

# **COW-DUNG AS MEDICINE**



**C**ow-dung is mentioned in British folk medicine from the early times; so it is not just confined to Asian cultures.

India had used cow-dung as medicine for centuries in Ayurveda. After extensive research and the healing properties and health benefits of cow-dung are documented in several Hindu texts.

It is widely believed that diabetes, cancer, arthritis and even AIDS can be cured with a mixture of cow-dung and cow's urine.

### Medical Uses of Cow-dung

Cow-dung medicine is in liquid or powder form, and now in capsule or tablet form. The use of cow-dung does not stop with medicine. You can make soap from cow-dung, which is claimed to be good for dandruff, skin disease and to rid the body of bad odours and to make the skin soft.

### Other Uses

Cow-dung can be used as patties for cooking. It is also used as a fertiliser. It is said to

have natural antiseptic properties. Cow-dung is mixed with neem leaves and smeared on the skin to cure boils and heat rash. It is also a smoke producer and smoldering cow patties can keep mosquitoes away. Anti-bacterial properties of cow-dung include use as a disinfectant. It is also used to just plaster floors and walls. It is also used as a body pack to detoxify the body.

Before the advent of toothpastes and soaps, cow-dung was popularly used in various forms to meet these requirements. The ash produced from cow-dung was used to clean the teeth as it is known to strengthen the gums.

### Conclusion

The cow is considered to be a sacred animal and for thousands of years its milk, urine and dung have been used in Ayurveda. Ayurvedic physicians consider it an invaluable part of the medicine chest 🙏

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