O Parvati! I shall expound to you the recommended actions and rituals of Shivambu Kalpa that confer numerous benefits. Those well versed in the scriptures have carefully specified certain vessels for the purpose. (1)

Utensils made from the following materials are recommended: Gold, Silver, Copper, Bronze, and Brass. Iron, Clay, Ivory, Grass, wood from sacred trees, Bones, Leather and Leaves. (2,3).

The Shivambu (one’s own urine) should be collected in a utensil made of any of these materials. Among them clay are better, and copper ones are by far the best (4)

The intending practitioner of the therapy should abjure salty or bitter foods, should not over-exert himself, should take a light meal in the evening should sleep on the ground and should control and master his senses. (5)

The sagacious practitioner should get up when three quarters of the night have elapsed, and should pass urine while facing the east (6)

The wise one should leave out the first and the last portion of the urine, and collect only the middle portion. This is considered the best procedure. (7)

Just as there is poison in the mouth and the tail of the serpent, O Parvati, it is even so in the case of the flow of Shivambu. (8)

Shivambu (Auto-urine) is heavenly nectar, which is capable of destroying senility and diseases. The practitioner of Yoga should take in before proceeding with his other rituals. (9)

After cleaning the mouth, and performing the other essential morning functions, one should drink one’s own clear urine, which is the annihilator of senility and diseases. (10)

One who drinks Shivambu for the duration of a month will be purified internally. Drinking it for two months simultaneous and energises the senses. (11)

Drinking it for three months destroys all diseases and free from all troubles. By drinking it for five months, one acquires divine vision and freedom from all diseases (12)
Continuation of the practice for six months makes the practitioner highly intelligent and proficient in the scriptures and in the duration is seven months, the practitioner acquires extraordinary strength. (13)

If the practice is continued for eight months, one acquires a permanent glow like that of gold and if it is continued for nine months, one is freed from tuberculosis and leprosy. (14)

Ten months of this practice makes one a veritable treasury of luster. Eleven months of it would purify all the organs of the body (15)

A man who has continued the practice for a year becomes that equal of the sun in radiance. He who has continued it for two years conquers the elements Earth. (16)

If the practice is continued for three years, one conquers the element Water, and if it is continued for four years, the elements Light is also conquered. (17)

He who continues the practice for five years conquer the element Air, and he who continues it for seven years, conquers pride. (18)

Continuation of the practice for eight years enables one to conquer all the important elements of Nature, and continuation of it for nine years frees one from under the cycle of birth and death. (19)

One who has continued the practice for ten years can fly through the air without effort. One who has continued it for eleven years is able to hear the voice of his soul (his inner self). (20)

He who has contended the practices for twelve years will live so long as the moon and the start last, He is not troubled by dangerous animals such as snakes, and no poisons can kill him. He cannot be consumed by fire, and can float on water just like woe. (21)

O Goddess! I should tell you now about other variants of the therapy. Please listen attentively. He would takes powered amrita (garudi, Tinospora Condifolia) mixed with Auto-Urine habitually for six months, is freed from all disorders and acquires happiness. (22,2 contd.)

Powdered Haritaki (garada, Terminalia Chebula) should be assiduously taken with Shivambu. This combination destroys senile degeneration and all diseases. If this practice is continued for all year, it makes one exceptionally strong (23,24)

One masha (about one gramme) of surplus should be taken along with Shivambu every morning. He who continues this practice for three years will live as long as the moon and the stars last. His urine and faeces will whiten gold. (25)
The powder of the koshtha fruit should be made properly with Shivambu and taken in the prescribed manner in these practices is continued for ten years one body baby breathe from the remains of old age such as wrinkles in the skin and widening that of the hair one of the choir this the state of a thousand in the birds and use as long as the moon and the stars containue to exit. (26)

If powdered pepper and Triphala Choorna (mixed powder of Terminalia Belavica, Terminalia Chebula and Phylonthus Emblica) mixed with Shivambu are taken regularly, one acquires a radiance like that of the gods. (27)

The essence (bhasma) of mica and sulphur should be taken with Shivambu along with a little water. This cures all disorders caused by the Vata humor. He who takes such a mixture regularly becomes strong, acquires a divine radiance, and can cheat time (escape the ravages of time). (28, 29)

He who takes Shivambu daily and excludes salty, sour and bitter foods from diet acquires divine accomplishments quickly. Freed from all ailments, and possessing a body comparable to that of Shiva himself, he disports himself like the gods in the Universe for an eternity. (30, 31)

He who regularly takes the juice of leaves of the neem tree by itself as well as mixed with Shivambu, attains the state of a yogi, and acquires splendour comparable to that of the gods. (32)

Anyone can rid himself of all physical ailments by taking Shivambu regularly with the powdered bark of the neem tree and powdered pumpkin for the duration of a year. (33)

Shivambu should be taken with lotus seeds, honey and mustard seeds. This will assuredly produce lightness of the body, rendering it energetic. (34)

Equal quantities of Mahua fruit seeds and Triphala Choorna (see Verse27) taken daily with Shivambu will eliminate the possibility of senile degeneration and all diseases. (35)

He who takes rock salt mixed with an equal quality of honey every morning, and follows it up with Shivambu
A mixture of equal parts of sulphur, powdered anvla (Phylonthus Emblica) fruits and powdered nutmeg (Myristica Beddomci) should first be taken, and that should be followed by drink of Shivambu. This will eliminate all diseases. (37)

A daily diet of milk accompanied by the drinking of Shivambu, continued uninterruptedly for seven Years not only eliminates all diseases, but also nourishes and straight in the body (38)

And he who takes the powdered amritaka, (vachhnag, Tinospora condifolia) following it up with drinking of Shivambu can certainly conquer death. (39)

And he who drinks he’s own urine to which honey and Crystal sugar have been added is relieved of all diseases in six months. His speech becomes pleasing and he becomes clear-headed. (40)

He who first takes piece or powder of dry ginger, and drinks Shivambu after that, certainly conquers diseases. (41)

By drinking Shivambu every morning and chewing leaves of Nirgundi(Viter Nirgundo) after drinking a Yogi attains strength, becomes far-sighted and succeeds in all his undertakings (42)

The Yogi who applies a past of Mansheel ground with Shivambu all over his body frees himself from diseases and he’s hair becomes black (i.e. in spite of age). (43)

And now O Parvati, I shall explain to you the process of massaging with Shivambu such massage carried out according to the prescribed procedure enables the Yogi to attain success in his practice of yoga (i.e. in his endeavors towards spiritual development). (44)
Shivambu should first be taken in an earthen pot and stored. When only one-forth of it is left, the cool concentrate should be used to massage the body (45)

There are certain mantras which are to be recited while accepting, drinking and producing (passing) it, of I am now apprising you. While taking Shivambu into your hands this mantra should be recited:

Mantra : Aum Hrim Klim Bhairavaaya Namasha.
This mantra should be recited while drinking it:

Mantra : Aum Hrim Klim Uddamareshwaraaya Namaha.
And this is the mantra to be recited while passing urine.

Mantra : Aum Sarvashristiprabhava Rudraaya Namaha. (46, 47)

Having thus taken Shivambu, the Yogi should apply it to the body, which action abundantly nourishes the limbs, and cures all disorders. The Yogi who follows these instructions achieves pre-eminence among all Yogis, and his movements become totally unrestrict. He acquires the strength of a thousand elephants, and is able to Obtain(and digest) any food with he desires (48, 49)

He who foolishly uses urine that has not been matured as instructed for massaging the body, finds that his disorders get worsened, and all his limbs becomes weakened due to loss of muscular tone (50)

Therefore urine that has not been matured or aged should never for massaging the body. On the other hand, O Goddess, if properly matured urine is us for the purpose, all attainments are within one’s grasp. (51)

By drinking Shivambu and using it for massage in accordance with the prescribed procedure the practitioner is freed from aging and death.(52)

The urine and faeces of on who rinks Shivambu regularly an impart a white color to go. The practitioner who uses a mixture of Shiro-amrit, dew and Shivambu for massaging his body acquires great strength, and from all ailments. (53)
The Yogi who drinks his own urine every morning regularly for three years, and abjures salty, hot and bitter foods for that period will conquer lust, and be the master of his desires.(54)

O Dear One ! He who is unyielding in his practice of taking roasted grams with jaggery, drinking Shivambu and massaging his body with it for six months acquires the ability to see clearly things situated at great distance; he is able to smell them from great distance; he is not subject to ailments, and his body becomes light and supple.(55,56)

O consort of the chief among the Gods ! He who takes on gramme of Piper Longum and one gramme of black pepper everyday, and follows it up with a drink of Shivambu, will in only a month acquire a pleasing voice, and conquer all bodily ailments(57).

The outstanding practitioner who regularly takes powered dry ginger, and then drinks Shivambu, becomes exceptionally strong and capable of great exploits. He becomes as strong as a thousand elephants, and his youth will tempt even the Apsaras to entreat for his favours. (58)

O Consort of Shiva ! One who drinks Shivambu after taking roasted and powdered Abhaya (Haritaki, Trminalia Chebula) succeeds in purifying his whole body, his body comes to resemble the bodies of gods, and he acquires a cheerful frame of mind. (59)

And he who sedulously drinks Shivambu after taking the mixture of equal part of the powders of Amrita, Triphala (see verse 27),Kau, dry ginger, cum in seeds and the roots of Piper Longum, and keeps to a diet of only and milk will within a year develop an understanding of the Scriptures (60)

One who follows this practice for three years acquires great strength and valour; he becomes a veritable god on Earth. He becomes omniscient, acquires all spiritual attainments, can expound in the Scriptures and Science which he has not studied, and all the three worlds are visible to him. (61)

The practitioners who drinks Shivambu with the powder of the five parts of the sharaopunka(Devnaal) plant, acquires pre-eminence among the Yogis, and enjoys spiritual ecstasy. (62)

O Great Goddess ! Powders of dry ginger and crystal sugar should be mixed with ghee and honey and taken with the juice of Nirgundi(Vitex Nirgundo) leaves, followed by a drink of Shivambu. If this is done for a month, one becomes strong in one’s limbs and acquires immeasurable physical powers. After one year of this practice, one enjoys all the beneficial fruits of Yoga (63,64)

Equal amounts of black an white seasame seeds should be taken with Karanj(Pongamia Glavri) seeds and juice of Neem lives, and this should be followed by the drink of Shivambu. The practitioner who follows these instructions will, within a fortnight, achieve perfection of body 65

Having drunk 1/32 gramme of opium roasted on an open fire with Shivambu, the wise man can enjoy sexual intercourse as and then he pleases. One who takes this drink regularly acquires complete control over the ejaculation of semen, over his breathing, and over the strong passions of lust and anger; he will be able to travel over the whole earth for a long time(i.e. he will live a long and active life). (66, 67)
O Goddess! Triphala choorna (s verse 27) mix with Virgundi(Vitex Nirgundo) and both the varieties of turmeric should be taken with Shivambu. He who does this for three months becomes omniscient, capable of discerning fine distinctions, and as lustrous as a crore of Kamadevas. (68)

One who regularly follows the practice of licking a paste of Bhringaraj(Elipta Errecra) and honey, and drinking Shivambu after that, will in six months be able to cheat time (becomes free from the ravages of age) and will become far-sighted. (69)

He who regularly takes a powder of the Neem tree, the roots of Chitraka(Plumago Zylania) and the root of Piper Longum with Shivambu attains such spiritual eminence as to deserve to be worshipped even by the gods. (70)

The root of red Apamarg (Achyranthus Aspara), and the root of Chakramarda (Chenopodium Album) should be drunk with Neem juice, and this should be followed by a drink of Shivambu. One who does this regularly will remain free from all diseases and he will not be subject to the effects of old age such as wrinkles or greying of hairs which will remain back. He will be able to walk a distance of ten yojanas (125 Kilometers) without effort. He will be able to hear sounds from great distance and thus come to know about distant events. He will be able to divine other people's thoughts, and O Goddess! Young women of royal blood with faces rivaling the moon in beauty will be attract towards him. (71 72 73)

He who likes a grain of the Juice of white kaner (Nerium Odorum) and then takes a drinking of Shivambu everyday will be free from epilepsy (and mental disorders) withib a year. (74)

The juice of white Gunja(Abrus Preatorius) seeds, the juice of Sharapunkha (Dvala) leaves, the powdered seeds of Chakramarda (Chenopodium Album) and the powdered roots of Matulung (Mahalung) should be taken in equal quantities and wetted with Shivambu to prepare a paste. This paste should be rolled into pea-sized pills. One of these pills should be taken every day, and Shivambu taken after that. If this practice is continued for a month, the practitioner, pre-eminent among the Yogis, will achieve such a purification of his body as to render it free from all ailments. (75, 76, 77)

Powdered seeds of Karanja (Pongamia Glabra), the gum of the Banian tree (Ficus Bengalensis) an a little opium should be mixed and liked every morning, and this should be followed by a drink of Shivambu. The Yogi who follows this practice will in six months acquire the youthfulness of a sixteen-years old boy. He can become invisible when he choose, and can become visible at will. (78, 79)

The juice of the leaves of Kavali should be mixed with the juice of Bhringaraaj leaves, and taken with honey crystal sugar and ghee. The mixture is like a thick paste, and has to be linked. One who takes this mixture regularly will be free from the signs of old age, and his hair will remain back. (80)

White Mustard seeds and Turmeric mixed with both kinds of cumin seeds should be powdered together and taken regularly. This will free one from all signs of old age within a MONTH. (81)

Drumstricks, Jatamansi and white Mustard seeds should be powdered mixed with honey and ghee. This should be taken regularly. This practice causes one's body to become as comely as that of the demi-gods known as Gandharvas. (82)

Kanlanmi (Guggul) an Bhargika (Cleroenron Serrotum) should be powdered and made into a paste by mixing with butter. If this taken regularly with Shivambu, the practitioner acquires a pleasing personality. (83)

In the world you off moss known as judiciary and the seeds of spenders new reform news showed the board and meets the Shivambu he would takes this make sure our regular the acquires the charming but a slight 80 of the famous the Indian the King of the Y. axis and been not be subject to the process of the aging a deep oh
In the U. of the takes mashafaeces muscle passages with Shivambu every morning he read the geared of all diseases which are caused by the excess of the on all of the three human errors, par P GM but the error and the Dow by a he acted tonight need the its deleted and if his body is the 80 need the grade the stated 85

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Even if he drinks Shivambu for the first but the and Mossad there’s his body with the ones that the he becomes a capital of great exploiting its if these practice is followed for three years his body been acquire radiance believe become the master of our arts and science. Acquire one S. 80 and Bailey CD of speech and he been live so long as the moon and the stars continue to exist 88,89

And now we’re oh bodies I saw an expiring the various practices to be followed building inch of the six seasons the U. of the who at OPS the practice as described mean not be a buyer by diseases 90

| बसन्तकालः देवेशिः श्रीदामुक्तः हरितक्रीमि  |  \(\text{Prāshyā vishvōpadyahḥ talāḥ pashkāṭ pānā śāyamūnāḥ} \) | 91 |
| विश्वासः शुभारोगाणाः चतवारिंशच्च चैतिकाः  |  \(|\text{Arṣheeārāntaṃ rūgā naśayante nācāṃ sāṃśyaḥ} \) | 92 |

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| करुपीक्षशरसा चर्ज्या चमल्ले च महेश्वरि  |  \(|\text{Tanāyugāṅghraḥ satyaḥ hi jñayate yoginioṇiśām} \) | 93 |

And oh grade in court days better and one giant food should be avoided getting the spring the scene a share the proper narration and and do love main of all the limbs 93

| \text{विधि श्रीधामारतन्त्रे शिवमूनुकलिपविधिः समाप्त} |  |

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During the city’s season January February makes order of the bar in the legal roots the that the Panamanian are Chebula and dry Ginger should be taken before drinking Shivambu this beauty files the body, furnace the straight and of hundred 80 funds and prevent the RAM in his of old age the practitioners becomes only son and the object of affection of all living entities 102 103

O. bodies during the tedium of the regular and section of Shivambu one must stating Leslie capture the following paycheck devils consisting might the often leads are off flops grams and was says such as quarter hour hearths grants many as black grams except row say the years that are like the two cause Ripken’s run giants sharp beat the salty and so foods six years intercourse avoidance all these need help the success of you the practice in the relaxation of this helps eastern’s is likely to cost are 104 105 106

Oh dealer one I have expounded the tape in the Sistine card Shivambu cut off to you this cease secret not eighths that these to be. The guarded it should not be in parted to all and sun and the bird only to the deserving 107

You’re a ends the discussion of Shivambu cup are the ads expounded in the Dow more than the first of box