

# Shivambu Shastra: Mother of Ayurvedic Medicine

- By Natalia Perera

**“Let the venom be the antidote” – Sufi Poet Rumi**

## Awakening the Healer Within

We are in a very magical era: all around us, in many ways, we are witnessing the connection between the East and the West, the ancient and the modern, spirituality and science. Modern scientific research is linking its most recent discoveries in the field of quantum physics and vibrational healing methods with ancient spiritual ideas. We are so truly fortunate to be living in such an exciting time, and watch in awe, this process of life unfolding before our very eyes.

One such powerful practice for healing that continues to flourish today is *Shivambu Shastra*, respected for thousands of years as the “Mother of Ayurvedic Medicine” or *Amaroli* (Amara in Sanskrit means immortal) in Yoga and commonly known as “Self Urine Therapy”. Shivambu literally means “Water of Shiva”, referring to the auspiciousness of the practice. Its “method of drinking urine for rejuvenation” is outlined in the *Shivambu Kalpa Vidhi*, part of a 5000-year-old document called the *Damar Tantra*, linking this practice back to the *Vedas*, the sacred Hindu texts, and to the practice of Tantra. Tantra is a Sanskrit term which includes the roots *Tanoti* (expansion) and *Trayati* (liberation); referring to the path that expands the mind or consciousness and liberates one from the cycle of birth and death. Tantra assigns the highest priority to women and to the worship of the Goddess.

In this light, it is wrong to promote Shivambu as a medicine or a magic panacea for all ailments. It is first and foremost a spiritual practice. Ancient Tantrics used it to unleash the feminine Kundalini Shakti at the base of the spine through the Sushuma (the spinal column) to join her male principle Shiva at the top of the spine. When awakened, it liberates a lot of energy that leads to the expansion of consciousness and leads to Mukti, or liberation from the bondage of pain and suffering.

The sacred text, the *Shri Damar Tantra Shivambu Kalpa Vidhi* is defined as such: Damar means “control of the body and sense”, Tantra means “expansion of consciousness”, Kalpa means “vitalise or regenerate” and Vidhi means “process or technique”. Its first verse captures Shiva talking to his companion:

“O Parvati! Those who practice this method can enjoy the fruits of their meditation and penance”. It is worth noting that it does not mention the enjoyment of good health and the absence of disease. It speaks instead of meditation and penance, and for a reason. It is warned that stimulation of the Kundalini Shakti together with Vajroli practices (sex control) are fraught with danger. They are said to be like a fire that

burns indiscriminately. The point of the practice is to melt the ego and all its related patterns rooted in ignorance. Some yogis were reported, however, to live for 150 years, free from disease and gifted with miraculous powers. But what is not commonly mentioned is that the misuse of those powers was seriously regarded and owned by the teacher who had imparted that knowledge to the pupil. So traditionally, initiation was taken under the supervision of an experienced yoga teacher and the pupil had to undergo a 7 year fixed probation period in order to determine his credibility and sensibility.

There is something esoteric about urine. As a by-product of the blood, it contains "life-force" or *prana* and thus is considered to be a super-natural living food. When taken, it "awakens the healer within" who works both on a mechanistic level as well as on an energetic level. That is urine has the ability to affect all levels of being; from the physical, to the emotional, to the mental and to the subtler vibrations of the soul. This deep purification is how Indian yogis used this technique to unleash the Kundalini Shakti through the chakras, up to their third eye and fostered a more intimate relationship between their self and their Higher Self. Any health benefits or sense of rejuvenation that was derived from the energy released by awakening Kundalini Shakti are thus consequential to the main goal of self-realisation. Following Tantric traditions, the practice was often combined with mantras, minerals, herbs and spices, massage and asana practices, all to assist the detoxification process and influence the vibrations of the body.

Urine is said to be an invaluable source of nourishment and healing yet has been too controversial or not financially rewarding enough for it to be studied, let alone encouraged for its potency. One's own urine, a living substance, contains elements that are specific to one's body alone - the reason why it is used in routine medical tests. The body is constantly producing a huge variety of antibodies, hormones, enzymes and other natural chemicals to regulate and control its functions and correct disharmony. When reutilised, these chemicals and nutrients act as natural vaccines, antibacterial, antiviral, and anti-carcinogenic agents as well as hormone balancers and allergy relievers. In short, the body's own intelligence or defence mechanism is activated to restore the original physiological balance or homeostasis. The information that one's own urine contains therefore cannot be duplicated nor derived from any other source. Just as nature produces no two people who are exactly the same, there are no two urine samples in the world that contain exactly the same components.

### **A sterile by-product of blood filtration**

Urine is not a dirty and toxic substance rejected by the body. Urine is a by-product of blood filtration, not waste filtration. Medically it is referred to as "plasma ultrafiltrate". It is a purified derivative of the blood itself made by the kidneys whose principal function is not excretion but regulation of all the body's elements and their concentrations in the blood. Urine can be compared to leftovers from a meal, and this metaphor helps explain why the body excretes elements that are valuable to its own health and wellbeing.

Nutrient-filled blood passes firstly through the liver where toxins are removed to be excreted as solid waste. Eventually, this purified "clean" blood undergoes a filtering process in the kidneys where excess water, salts, vitamins, minerals,

enzymes, antibodies, urea, uric acid and other elements not useful at that time by the body are collected in the form of a purified, sterile, watery solution that is urine. The function of the kidneys is to keep the various elements in the blood balanced. The important elements in the blood are not filtered out because they are toxic and harmful to the body, but simply because the body does not need any more than that particular concentration of that element at that specific point in time. It is this very regulating process of the kidneys that allows people to eat and drink more than their bodies need at any one time.

### **Actions and benefits**

Anything that was in the blood cannot be harmful to the person that it came from. Besides, when taken internally, the urine does not go straight into the bloodstream but travels through the digestive system where its constituents are sorted out. The useful ones are used up again while others are rejected as solid waste. When the level of toxins in the blood increases, it stimulates the intestines and the lymphatic system into flushing themselves out to eliminate any stagnated excrements accumulated in the colon. The amount of toxins found in the urine of each person is related to the amount of stagnated excrement in their colon. So the toxins, in such minute amounts in urine, in fact, stimulate a cleansing reaction in the body.

Studies on urea, considered the main poisonous organic solid in urine have shown it is converted into an essential amino acid once it is recycled by ingestion, helping the body use protein more efficiently. Urea has also been proven to be an extraordinarily effective antibacterial and antiviral agent, one of the best natural diuretics and one of the most remarkable skin moisturisers ever discovered. Urea increases the water-binding capacity of the skin by opening skin layers for hydrogen bonding thereby attracting moisture to dry skin cells. As a natural diuretic, it is unparalleled and is also widely prescribed in cases of oedema or swelling, glaucoma, epilepsy, meningitis and to reduce excess cerebral and spinal pressure. Urea is an FDA-approved medicinal agent being researched and its comprehensive anti-neoplastic properties are well utilised in anti-cancer drugs and treatments.

### **A subtle science**

Most practitioners have never sought a scientific explanation for why or how it works: their own experiences have proven to be more than sufficient. However, as modern medicine's interest in the powerful healing aspects of Shivambu Shastra grows, more research is being undertaken and a lot is being revealed to scientifically substantiate the therapy's very rich history. Ayurveda considers disease to be caused by a shift in the internal metabolic balance of the body, manifested as varying degrees of the 5 elements of ether, air, fire, water and earth in that individual. To create health involves rebalancing the person's unique metabolism to attain its own elemental equilibrium.

In scientific terms, one can consider self-urine therapy as an extension of the methods of Jenner and Pasteur, as auto-inoculation or self-vaccination. Certain bodily substances which have been removed from the body, some of which may have been produced as a result of an imbalance, are re-introduced into the body in small amounts, re-absorbed into the blood through either the intestines or the

skin. This gives the immune system all the information that it needs and the opportunity to respond appropriately to achieve homeostasis.

As part of his "Transmutation Theory", Coen Van der Kroon (*The Golden Fountain: The Complete Guide To Urine Therapy*) sees urine as a liquid crystal or hologram, implying that it contains vibrations completely in tune with the vibrational condition of the body it comes from. In this light, re-ingestion gives the body valuable vibrational information needed for two things: the first, for the already existing healthy body resonance, and second, for diseased or stress vibrations that counteract any unhealthy resonance in the body.

This theory is also close to the principles of homeopathy, which refers to a therapeutic method that clinically applies the Law of Similars and uses medically active substances at infinitesimal doses, where the original substance has undergone a dilution process. When the body is given a homeopathic remedy, it is stimulated into action, not because of the physical or chemical nature of the substance, but because of the energetic nature of the information that is received by way of subtle vibrations.

### **Health pointers for self-therapy**

Most people who start self-therapy find the taste of their urine too sour, bitter or pungent to stomach and the odour too strong to bear. Even when diluted, they may experience nausea, headaches or other strong reactions before they get used to it and start seeing results. Martha Christy suggests not to flush out the kidneys by taking copious amounts of water, which dilutes the healing properties of the urine. It is an important consideration that urine is a mere sample of what is flowing through the body's veins and if repulsive, it should be used as a motivation to improve the internal conditions rather than as an excuse for not using this therapy to create higher health.

Urine is actually less toxic and more alive than much of the food and drink that people take into their body. However, how much more valuable, medicinal and cleansing if the urine is the product of a body fed healthy, natural and organic foods. Drinking urine seriously makes people think seriously about what they eat. Since it is a by-product of the blood, it makes sense that the cleaner the blood is, the healthier the urine will be. But even urine from relatively unhealthy blood contains valuable immunological factors that can improve health if recycled. The urine drinking's cleansing effect on the blood can be observed by the change in taste and the colour of the urine as it is more and more recycled: it becomes purer and clearer.

If one has difficulty urinating, and it has been said that a weak flow is a sign of a weak life-force, then this practice actually strengthens the flow of urine, showing signs of an increase in vital life-force.

It is recommended that people give up tobacco in all forms and restrict consumption of cold drinks, strong spices (such as chilli, onions and garlic), fried foods, junk foods, canned or tinned foods, and refined foods and sugars as much as possible. Above all, it is best to avoid alcohol, meat and coffee as well as recreational drugs. In the tradition of Yoga, this is called a *Sattwic* diet, meaning

as pure as possible, with a focus on whole, fresh, organic vegetarian foods and purified water. Following a low-salt and low-protein diet is best. Like all other natural therapies, this is not a treatment that needs to be stopped after the relief of certain symptoms, but can be incorporated into one's life-long health regime. More subtle yet very real effects of this therapy as a lifestyle choice include feeling stronger, more grounded, self-confident, invigorated and generally lighter mentally, emotionally and physically.

### **Self therapy methods**

The middle stream of fresh and warm morning urine at 3 to 5am is the most potent and is best taken not mixed with other foods or drinks. However, it has been suggested that to make it more palatable, it can be taken together with grapefruit juice, though it is not clear if this would make the practice less effective.

Oral drops of fresh urine can be directly placed under the tongue. Urine therapists suggest starting with 1-5 drops of fresh morning urine on the first day, increasing to 5-10 drops on the second day and on the third day, taking 5-10 drops in the morning and in the evening before bed. With time and experience, this can be gradually increased to obtain the results required for the body's condition – even up to one full cup at a time. The amount needed is thus adjusted by observing the body's reactions to the therapy. The heightened sense of body awareness and intuition helps to determine how many times a day and what amounts are most effective for that system at that time, and how to self regulate.

Self urine may be used as eye drops, ear drops, foot baths and even as effective enemas. Nose drops can help loosen mucous and clear up blocked nasal passages. Gargling with it for a sore throat or inhaling it relieves sinus and respiratory congestion. Taken internally has a laxative and diuretic effect as it cleanses the digestive tract.

Dr John Armstrong (author of *The Water of Life*) emphasises the importance of massaging with urine. He insists that cures work faster and more effectively in those that are bathed, massaged, rubbed and soaked in their own urine. He highly recommends it for more serious illnesses since urine is absorbed through the skin, and the hormonal and protein-based contents are slowly reabsorbed into the system, by-passing digestive juices that may have neutralised their potency otherwise. In this way, it works best to heal skin blemishes, burns and scar tissue. However, for this usage, he considers it preferable to use old urine of 4 to 8 days old. The level of ammonia (judging by the strong odour) in the old urine is not toxic but actually beneficial if used topically only, and not taken internally.

### **Frequently asked questions**

#### **Can a woman drink her urine during her menstruation?**

Yes, and although the urethra and the vagina are two separate organs, there is nothing in the menstrual fluid that can harm a person if it is accidentally mixed with urine.

**Can a person drink their urine while on medications?**

The short answer is no because of the remote possibility of overdosing on any particular medication by recycling what is discharged in urine. Hormone, vitamin and mineral supplements, on the other hand, can be taken while drinking urine as long as the intake is frequently monitored and the amounts reduced accordingly as the imbalance improves. However, the long answer is that in some cases, according to the illness and the nature of the medications, urine can be taken in homeopathic doses for some time to kick-start the internal healing process whilst slowly increasing that amount and gradually reducing the medication dosage.

**In what cases can Shivambu Shastra be used?**

Diagnosis plays no practical part in the therapy since the urine sample reflects so perfectly the individual's most intimate details about the state of their health. In fact, it works brilliantly on the more subtle health imbalances that are very real yet often too evasive to label medically. Urine can be massaged topically for the most chronic and stubborn skin problems such as acne, eczema, psoriasis, ringworm, sores, fungal infections, insect bites, wounds, burns even gangrene. Internally, the therapy is said to be effective in AIDS since the AIDS antibodies are found in urine, as well as cancer, chronic fatigue syndrome, anaemia, all sorts of urinary diseases, weight loss, colds and flus, candida, diabetes, digestive problems, jaundice. It has been medically proven to work against polio, and tuberculosis, and has been intramuscularly injected by doctors for immunological illnesses such as psoriasis, basal cell carcinoma and asthma to name a few.

**Why does urine therapy then appear ineffective for some conditions?**

There are times when there is a chronic deficiency of one or several minerals and in such cases, there is none of that mineral in the urine, therefore, although the general health and other metabolic imbalances in that person improve, that particular problem may remain the same. For instance, a diabetic person may need to take chromium for the cells to use blood sugar and vanadium to produce insulin. These supplements may be necessary to eradicate diabetes or any other blood sugar problem that is not corrected with self-urine therapy.

**A golden future**

Although much attention has been focused on many elements in urine and their potential for medical use, comprehensive research has not yet been conducted on urine as a total entity therapeutically applied and used for spiritual growth. Still to be proven are the theories regarding how and why urine therapy works – so let us welcome and support the scientific community that *is* interested in undertaking studies using urine as a total entity, especially in light of the wisdom of the ancient Yogis.

More than 600 scientists – many of whom believe that human urine can treat everything from baldness to cancer and AIDS - gathered in Goa, India, for the first World Conference on Auto-Urine Therapy in February 1996. The Second World Conference on Urine Therapy was held in Germany in 1999 and the third in Brazil in 2003. These are certainly signs that Shivambu Shastra is flourishing all over the world, that people are ready to take responsibility for their own health, wellbeing and evolution, and are prepared to overcome their prejudices and open their minds to embrace such an ancient spiritual and powerful practice.

It is certainly crucial in these times when we ache for deeper healing that Shivambu Shastra be acknowledged and adopted as a valid and profoundly effective method of creating health in body, mind and spirit.

**Author's note:**

The material in this paper is not intended to replace medical treatments. It is an attempt to broaden the awareness of Shivambu Shastra. Readers interested in Self Urine Therapy are encouraged to discuss it with their health practitioner.

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