

LITERARY REVIEW OF GOMUTRA AND HARITAKI WITH SPECIAL REFERENCE IN PREPARATION OF GOMUTRA HARITAKI(COMPOUND)¹*Dr. Ankita Ashok Phutane and ²Dr. Preeti Dasari¹B.A.M.S., PG Scholar – Dravyaguna Vidnyan, ²B.A.M.S, MD-Dravyagunavidnyan, HOD & Professor Department of Dravyaguna, SSAM & Hospital, Shree Saptashrungi Ayurved College, Nashik.***Corresponding Author: Dr. Ankita Ashok Phutane**

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ABSTRACT

Gomutra Haritaki is a compound made from Haritaki and Gomutra. This compound has been mentioned in various samhitas like – Charak Samhita, Sushrut Samhita, Ashtang hridayam etc. Preparation and anupan has been mentioned differently in different samhitas. This is a multidimensional drug which can be given in different conditions in different vyadhis like arsha, pandu, shotha etc. Thus here an attempt will be made to compile and take into consideration all the properties of Gomutra and Haritaki along with the references about different ways of preparation of GomutraHaritaki and the uses of Gomutra Haritaki. Different new dreadful diseases in which the use of this compound can be considered is also mentioned here after studying the rasapanchak of the compound Gomutra Haritaki.

KEYWORDS: Gomutra, Haritaki, anupan.**INTRODUCTION**

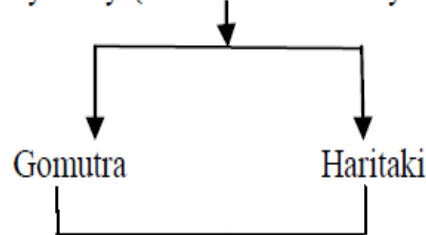
Gomutra Haritaki as a drug has many importance and has different ways of its preparations which need to be studied. Gomutra and Haritaki are the drugs which are mostly used in the treatment of many diseases. Both these drugs are easily available, safe for the use, they are cost effective, can be used at all ages and so can be randomly used. Also, Haritaki is one of the most valuable and potent drug regularly used to treat different conditions of disease in many ways. Haritaki is compared to mothers love as she heals and cares like what mother does. Cow products are all rich in value and so gomutra has its own importance. Thus, due to the importance of this drug a step is made to compile all the details of GomutraHaritaki along with its methods of preparations.

AIMS AND OBJECTIVES

1. To study the literary review of Gomutra and Haritaki along with its properties.
2. To compile various references about GomutraHaritaki(compound) from all ayurvedic literature.
3. To understand the different methods of preparation of GomutraHaritaki.

MATERIALS AND METHODS

Literary study {classical texts of Ayurveda}



Study of compound of GomutraHaritaki

Methods of preparation of GomutraHaritaki

Detailed information about Haritaki and Gomutra was studied from classical textbooks, samhitas and. Also the references of Gomutra Haritaki were collected and compiled. The methods of preparation of GomutraHaritaki were critically studied along with this.

DRUG REVIEW

1. HARITAKI – Haritaki (Terminali chebula Retz.) is pacharasyukta (lavan varjita – including all the rasa. i.e-madhura-majja, amla-snyau, katu-twak, tikta-vrunta, Kashaya-asthi^[1]). It is laghu, ruksha, ushna by virya, and Madhur vipaki and is tridoshshamak but is primarily vatashamak. Haritaki is used in various rasayan kalpas of

Charaka and also has anulomana properties. There are 6 types of haritaki which has different properties.^[2]

Type of Haritaki	Uses
Vijaya	Sarvaroganashan
Rohini	Kshat
Putana	Pralepa
Amruta	Virechana
Jivanti	Jirnarogajita
Chetaki	Sarvroga, netraroga

2. **GOMUTRA** – Gomutra (cow's urine) is katu, tikta, kashay, tikshna, ushna, kshar, laghu.^[3] Considering its gunas it reduces kapha, vata and meda and is pittakarak. Also Gomutra is agnidipak & medhya. It reduces shoola, gulma, udara, anaha, kandu, akshi and mukharoga, kustha, kasa, shwas, kamala, panduroga. It can be used in virechan karma and in asthapan basti as well.

REFERENCES AND WAYS OF PREPARATION

1. CHARAK SAMHITA

- I. The patient suffering from kaphaj type of panduroga should take Haritaki impregnated with cow's urine.^[4]
- II. The patient suffering from panduroga should take a course of Haritaki powder along with cow's urine.^[5]
- III. Intake of Haritaki along with cow's urine reduces kaphaj type of shotha.^[6]

2. SUSHRUT SAMHITA

In Sushrut Samhita arsha chikitsa GomutraHaritaki is mentioned in shushka arsha chikitsa to pacify the signs and symptoms of arsha and to improve the status of agni. In morning 100 fruits of Haritaki should be cooked in cow's urine one drona and out of it, the celibate should take proper dose with honey according to strength.^[7]

3. ASHTANGA HRIDAYAM

- i. Arshachikitsa - Haritaki, two hundred in number, is cooked on lower flame in one drone of cow's urine

DRAVYA	GUNA	RASA	VIRYA	VIPAKA
Gomutra	Laghu, tikshna, ushna Kshariya	Katu, tikta, kashay Kinchit madhur	Ushna	Katu
Haritaki [Terminalia chebula]	Laghu, ruksha	Lavanvarjita pancharasyukta	Ushna	Madhura
GomutraHaritaki (compound)	Laghu, ushna, tikshna, ruksha	Katu, tikta	Ushna	Katu

Thus GomutraHaritaki is together dipana, pachana, anuloman, shothaghna, lekshana, krmighna and have got predominance of agni and vayu mahabhut.

- Thus from the above study GomutraHaritaki can be used in the treatment of pandu, shotha, arsha, mukharoga

And by yukti pramana it can also be used in the treatment of granthi, arbuda, apachi, garbhashaya arbud(fibroid), sthoulya(obesity), cholesterol levels, lipid profiles – LDL & HDL, balancing the cholesterol levels, cancer treatments.

till the urine gets evaporated. Two such Haritaki mixed with honey consumed everyday cures piles, leprosy, odema, abdominal tumors, malignant tumors, tumors, diabetes, ascitis, intestinal worms, goitre, obesity, anaemia and rigidity of the thighs arising from Kapha.^[8]

- ii. In vagbhat chikitsasthan shothachikitsa – the patient suffering from shotha should be given GomutraHaritaki to remove the excess doshas as a shodhan purpose to remove the excess mala doshas by purgation.^[9]
- iii. Haritaki boiled in Cow's urine till they completely get dissolved in it and with this thick liquid, the powder of Jala, Mishi and Kushtha are macerated. The person who consumes this medicine will not be troubled by diseases of the mouth just as the king is safe from troublesome thoughts if he listens to the mantris.^[10]

4. BRUHAT NIGHANTU RATNAKAR –

GomutraHaritaki 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.^[11]

5. VANGASENA – One who takes with cow's urine Haritaki fried with Castor oil is relieved of Shleeeepada (Filariasis) by a week.^[12]

DISCUSSION

- As we have studied the different properties of Gomutra and Haritaki it seems that both Gomutra and Haritaki are ushna(hot), tikshna (sharp), ruksha(dry), laghu(light) are the all gunas present in both of them.

- Gomutra as well as Haritaki which is pancharasyukta and considered the elixir of life by the ancient scriptures. The nature has thus bestowed upon us the natural and safest ways of treatment. Gomutra helps in maintaining the homeostasis of the body.

- Due to these properties both Gomutra and Haritaki play a vital role in shodhan and shaman chikitsa of vata (vayu), kapha, meda (fat) and agni (fire) in the body.

- Thus GomutraHaritaki is indicated where shodhan is indicated and strotas are to be washed off as it can be used in virechana and asthapana basti.
- Gomutra reduces to microbial growth and fungal infection
- Boiling the Haritaki in Gomutra seems to be the most efficient methods of all wrt microbial contamination.

CONCLUSION

Thus from all the above study we come to the conclusion that both Gomutra and Haritaki are ecofriendly, easily available and economical. Thus it can be a great source for the treatment of dreadful diseases. The making procedure of Gomutra Haritaki is also feasible and so can be carried out in a massive quantity. Thus GomutraHaritaki as a drug is a boon for humans. GomutraHaritaki together is laghu, ushna, katu, tikta and dipana, pachana, anuloman, shothaghna, lekhana, krmighna and also has predominance over vata dosha and agni.

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