



The Damar **TANTRA**

**Urine Therapy for
Perfect Health**

S. Lotus

THE DAMAR TANTRA: URINE THERAPY FOR PERFECT HEALTH

Urine therapy has historical roots in ancient Egypt, ancient China, ancient India, and Europe in the middle-ages. In this century, although unknown to many, there have been hundreds of medical studies to confirm its miraculous health benefits. In alternative medicine, the healing use of urine is called “uropathy.” It is claimed to help with everything from cancer to AIDS.

The ancient yogic text, “Damar Tantra” refers to a technique called “shivambu kalpa vidhi,” which means literally “urine revitalising technique.” In this text it says “a sensible man gets up early in the morning when three quarters of the night has passed (about 3 or 4 AM), faces east and passes urine. The initial and concluding flow of urine is to be discarded. The intermediate flow is to be consumed. This is the most suitable method.” In other words, drink your own mid-stream urine, very early in the morning. The Damar Tantra claims that, “Shivambu (Urine therapy) is capable of abolishing old age and various types of diseases and ailments.”

Urine therapy works as an auto-vaccine that has the same elements as our own illness; it has an antiviral action, antineoplastic, antispasmodic, diuretic, antiallergenic, anticonvulsive, and cardiovascular stimulant, anti inflammatory, bactericide and antifungal as well.

This book is divided into two parts. Part one is organized according to ailment for your particular health concern. Part two is the original shivambu kalpa vidhi taken from the Damar Tantra. Most of the therapies in the Damar Tantra are for reversing aging and treating various ailments.

Records from the Egyptians to Jews, Greeks, Romans and from the Middle Ages and the Renaissance testify to the practice of urine therapy. It was referred to as the "gold of the blood" and "elixir of long life.”

PART 1: THE SHIVAMBU KALPA VIDHI BY AILMENTS

Extracted from the Damar Tantra

ALL AILMENTS

Verse 33

The powder of neem bark and pumpkin gourd dissolved in Shivambu taken for a year relieves man from all types of ailments.

Verse 75

The juice of white Gunja (*Abrus Precatorius*), the leaves of Sharapunkha (Devala), seeds of *Chenopodium Album* and roots of Mahalung should be taken in equal proportions and all mixed into a fine powder. This powder should be dissolved in Shivambu and small pills be prepared with the mixture. Every day one pill should be taken followed by a sufficient quantity of Shivambu. The follower of this therapy will be relieved from human ailments of all types within one month.

EYESIGHT

Verse 42

He who first chews on the leaves of Viter Nirgundi and then drinks Shivambu will be bestowed with diving eyesight.

Verse 68

Oh Goddess! Triphala Churna, Nirgundi leaves and Turmeric should be mixed together, followed by Shivambu. Within a period of three months, the follower of the therapy becomes a symbol of learning and enjoys excellent eyesight. His body becomes divinely lustrous.

Verse 71, 72

The root of Apamarg (*Achyranthus Aspara*) and Chakramarda (*Chenopodium Album*) and the juice of neem leaves should be taken, followed by Shivambu. He will be relieved from all ailments and the tokens of old age, such as wrinkles

and greying hair. He will possess excellent and long eyesight within a distance of miles and miles.

MENTAL ILLNESS

Verse 74

A very small quantity (one grain) of Nerium Odorum should be taken with Shivambu and within a year epilepsy and other mental disorders will disappear.

REVERSE AGING

Verse 24

The powder of Haritaki (Terminalia Chebula) mixed with Shivambu should be taken regularly for one year. It puts a stop to old age and disease and if used for one year makes a man exceptionally strong and healthy.

Verse 25

Shivambu should be taken with one gram of sulphur. If this is followed for three years, man may acquire longevity as long as the moon and planets exist. The urine and excreta of such a man may become white and gold.

Verse 26

The stomach powder, Kostha Churna, should be taken with Shivambu continually for a period of twelve years. The tokens of old age such as wrinkles on the skin, grey hair, etc., vanish. Man will have the strength of ten thousand elephants and will live as long as the moon and the planets exist.

Verse 27

The mixture of pepper, terminalia belavica, terminalia chebula, if taken with Shivambu will enable man to acquire divine lustre and brightness.

Verses 28, 29

The extract of mica and sulphur should be dissolved in Shivambu and taken regularly. It relieves the ailment of dropsy and rheumatism. Man becomes strong and divinely lustrous. He can enjoy longevity and can compete with death.

Verse 35

The fruits of the moha tree and a tri-mixture of the herbs in verse 27 should be taken in equal proportion and dissolved in Shivambu. This is capable of relieving old age and all kinds of diseases.

Verse 39

He who takes Amritaka powder (the extract of *tinospora condifolia*) and then Shivambu can conquer death.

Verse 43

The powder of mansheel should be dissolved in Shivambu and the solution applied to the body. This makes man free of ailments and his hair becomes black (again).

Verse 58

The follower should first take the powder of dry ginger and then drink Shivambu. It makes him exceptionally strong. He may acquire the strength of ten thousand elephants. His youth will even attract divine females.

Verses 66, 67

Opium should be roasted on an open fire; 1/32 of this should be taken along with the Shivambu. He will then be able to control ejaculation and will be unconquerable in sexual intercourse. He can control his breath, passion, anger and other mental emotions. He can enjoy longevity.

Verse 69

Bhringaraj and honey should be mixed and taken first, followed by Shivambu. The follower, after six months, will be free of old age and will have excellent (fore)sight.

Verse 78, 79

The gum of the Banian Tree (*Ficus Bengalensis*) should be mixed with the powder of the seeds of Karanja (*Pongamia Glabra*). A small quantity of opium should be added to this mixture. It should be taken early in the morning followed by Shivambu. Within six months, the follower of this therapy will become as young as a lad of sixteen years. He can disguise himself by appearance and non-appearance to his desire.

Verse 80

The juice of the leaves of Kavali, honey, sugar and ghee should be mixed together. If it is taken regularly in the morning, the signs of old age disappear promptly.

Verse 81

Cumin seeds, turmeric and white mustard seed should be powdered together and taken regularly. This also helps to conquer old age.

HIGH ENERGY LEVELS

Verse 34

The mixture of lotus roots, mustard seeds and honey should be taken with Shivambu. It makes the human body exceptionally light and energetic.

Verses 55, 56

Chickpeas should be roasted and taken with unrefined sugar followed by the intake of Shivambu. Urine extract should also be applied to the body. After six months the human body becomes quite light and energetic.

PAIN RELIEF

Verse 37

Sulphur, dried fruit of Amla (*Phylonthus Emblica*) and nutmeg powder should be mixed together and taken daily, followed by Shivambu. All pains and miseries vanish.

PART 2: THE ORIGINAL SHIVAMBU KALPA VIDHI

Extracted from the Damar Tantra

Verses 1-4

Oh Parvati! (The God Shiva speaks to his wife, Parvati.) Those who practise this method can enjoy the fruits of their meditation and this method. For this, certain actions have been recommended along with certain types of utensils. The Shivambu is to be drunk from pots made of gold, silver, copper, brass, iron, tin, glass, earth, bamboo, bones, leather, or a bowl made of plantain leaves. The urine should be collected in any one of the above mentioned utensils and should be drunk. However, earthen pots are the best for use.

Verse 5

The follower of the therapy should avoid pungent, salty ingredients in his meals. He should not over-exert himself. He should follow a balanced and light diet. He should sleep on the ground, and control the senses.

Verse 6

Such a trained man gets up in the early morning when three quarters of the night has passed, stands facing the east and passes urine.

Verse 7

The first and concluding flow of the urine is to be left out, and the intermediate flow of urine is to be collected. This is the best method.

Verse 8

The follower of the therapy should only use his own urine; it is called Shivambudhara. However, just as the mouth and the tail of the serpent contain poison, similarly the first and the concluding flow of urine are not wholesome.

Verse 9

Shivambu is a divine nectar! It is capable of abolishing old age and various types of diseases and ailments. The follower should first ingest his urine and then start his meditation.

Verse 10

After getting out of bed, the face and the mouth should be washed with water. Afterwards one should drink one's own urine quite willingly and cheerfully. All the ailments subject to from the very birth will be completely cured.

Verse 11

If this method is followed for one month, one's body will be internally cleansed. Drinking it for two months stimulates and energises the senses.

Verse 12

If this method is followed for three months, all types of ailments will disappear and all miseries will evaporate. After following this method for five months, the follower will be completely healthy and will be bestowed with divine eyesight.

Verse 13

After six months of following this therapy, the follower will be exceptionally intelligent. After seven months, the follower will be extraordinarily strong.

Verse 14

After eight months the human body will possess divine lustre like that of shining gold which will be permanent. After nine months of continual use, tuberculosis and leprosy will perish.

Verse 15

After ten months of continued use, the follower becomes practically the treasury of lustre and brightness. After eleven months the follower becomes pure, both externally and internally.

Verse 16

After one year of continued use, the follower acquires solar shining. After two years, the follower can conquer the element of earth.

Verse 17

After three years of practicing this therapy, the follower can conquer the element of water. After four years, the follower can certainly conquer the element of lustre.

Verse 18

After five years, the follower can conquer the element of air. Seven years of use makes the follower capable of conquering his ego.

Verse 19

After eight years of working with this method, the follower can conquer all the five important elements of the universe. Nine years of this method will make the follower immortal.

Verse 20

After ten years of experimentation, it will be possible to float in the air with ease. After eleven years, the follower will be able to listen to the movements of the internal organs of the body.

Verse 21

Experiments for the duration of twelve years will enable one to be as long lived as the moon and the planets. Dangerous animals such as serpents will not affect one in any way; serpents' poison will not kill the follower. One can float on water just as wood floats and he will never drown.

Verses 22, 23

Oh Goddess! I shall tell you of some other aspects of the therapy. Listen to me carefully. If taken for six months continually, the powder of Amrita (*Tinospora Condifalia*) dissolved in Shivambu, will make a man free from human ailments and he will become perfectly happy.

Verse 24

The powder of Haritaki (*Terminalia Chebula*) mixed with Shivambu should be taken regularly for one year. It puts a stop to old age and disease and if used for one year makes a man exceptionally strong and healthy.

Verse 25

Shivambu should be taken with one gram of sulphur. If this is followed for three years, man may acquire longevity as long as the moon and planets exist. The urine and excreta of such a man may become white and gold.

Verse 26

The stomach powder, *Kostha Churna*, should be taken with Shivambu continually for a period of twelve years. The tokens of old age such as wrinkles on the skin, grey hair, etc., vanish. Man will have the strength of ten thousand elephants and will live as long as the moon and the planets exist.

Verse 27

The mixture of pepper, terminalia belavica, terminalia chebula, if taken with Shivambu will enable man to acquire divine lustre and brightness.

Verses 28, 29

The extract of mica and sulphur should be dissolved in Shivambu and taken regularly. It relieves the ailment of dropsy and rheumatism. Man becomes strong and divinely lustrous. He can enjoy longevity and can compete with death.

Verse 30

A follower who takes Shivambu regularly and avoids pungent, salty and sour things, can promptly enjoy the fruits of his meditation and this method.

Verse 31

He becomes free from human ailments. He assumes a divinely lustrous physique like that of Shiva; he can recreate the universe and can lead a divinely pleasant life.

Verse 32

A meditator who lives on the juice of neem leaves and Shivambu attains the status of yogi and possesses the divinely pleasant lustre full of bliss.

Verse 33

The powder of neem bark and pumpkin gourd dissolved in Shivambu taken for a year relieves man from all types of ailments.

Verse 34

The mixture of lotus roots, mustard seeds and honey should be taken with Shivambu. It makes the human body exceptionally light and energetic.

Verse 35

The fruits of the moha tree and a tri-mixture of the herbs in verse 27 should be taken in equal proportion and dissolved in Shivambu. This is capable of relieving old age and all kinds of diseases.

Verse 36

Rock salt and honey in equal proportions should be taken first in the early morning, followed by Shivambu. This makes man lustrous and he acquires a body with divine attributes.

Verse 37

Sulphur, dried fruit of Amla (*Phyllanthus Emblica*) and nutmeg powder should be mixed together and taken daily, followed by Shivambu. All pains and miseries vanish.

Verse 38

The follower should regularly drink milk and Shivambu. If this is done for seven years, all human ailments perish and the body becomes well nourished and strong.

Verse 39

He who takes Amritaka powder (the extract of *tinospora condifolia*) and then Shivambu can conquer death.

Verse 40

He who drinks the mixture of Shivambu and honey or sugar is relieved of any type of ailment within a period of six months. His brain power becomes brilliant and his voice becomes melodious.

Verse 41

The powder of dry ginger taken first directly followed by Shivambu definitely relieves any disease.

Verse 42

He who first chews on the leaves of Viter Nirgundi and then drinks Shivambu will be bestowed with diving eyesight.

Verse 43

The powder of mansheel should be dissolved in Shivambu and the solution applied to the body. This makes man free of ailments and his hair becomes black (again).

Verse 44

Now, oh Parvati, I shall tell you about the process of massage. If such massage is carried out, the follower can enjoy the fruits of his meditation and his lifestyle and will experience spiritual growth.

Verse 45

The Shivambu should be boiled in an earthen pot and extracted to one fourth its quantity. It should then be allowed to cool. This extract can be used for the body massage.

Verse 46

The following mantra should be recited during the use of Shivambu. When collecting the urine in an earthen pot, the following mantra should be recited: “Om Rhim Klim Bhairavaya Namaha” (salutes to Bhairav). The pot filled with Shivambu should then be taken into the hands. When drinking urine from the pot the mantra to be recited is “Om Shrim Klim Uddamaneshwaraya Namaha” (salutes to Uddamaneshwara). The follower will be away from all sins and defects.

Verse 47

While passing urine, the mantra to be recited is “Om Sarvam Srishthi Prabhava Rydraya Namaha” (salutes to God Rudra).

Verse 48

Shivambu should be applied to the whole body. It is exceptionally nourishing and can relieve all ailments.

Verse 49

The follower can acquire divine power with this process. A yogi can become the King of Gods. His movements will be unprevented. He will have the strength of ten thousand elephants. He can eat and digest anything.

Verse 50

Urine which has not been boiled down to one fourth its volume should never be applied to the body; if done so, it makes the body weak and invites ailments. [Ed. note: Although the text states using urine that has not been boiled can have harmful consequences, research and experience have demonstrated that this is not the case, and that fresh urine as well as urine which is not boiled down but which is even four days old, produces excellent results during external use. This is also true for boiled down urine as suggested by the text.]

Verse 51

Unboiled urine should never be used for body massage. If the extract of Shivambu is used for the massage, it is very wholesome for the body. The follower can accomplish many things.

Verse 52

The follower can conquer death by drinking Shivambu and massaging with one fourth extract of the same.

Verse 53

His urine and excrement can impart a white colour to gold. If Shiro-Amrit and dew are mixed in the extract of Shivambu and if the mixture is applied to the body, the man will become exceptionally strong and will be free from any type of ailment.

Verse 54

A follower should drink Shivambu every morning regularly for a period of three years. This and avoiding bitter, salty and pungent things in his meals will enable him to conquer passion.

Verses 55, 56

Chickpeas should be roasted and taken with unrefined sugar followed by the intake of Shivambu. Urine extract should also be applied to the body. After six months the human body becomes quite light and energetic.

Verse 57

Oh wife of the highest of Gods! Roots of Piper Longum and one gram of black pepper should be taken first and afterwards Shivambu should be drunk. Within one month, the voice will become melodious and all ailments will vanish.

Verse 58

The follower should first take the powder of dry ginger and then drink Shivambu. It makes him exceptionally strong. He may acquire the strength of ten thousand elephants. His youth will even attract divine females.

Verse 59

Oh wife of Shiva! Terminalia Chebula should be roasted and then powdered. It should be taken first, followed by the intake of Shivambu. The follower's body will be cleansed, his mind will be ever cheerful and he can attain divine lustre.

Verse 60

He who drinks Shivambu after taking a mixture of equal proportions (powdered) of Amrita, Triphala, Kadu, dried ginger, cumin seeds and the roots of Piper

Longum while following a diet of rice and milk will have insight in the Scriptures within one year.

Verse 61

If this experiment is followed for a period of one year, the follower will become very strong and brave. If he follows this for a period of three years, he will become, as it were, a god on earth. He will enjoy the fruits of this practise, will become a good orator and all the universe will be visible to his eyesight.

Verse 62

The follower who drinks the mixture of Shivambu and the powder of the five parts of the Sharapunkha (Devnal) plant will become the master and authority of meditation. He will enjoy utmost pleasure in life.

Verses 63, 64

Oh great Goddess! Shivambu should be taken with the powder of dried ginger, sugar, ghee, honey and the juice of Nirgundi leaves. Within one month, the body becomes healthy and strong and after one year he will enjoy the fruits of this method and mediation.

Verse 65

The follower should take white and black sesame seeds (in equal proportion) mixed with Karanja seeds (Pongamia Glabvi) and the juice of neem leaves. This should be followed by Shivambu, which will enable the follower to achieve the fruits of this method and meditation.

Verses 66, 67

Opium should be roasted on an open fire; 1/32 of this should be taken along with the Shivambu. He will then be able to control ejaculation and will be unconquerable in sexual intercourse. He can control his breath, passion, anger and other mental emotions. He can enjoy longevity.

Verse 68

Oh Goddess! Triphala Churna, Nirgundi leaves and Turmeric should be mixed together, followed by Shivambu. Within a period of three months, the follower of the therapy becomes a symbol of learning and enjoys excellent eyesight. His body becomes divinely lustrous.

Verse 69

Bhringaraj and honey should be mixed and taken first, followed by Shivambu. The follower, after six months, will be free of old age and will have excellent (fore)sight.

Verse 70

The neem bark, roots of Chitraka (*Plumago Zeylancia*) and the roots of Piper Longum mixed together should be taken with Shivambu and within six months the follower of the therapy attains divine power.

Verse 71

The root of Apamarg (*Achyranthus Aspara*) and Chakramarda (*Chenopodium Album*) and the juice of neem leaves should be taken, followed by Shivambu.

Verse 72

He will be relieved from all ailments and the tokens of old age, such as wrinkles and greying hair. He will possess excellent and long eyesight within a distance of miles and miles.

Verse 73

He will be able to listen for a very long distance. He can read the mind of others. O Goddess, even the most beautiful Princess will be attracted to him.

Verse 74

A very small quantity (one grain) of *Nerium Odorum* should be taken with Shivambu and within a year epilepsy and other mental disorders will disappear.

Verse 75

The juice of white Gunja (*Abrus Precatorius*), the leaves of Sharapunkha (*Devala*), seeds of *Chenopodium Album* and roots of Mahalung should be taken in equal proportions and all mixed into a fine powder.

Verses 76, 77

This powder should be dissolved in Shivambu and small pills be prepared with the mixture. Every day one pill should be taken followed by a sufficient quantity of Shivambu. The follower of this therapy will be relieved from human ailments of all types within one month.

Verse 78

The gum of the Banian Tree (*Ficus Bengalensis*) should be mixed with the

powder of the seeds of Karanja (*Pongamia Glabra*). A small quantity of opium should be added to this mixture. It should be taken early in the morning followed by Shivambu.

Verse 79

Within six months, the follower of this therapy will become as young as a lad of sixteen years. He can disguise himself by appearance and non-appearance to his desire.

Verse 80

The juice of the leaves of Kavali, honey, sugar and ghee should be mixed together. If it is taken regularly in the morning, the signs of old age disappear promptly.

Verse 81

Cumin seeds, turmeric and white mustard seed should be powdered together and taken regularly. This also helps to conquer old age.

Verse 82

Black Moringa *Pterygasperma*, Jatamavasi, mustard seeds should be dissolved in honey and ghee and then taken regularly. It gives divine countenance.

Verse 83

Kalnemi Veesh (*Guggul*) and the roots of Bhargika (*Clerodendron Serrotum*) should be dissolved in butter, and taken with Shivambu. It will definitely give shining countenance.

Verse 84

Jalakesar moss and the seeds of *Sapindus Laurifolius* should be dissolved in Shivambu and taken regularly. Within one year old age will be under control and the follower will acquire a radiating personality, like that of the famous King Udayan, the King of the Vatsas.

Verse 85

Oh Goddess, if in the early morning the follower nasalizes his own urine, the ailments arising out of Kapha, Pitta and Vata will vanish. He will have a healthy appetite and his body will become strong and healthy.

Verse 86

If the follower of the therapy massages his body thrice a day and thrice a night with Shivambu, he will definitely enjoy longevity.

Verse 87

Oh Parvati! If he massages his body thrice a day and night with Shivambu, his countenance will be shining and his heart will be strong. His body and muscles will be strong. He will float in pleasure.

Verse 88

Oh Parvati! He who massages his body at least once a day with Shivambu will be full of strength and bravery.

Verse 89

Within three years his body will be shining with lustre. He will be well versed in arts and science. He will have an impressive voice with good oratory powers, and will live as long as the moon and planets exist.

Verse 90

Oh Goddess, now I shall narrate the procedure of seasonable behaviour with the view to avoiding diseases and ailments.

Verse 91

Oh Parvati, during the Spring the powder of Terminalia Chebula should be taken with honey; dry ginger and honey should also be taken and afterwards Shivambu.

Verse 92

Twenty types of ailments arising from Kapha, twenty-four types of ailments arising from Pitta and eighty types of ailments arising from Vata will vanish with this treatment.

Verse 93

Oh Great Goddess, during the Spring, pungent and spicy foods are to be avoided. This helps to attain sound health.

Verses 94, 95

Oh Great Goddess, during the summer the Haritaki (Terminalia Chebula) and pepper should be taken in equal quantities and should be taken with unrefined sugar followed by Shivambu. This will relieve all kinds of ailments; the body

will become light, eyesight will be sharp and at the end the follower will derive the fruits of this method.

Verses 96, 97

During the rainy season (July-August), Haritaki (Terminalia Chebula), rock salt and roots of pepper should be taken in a powder form, followed by the intake of Shivambu. The body will be strong and will attain shining lustre. If he takes the powder mixture in milk, even fire will not harm him. He will not be burn by fire.

Verses 98, 99

During the Sharad season (September-October), Haritaki (Terminalia Chebula), crystal sugar and Terminalia Belavica powder should be mixed together and taken, followed by Shivambu. This method cleanses the body, keeps it free of disease and allows the follower to move quickly. And oh, wife of the King of the Gods, the follower will quickly master the practise of yoga.

Verses 100, 101

During the Hemanta season (November-December), dry ginger, dried fruit of Anvla (Phylonthus Emblica) and Haritaki (Terminalia Chebula) should be mixed into a fine powder followed by Shivambu. If taken regularly, deficiency of minerals in the body is corrected, eyesight brightens, oratory powers and knowledge are acquired.

Verses 102, 103

During the Shishir season (January-February), pepper, Haritaki (Terminalia Chebula) and dry ginger should be mixed and taken, followed by Shivambu. It will cure various diseases, the follower will acquire the strength of a hundred elephants and the signs of old age will vanish. He will attract all living beings.

Verses 104, 105, 106

Oh Goddess, during the process of the intake of Shivambu, the following things should be strictly avoided: vegetables in the form of leaves, flowers or legumes, grains that cause flatulency; and starchy, pungent, sour and salty foods. Sexual intercourse should also be avoided. This will help to accomplish the fruits of this method. Behaving against these rules will put man in unexpected difficulties.

Verse 107

Oh my beloved Parvati! I have narrated the details of Shivambu Kalpa. This is its technique. Attempts should be made to keep it a secret. Do not tell anyone.

