, muscle-pain, and swelling.

27) Modern medicines are ineffective in treating chronic joint-pain, osteoporosis, rheumatic fever, and arthritis. Cow urine is the only effective medicine for 80 types of musculo-skeletal diseases arising from *vāta* (wind) disorders. Patients suffering from bone-related diseases should be given the following mixture to drink. Mix two grams of pure *Śilājīta* [4], one spoon of powder of dried ginger, pure *guggula* [5], or *mahā-yoga-rāja guggula*, mixed in a half-cup of cow urine. Drinking this is a panacea for bone diseases.

28) Inability to pass stool properly leads to an unclean stomach, which invites many diseases. Cow urine removes urinary ailments and also

frees blockages in passing stool. One facing urinary disorders and constipation should take 50 ml of cow urine daily in the morning and evening.

29) One should mix a tea-spoon-full of castor oil or *Bādāma-rohana* [6] in cow urine and drink this mixture. This gives mild diarrhea and cleanses the stomach nicely.

30) If small children are having trouble passing stool, they should be given a mixture of cow urine and two tea-spoon-full of honey to drink.

31) Mix two spoons of *ghee* (clarified butter) in cow milk. Pregnant women suffering from constipation should drink this mixture, which helps in clearing the blockage.

32) Cow urine is very useful in controlling diabetes.

33) When one is suffering from diseases of the liver like jaundice, one should take a mixture of cow urine and the juice of the medicinal plant *Punarnavā* [7]. All organs of the digestive system become disease-free when one drinks a mixture of 50 ml cow urine and 30 ml of aloe vera juice.

34) When one is suffering from a stomach-ache, gripes, dysentery, or lack of appetite, one should take two grams of powder of *ajavāina* [8] or nutmeg [9], mix it with cow urine, and drink this mixture.

35) In any complaint related to piles or

hemorrhoids [10], it is beneficial to drink 50 to 100 ml of cow urine.

36) All skin diseases such as scabies [11], eczema [12], white patches, and leprosy are quickly cured if one daily drinks a mixture of Giloy juice and cow urine morning and evening. One should also massage a mixture of oil of *bata-mogarā* [13] and cow urine on the skin.

37) In the case of heart disease, when one drinks cow urine, it dissolves knots and blockages in blood vessels.

38) Patients suffering from conditions such as high and low blood-pressure experience great relief due to the presence of lactose in cow urine. Cow urine is a great tonic in the case of heart disease.

39) Cow urine prevents cholesterol from accumulating in the veins, blood vessels, and arteries that supply blood to the heart region.

40) If a kidney is not functioning properly, one should take cow urine.

41) One should consume cow urine if one is experiencing the problem of an enlarged prostate gland.

42) The activities of the kidney and prostate gland improve by cow urine.

43) Cow urine and the presence of a Tulasī plant remove all defects due to improper vāstu (architecture of the residential or business

establishment). One should sprinkle cow urine in the home and always store a small amount of it there. One should also grow a Tulasī plant at home.

There is no medicine like cow urine, which can be consumed by people of all age-groups, beginning from children up to elderly persons. One can consume cow urine even if one is not suffering from any disease. When you collect urine from a cow, it should always be filtered by a thin cotton cloth, folded in eight layers. If you put some honey in the cow urine, it helps preserve the cow urine for a longer period.

One must not collect urine from a pregnant cow that will give birth to a calf in a month's time. Moreover, one must wait for one month before taking urine from a cow that has given birth. Do not take urine from a sick cow.

If one is unable to obtain fresh cow urine, one can take distilled cow urine. In addition, one can also consume *gomūtra-vaṭī*, which is a tablet made from the useful mineral residue settled at the bottom of the vessel used for boiling cow urine during the distillation process.

Mother Cow

The fifteen special characteristics of the Indian breed of cow that bestow the status of a mother upon her are as follows.

1) It is written in *Bhaviṣya-purāṇa* that Lord Brahmā resides on the back of mother cow. Viṣṇu resides in her neck, Rudra in her mouth, and all the demigods in her middle region. The great sages (*maharṣis*) reside in her skin pores. Ananta-nāga (the great serpent) resides in the tail of mother cow. All the mountains reside in the hooves of the cow. The holy Gaṅgā (Ganges) River resides in cow urine. Lakṣmī (the goddess of fortune) resides in cow dung. The sun and moon are in the eyes of the cow.

2) All 32 original elements used in the creation of the universe are present in the body of the cow in a constituent form. Therefore, when one circumambulates a cow, one gets the benefit equivalent to circumambulating the entire Earth planet.

Air emanating from the nostrils of the cow from exhalation is anti-viral in nature. All invisible and harmful bacteria die in the presence of this cow breath.

One type of divine energy always radiates from the body of a cow. This divine radiation is very beneficial for the human body.

A fragrance resembling *guggula* [14] always

emanates from the body of a cow. This fragrance keeps the atmosphere pure and sanctified.

3) The Department of Agriculture of the United States of America has published a book: “The Cow is a Wonderful Laboratory”. As per this book, among all living entities and mammals which breast-feed milk to their young, only the cow has the distinction of having an intestine which is 180 feet (2160 inches) in length. Such a long intestine is not seen in any other living entity. God has bestowed this special characteristic upon the cow.

4) Cows are capable of destroying all the three afflictions—*ādhi-daivika*, *ādhi-bhautika*, and *ādhi-ātmika kleśas* [15].

The cow provides nectarean milk, yogurt, ghee, cow urine, cow dung, and invaluable *gorocanā* [16]. Therefore, the cow has been described in the scriptures as “one who bestows all happiness” (*sarva-sukha-pradā*).

5) The cow's horns are generally shaped like a pyramid. Like a powerful antenna, they perform the activity of collecting cosmic energy.

In the hump of a cow, there is *Sūrya-ketu-nāḍī* (Sun and Ketu[17] vein), which carries the qualities of the Sun. The hump is the receiver of all the constellations.

This is the reason that cow urine, cow dung, milk, yogurt, and *ghee* (clarified butter) have

medicinal qualities. The vein in the hump of the cow captures ultra-violet rays emanating from the sun.

6) Gold is found in the milk and ghee of the cow. This is the secret behind the yellow color found in them. About ten grams of gold is present in 1,600 kilo-liters of milk. This gold in milk and ghee increases the body's immunity when we consume them.

7) Researchers have investigated the lactoferricin[18] B-25 present in cow milk. They found that it helps in arresting the growth of the cells involved in gastric cancer.

8) Cow milk is comprised of 87% water, 4% fat, 4% protein, 5% sugars, and 1% to 2% of other elements. There are eight types of proteins and eleven types of vitamins in this milk. The milk of the Indian breed of cow has ten times more carotene [19] than the milk of buffalo or Jersey cows.

9) When one heats up the milk of a buffalo or Jersey cow, the nourishing elements in the milk are more or less destroyed. However, the nourishing elements in the milk of an Indian breed of cow remain active despite heating.

10) Cow urine is the treasure of Ayurvedic remedies. It has carbolic acid, which kills bacteria.

You can store cow urine for as long as you

like; it never spoils. It has an ingredient called curcumin, which arrests the growth of cancer.

Nitrogen, phosphate, uric acid, potassium, sodium, lactose, sulphur, ammonia, salt, vitamins (such as A, B, C, E), and enzymes are found in cow urine. This urine contains sixteen minerals that increase our body's immunity to diseases.

As per Ayurveda, regularly drinking cow urine eliminates many diseases. If one daily drinks 20 ml of cow urine morning and evening, one benefits in the case of the following diseases or conditions.

1. Lack of appetite
2. Indigestion
3. Hernia
4. Epilepsy
5. Giddiness or spinning of the head[20]
6. Piles
7. Prameha[21]
8. Diabetes
9. Constipation
10. Stomach diseases
11. Gastric problems
12. Sun-stroke [22]
13. Jaundice
14. Itching of the skin (scabies)
15. Diseases of the mouth
16. Blood-pressure (high or low)
17. Leprosy

18. Liver disorders
19. *Bhagandara* (a wound inside the vaginal passage)
20. Diseases of the teeth
21. Diseases of the eyes
22. Low sperm count or weakness of semen
23. Cough and cold
24. Fever
25. Skin diseases
26. Wounds
27. Headache
28. Asthma
29. Diseases of women
30. Diseases of the breasts
31. *Chihīriyā*
32. Sleeplessness (insomnia)

People who take cow urine on a regular basis see an increase in their immunity to diseases. The body remains healthy and full of energy.

11) Various types of medicines are prepared from cow urine.

1. *Go-mūtra-arka* (distilled cow urine)
2. Distilled cow urine with medicines added to it (according to the disease a patient is suffering from)
3. *Gomūtra-ghana-vaṭī*: *Ghana-vaṭī* are *go-mūtra* pills made from a distilled, purified version of cow urine. They help cure all issues related to major systems in the body, such as

digestive, liver, kidney, heart, and lungs.

4. *Gomūtra-āsava* (medicine made from cow urine): *Gomūtra-āsava* is an Ayurvedic formulation in which the main ingredient is *go-mūtra* or cow urine. Its preparation involves fermentation of *go-mūtra*. This medicine is effective in jaundice, anemia, diseases of the kidney, liver, heart, and urinary system, cancer, asthma, bronchitis, cough, worm infection, and skin problems.

5. *Nārī-sañjīvanī* (tonic for women): *Nārī-sañjīvanī*, a combination of natural herbs, is quite beneficial for women in menorrhagia (*rakta-pradara*), leukorrhoea (*śveta-pradara*), menstrual irregularities, problems related to periods, and back pain. This natural remedy helps to balance the hormones and promote normal functioning of sexual organs. It is a wonderful herbal product that gives relief in tiredness, headache, feeling of discomfort, mood changes, and back-ache.

6. *Bālapāla-rasa* (tonic for young children without any side-effects)

12) The mixture of cow dung and cow urine of the India breed of cow produces propylene-oxide, which is helpful in bringing about rain. This mixture also emits a gas called ethylene-oxide, which is useful in medical operations.

13) During the last century, Brazil imported the Indian breed of cows and breeding bulls. Cows of the *Gira* and *Kāṅkreja* breeds of Gujarat, and the Ongole breed of Andhra Pradesh, were included in the cows shipped to Brazil.

It is surprising that in the entire world, Brazil is the greatest exporter of the Indian breed of cows. The bad condition of the Indian breed of cows is not hidden, and is there for all to see.

In one competition in Brazil, the cow of Indian breed gave the most milk, which establishes beyond doubt the invalidity of the arguments of those who advocate use of the Western Jersey cows.

14) Cow milk is divided into two categories: **A-1 and A-2**. The milk of the Western Jersey cows is A-1 milk and the milk of the Indian breed of cows is A-2 milk.

By drinking A-1 milk, people from India and all over the world have become victims of dozens of diseases, such as cancer, diabetes, joint-pain (arthritis), asthma, and mental ailments.

Around the world, the dairy industry is making changes in its policies of breeding the animals. The basis for this new, revised breeding policy is “good milk or A-2 milk which is free from BCM-7”.

In the world market place, the price of certified A-2 milk is far greater than the price of A-1 milk.

This price difference is most noticeable in New-Zealand, Australia, Korea, Japan, and more recently in the United States of America.

15) Motherly affection is prevalent in the hearts of the Indian breed of cows. Mother cows keep licking and pampering their calves for up to 18 hours after giving birth.

This is the reason that the Indian breed of cow can recognize their calves among hundreds of others. Moreover, cows will not give milk until feeding of the calves is complete. However, buffalo or Western Jersey cows allow themselves to be milked right after being fed hay. Thus, children who drink Indian breed cow milk are calm, quiet, and peaceful.

Some scientific findings about cows

The Journal of Ayurveda and Integrative Medicine, April 2010, Volume 1, Number 2, has an article entitled “Bio-enhancers – revolutionary concept in the market”. Cow urine distillate/concentrate (*Kāma-dhenu Arka*) has properties similar to those of the herbal bio-enhancers elucidated in this article.

Cow (*Bos indicus*) urine/go-mūtra has been elaborately discussed in Ayurveda, and described in “*Suśruta-saṁhitā*”, “*Aṣṭāṅga-saṅgraha*”, and other Ayurvedic texts as an effective medicinal substance/secretion of animal origin with innumerable therapeutic properties. *Bhāva-Prakāśa-Nighantu* describes go-mūtra as the best of all types of animal urine, and enumerates its various therapeutic uses. Persons who drink go-mūtra regularly are said to live a healthy life, remaining unaffected by the vagaries of old-age, even at age 90. Gomūtra is called “*Saṅjīvanī*” and “*Amṛta*” in Ayurveda. In addition, it has applications as a bio-pesticide in organic farming along with cow dung, cow milk, and other herbal ingredients.

Gomūtra is not a toxic waste material. 95% of it is water, 2.5% consists of urea, and the remaining 2.5% is a mixture of minerals, salts, hormones, and enzymes. Gomūtra exhibits the

property of *Rasāyana-tattva* responsible for modulating various bodily functions, including immunity. It augments B- and T-lymphocyte blastogenesis, and IgG, IgA, and IgM antibody titers in mice. It also increases secretion of interleukin-1 and interleukin-2 [5], and increases phagocytic activity of macrophages, and is thus helpful in the prevention and control of infections.

Antimicrobial and germicidal properties of *gomūtra* are due to the presence of urea, creatinine, *svarṇa-kṣāra* (aurum hydroxide), carbolic acid, other phenols, calcium, and manganese; its anticancer effect is due to uric acid's antioxidant property and allantoin; immunity is improved by *svarṇa-kṣāra*; and wound healing is promoted by allantoin. Cardiovascular health is maintained by a number of its components: kallikrein is a vasodilator; the enzyme urokinase acts as a fibrinolytic agent; nitrogen, uric acid, phosphates, and hippuric acid act as diuretic agents; ammonia maintains the integrity of blood corpuscles; nitrogen, sulfur, sodium, and calcium components act as blood purifiers; while iron and erythropoietin stimulating factor maintain hemoglobin levels. Renal health is maintained by nitrogen, which acts as a renal stimulant, and urinary components which act as diuretic agents. Its anti-obesity effect is due to the presence of copper ions. Calcium

promotes skeletal/bone health. Aurum hydroxide and copper act as antidotes for various poisons in the body.

Certain poisons can be refined and purified if soaked in *go-mūtra* for three days. For example, *Dhaturā* (Datura metel) seeds (with shell peeled off) are considered purified after soaking in gomūtra for twelve hours. Cow urine can be used for purification of *guggula* (*Commiphora mukul*), *loha* (iron), and *bhalataka* (*Semecarpus anacardium*), for detoxification of aconite (*Aconitum napellus*), and also for purification and detoxification of silver.

Bio-enhancing is one of its many properties. Cow urine distillate is more effective as a bio-enhancer than cow urine, and increases the effectiveness of antimicrobial, anti-fungal, and anticancer drugs. It also increases the activity of gonadotropin releasing hormone conjugate with bovine serum albumin (GnRH-BSA) and zinc.

Cow urine has bio-enhancing activity for rifampicin, the front-line drug used against tuberculosis, increasing its action up to seven-fold against *Escherichia coli*, and up to eleven-fold against Gram-positive bacteria. Cow urine distillate enhances the transport of antibiotics such as rifampicin, tetracycline, and ampicillin across the gut wall, as well as across artificial membranes. Transport enhancement varies from

approximately two-fold to seven-fold.

The GnRH–BSA conjugate has a deleterious effect on reproductive hormones and estrous cycles of female mice; cow urine concentrate acts as a bio-enhancer of immunization efficacy to modulate these effects.

Cow urine exhibits anti-toxic activity against cadmium chloride and can be used as a bio-enhancer for zinc, Zn^{2+} . Mature male mice, *Mus musculus*, exposed to cadmium chloride only, showed 0% fertility rate. However, animals given a combination of cadmium chloride plus cow urine plus zinc sulfate showed 90% fertility rate, with 100% viability and lactation indices. Besides this, the fertility index was also found to be 88% in the group treated with cadmium chloride and cow urine.

Cow urine is the subject of U.S. Patent Nos. 6,896,907 and 6,410,059 due to its medicinal properties, particularly as a bio-enhancer and as an antibiotic, antifungal, and anticancer agent. With regard to the latter, it has been observed to increase the potency of taxol (paclitaxel) against MCF-7, a human breast cancer cell line, in in vitro assays (U.S. Patent No. 6,410,059).

These milestone achievements highlight the potential role of cow urine in treatment of bacterial infections and cancer, and demonstrate that cow urine can enhance the efficacy and

potency of other drugs.

Cow: *Sūrya-ketu-nāḍī*

Indian humped cows have the *Sūrya-ketu-nāḍī* (vein) passing through the hump which absorbs all cosmic energies. Thirty-three *crores* [1 *crore* = 10 millions] of demigods and demigoddesses reside in cow.

As per astrology, we have nine planets starting from the Sun and ending with Ketu.

After death, the soul should cross the *Vaitaraṇī* River, which is very difficult. If one donates a cow before death, one can cross this river with the help of a cow tail. Thus, we need to protect cows and pass them to future generations.

The human body has seven *cakras*, or energy centers, as described in Ayurveda, and has 72,000 nerves. Similarly, cows have 33 *crores* of nerves, and all are connected to the *Sūrya-ketu-nāḍī* (same as with our backbone). *Idā-Piṅgalā* are the main nerves which are connected to the left and right nostrils, and which pass oxygen to all parts of the human body and eliminate toxins such as CO-2. In the same way, the *Sūrya-ketu-nāḍī* functions in cows.

Sūrya-ketu-nāḍī, on interaction with solar rays, produces gold salts in the cow's blood. These salts are present in the cow's milk and other bodily

fluids, which miraculously cure many diseases. This is why cow milk and ghee have a golden color.

Ancient, sacred writing states that the Sūrya-ketu nerve in the cow back assimilates negative radiation and purifies the atmosphere. Thus, cow protection and culture are extremely beneficial to the environment.

The cow stomach comprises four segments; see the following image. This multi-chambered stomach enables the cow to satisfy most of its nutritional needs from grasses and other high-fiber sources.

How cows eat:

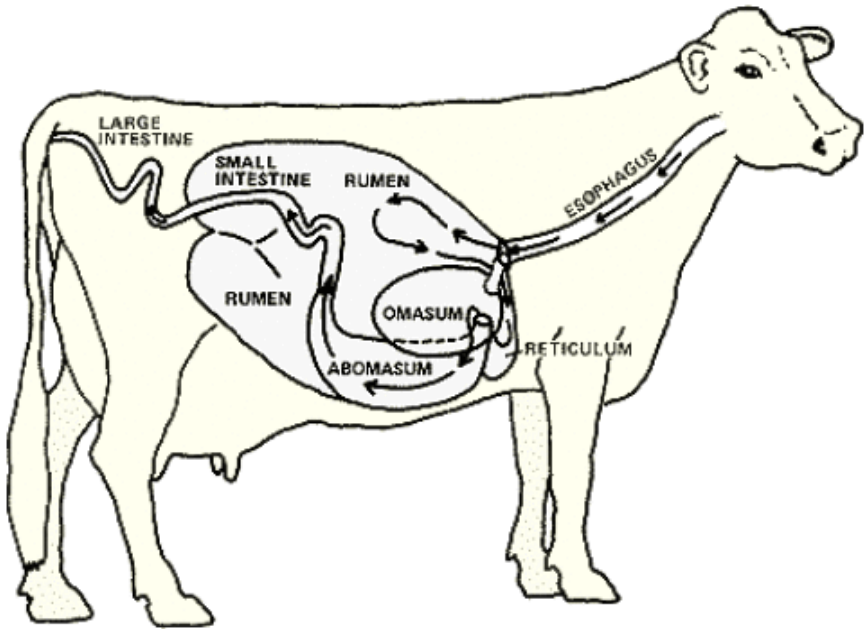
mouth—introduces and contains the food;

teeth—granulate the food;

tongue—covered with finger-like projections (papillae) that contain taste buds;

salivary glands—discharge saliva that saturates the food and helps in swallowing.

Multi-chambered stomach



The first chamber is the reticulum, which has a honeycomb-like interior surface. It helps to remove foreign matter, like sponge, paper, plastic, toxins, and wires, from the food material.

The second chamber is the rumen, an organ that allows for the bacterial and chemical breakdown of fiber. The rumen has a very thick, muscular wall. It fills most of the left side of the abdomen. The rumen can have a capacity of 55-65 gallons. Its walls contain papillae that can be up to one cm. in length, in which the bacteria that break down fiber live. In the rumen, microorganisms break down fiber, allowing the cow to take in

proteins and vitality from plant sources.

There are several anaerobic bacteria inside cows which can produce gold. For example, the *Cupriavidus metallidurans* bacteria can accumulate massive concentrations of gold chloride. These bacteria eat toxic material and excrete pure gold. Junagadh Agricultural University scientists found gold in Gir cow urine. The third chamber is the omasum, a section that is round and muscular, which grinds food and prepares it for chemical breakdown.

The fourth chamber is the abomasum, where the majority of chemical breakdown of food occurs. Here, digestive enzymes including pepsin, rennin, and bile are mixed in.

Among animals, the cow has one of the most complex digestive systems, and it contains a large number of microorganisms. Due to this, the milk, ghee, urine, and dung have potential benefits for those who consume or use them in daily life.

During ancient times, people would apply a layer of cow dung on an outside wall and also for flooring.

There are three types of radiation: alpha, beta, and gamma. Alpha rays do not have the power to penetrate layers of cloth; on the other hand, beta rays enter cloth but are stopped there. Only gamma rays can penetrate body tissue and are thus harmful. Research has shown that cow dung

has the power to absorb all three types of rays. Thus, people who put cow dung around their house are not affected by radiation. Also, the beneficial properties of cow dung helped people whose houses were coated with it to escape the Bhopal gas tragedy of 1984.

Both cow dung and ghee release nitric oxide (NO). Copper is involved in the production of nitric oxide. Nitric oxide is a bio-signaler. People with diabetes usually have lower levels of nitric oxide than those without diabetes. Hydrogen sulfide (H₂S), present in cow dung, has certain functions similar to those of nitric oxide; it is actually a partner with NO in growing new blood vessels. In Alzheimer's disease, the brain's hydrogen sulfide concentration is severely decreased. The benefits of Agni-hotra, which uses dry cow dung cakes and ghee, are well known.

Sanskrit śloka

**"mātarāḥ sarva bhūtānam,
gāvah sarva-sukha-pradā"**

Translation: The cow, being the mother of all living entities, gives all pleasures to everyone.

The cow acts as a surrogate mother by providing milk to human beings for their whole life. No other animal drinks the milk of a different animal. So, the cow is the mother of the human race.

END NOTES

1. Vadā-pāva is a vegetarian fast-food dish native to the state of Maharashtra. The dish consists of a deep-fried potato dumpling placed inside a bread bun (pāva) sliced almost in half through the middle. It is generally accompanied with one or more chutneys and a green chili pepper. Its main ingredients are deep-fried mashed potato patty, chili peppers, garlic, ginger, and bread bun.
2. Pakorā or bhajji is a fried snack (fritter) made from gram flour, originating from the Indian subcontinent.
3. Tetanus is a potentially fatal bacterial infection that affects the nerves. A vaccine can easily prevent the infection, which has no cure. Tetanus causes painful muscle contractions, particularly in the jaw and neck. It can interfere with the ability to breathe, eventually causing death.
4. Shilajeet or mumijo is a thick, sticky tar-like substance with a color ranging from white to dark brown, found predominantly in Himalaya, Karakoram, Tibet mountains, Caucasus mountains, Altai Mountains, and mountains of Gilgit Baltistan.
5. *Commiphora wightii*, with common names

Indian bdellium-tree, gugala, guggula, gugula, or Mukul myrrh tree, is a flowering plant in the family Burseraceae, which produces a fragrant resin called *gugala*, *guggula*, or *gugula*, that is used in incense and Vedic medicine (Ayurveda). The guggula plant may be found from northern Africa to central Asia, but is most common in northern India. It prefers arid and semi-arid climates and is tolerant of poor soil.

6. Almond Oil

7. *Boerhavia diffusa* is a species of flowering plant in the four o'clock family which is commonly known as Punarnavā (meaning in Ayurveda 'that which rejuvenates or renews the body'), red spiderling, spreading hogweed, or tarvine. It is taken in herbal medicine for pain relief and other uses. The leaves of *Boerhavia diffusa* are often used as a green vegetable in many parts of India.

8. Ajwain, ajowan (/ˈædʒəwɒn/), or *Trachyspermum ammi* -also known as ajowan caraway, bishop's weed, or carom -is an annual herb in the family Apiaceae (or Umbelliferae). Both the leaves and the seed-like fruit (often mistakenly called seeds) of the plant are consumed by humans. The name "bishop's weed" also is a common name for other plants. The "seed" (i.e., the

- fruit) is often confused with lovage "seed".
9. Nutmeg is the seed or ground spice of several species of the genus *Myristica*. *Myristica fragrans* (fragrant nutmeg or true nutmeg) is a dark-leaved evergreen tree cultivated for two spices derived from its fruit: nutmeg, from its seed, and mace, from the seed covering. It is also a commercial source of an essential oil and nutmeg butter.
 10. Swollen, inflamed veins in the rectum and anus that cause discomfort and bleeding.
 11. Also called sarcoptic mange. A contagious, intensely itchy skin condition caused by a tiny, burrowing mite.
 12. Atopic dermatitis. An itchy inflammation of the skin.
 13. *Fasminum zambac*, the twining or climbing jasmine.
 14. *Guggula* - A particular fragrant gum resin obtained from the thorny tree which is burnt for obtaining fragrance like incense.
 15. All living entities within this material world are under the control of *mahā-māyā*, the great illusory potency of the Lord, whose business is to subject them to the influence of the threefold miseries: *ādhidaivika-kleśa* (sufferings caused by the demigods, such as droughts, earthquakes, and storms), *ādhibhautika-kleśa* (sufferings caused by

other living entities like insects or enemies), and *ādhyātmika-kleśa* (sufferings caused by one's own body and mind, such as mental and physical infirmities).

16. The dried pigment exuding from the horns of a cow that appears yellow like turmeric. It is said that when rainwater falls on the horns of a cow during the Svāti constellation, it gives rise to *gorocanā*.
17. Last planet in the solar system.
18. Lactoferricin is an amphipathic, cationic peptide with anti-microbial and anti-cancer properties. It can be generated by the pepsin-mediated digestion of lactoferrin. Lactoferricin is the most-studied AMP derived from milk protein.
19. The natural yellow color of cow milk comes mainly from beta-carotene found in the grass the cows graze on. Our body converts beta carotene into vitamin A when cow milk is ingested. In the case of buffalo milk, beta carotene is already converted into vitamin A in the animal body itself.
20. A medical condition in which it feels as if everything around oneself is spinning around; or as if one's body is spinning around.
21. Term applied to 21 varieties of urinary diseases including diabetes, gleet, and

gonorrhoea.

22. One's body experiences fever when exposed to the hot air when one wanders in the Sun.