



**INTERNATIONAL JOURNAL OF  
PHARMACEUTICAL SCIENCES**  
[ISSN: 0975-4725; CODEN(USA): IJPS00]  
Journal Homepage: <https://www.ijpsjournal.com>



## Review Paper

# A Comprehensive Review on Herbal Soap Formulated with Cow Urine

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## ARTICLE INFO

Published: 06 May 2026

### Keywords:

Cow urine, Panchagavya,  
Vermicompost, Gomutra,  
Nitrofurazone

### DOI:

10.5281/zenodo.20052611

## ABSTRACT

An Ayurvedic tradition of using cow urine (Gomutra), has already been known. The ancient Indian medicine has also been significantly influenced by the cow since it is considered as a convenient source of health promoting products and is also referred to as a living pharmacy. The urine of cows is claimed to contain antifungal, antimicrobial and immunodulatory effects in addition to anti-aging effects. According to the Ayurveda traditional text Ayurvedic cow urine can be taken in small amounts by mouth or used in any combination with the other natural herbs to cure a variety of diseases. By having cows, the Indian people treasure them so much as they are considered a good source of sustenance to human health in terms of milk and other effective products. The Ayurveda which was the ancient Ayurveda medicine written in the Vedas is geared towards the use of natural medicines that put into consideration the holistic well being of the human being. The skin disease that the cow urine has long been utilized in treating is fungal infection and also psoriasis. In this review, attention to previous applications, medicinal importance, and potential applications of cow urine to healthcare and emphasis on the need to conduct scientific analysis to establish its therapeutic claims are made..

## INTRODUCTION

“The Indian cow urine is worshiped as Kamdhenu and Gaumata since such is deemed to be nurturing as a mother. It is estimated to have a medicinal value and frequent consumption of cow urine is always believed that this is useful in curing most of the diseases. The mixture of five cow products,

including urine (Gomutra), dung (Gomaya), milk (Godugdh), curd (Godadhi), and clarified butter (Ghee) called Panchgavya, is said to have medicinal properties to treat diseases.

Urine is also allegedly helpful in such conditions as flu, common cold, fractures, toothache, dry skin, psoriasis, and other skin problems. It is also suspected to slow aging and they state that it helps

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**Relevant conflicts of interest/financial disclosures:** The authors declare that the research was conducted in the absence of any commercial or financial relationships that could be construed as a potential conflict of interest.



in ailments such as AIDS, chemical poisons, chicken pox, enteritis, constipation, pneumonia, allergies, snake or animal bites, asthma, heart problems, high blood pressure, burns, and cancer. Also, it is believed to be efficient against gout, blood in urine, small pox, immune disorders, infertility, hair loss, insomnia, jaundice, hepatitis, dysentery, edema, eczema, eye irritation, fatigue, fever, gonorrhea and lymphatic disorders.[2]The urine of cows has gained much acceptance, it has been used and appreciated among other animal products as a result of the high therapeutic rating attached to it. Topically It has been used as lotions, ointments and bathing solutions and as an internal medication in drug preparations and in the form of a beverage [5].The ancient Ayurvedic texts such as Sushruta Samhita and Charaka Samhita mention cow urine (Gaumutra) as an effective animal product and highly diverse in its properties, in terms of therapeutic actions. In India, it is regarded as sacred and it has been non-toxic and has been used in Ayurvedic dishes to cure various health-related ailments conventionally.[6]

### **Herbal soap :**

A particular kind of soap is herbal soap, which is composed of natural products which are made through different kinds of herbs and plants. Some of the herbs that are usually included in Herbal soap are Tulsi, Neem and Rose water. The herbal soap is associated with relaxing, refreshing, and healing skin and is therefore mostly used by individuals with sensitive or dry skin. At the moment, many cosmetic products are adulterated and many other beauty preparations present in the market are of lower quality which can have potential risks of side effects Eczema, skin rashes, allergic reactions and even the development of skin diseases. The use of herbal soap preparations is a medicine or pharmaceutical since it contains antifungal and antibacterial agents.

Preparation of herbal soap is a medicine, which is antifungal, antibacterial, anti-aging, anti-oxidant and anti-septic. It largely involves using plant elements such as seeds, rhizomes, nuts, leaves, flowers and pulps to treat an injury or illness or to attain good health. Herbal soap is natural soap which does not have any artificial colouring agent, flavour carrying agent, this is because it has high medicinal value, cost effective, availability and compatibility of herbs and plants. Herbs like the Tulsi, the Neem, and the rose water are used in creating the herbal soap. Herbal soap is reputed to possess a calming, refreshing and healing effect on individuals with sensitive or dry skin, which makes it a favorite with the consumers. Many cosmetic products are currently being adulterated and many other beauty preparations in the market are of low quality that have potential risks of causing side effects like Eczema, skin rashes, allergic reactions, and even development of skin disease. The manufacture of herbalsoaps is medicinal or pharmaceutical because they possess anti-bacterial agents and Anti- fungal agents. This is the paraphrased text: To paraphrase Here is the paraphrased text:Herbal soap is a medicine preparation whereby it will be accompanied by the antifungal and antibacterial qualities, antioxidant, antiseptic qualities. It is made primarily out of the various parts of the plants, including seeds, rhizomes, nuts, leaves, flowers and pulps among others that are applied in the treatment of injuries, curing and general wellbeing.The herbal soaps in comparison with the normal soaps do not contain coloring agent, scents, fluorides and other poisonous chemicals, which are unnatural. The natural products are the herbs, which when applied to most diseases and complications of the skin, their medicinal values make them largely applicable, cost effective, readily available and easily compatible to a human body.Herbal soap is formulated using natural ingredients obtained from various herbs and plants. Commonly used

herbs in herbal soap preparation include Tulsi, Neem, and rose water. These ingredients provide soothing, refreshing, and healing effects on the skin, making herbal soap particularly beneficial for individuals with sensitive or dry skin. In recent times, many cosmetic products available in the market are adulterated, and several beauty products are of poor quality. Such products may lead to harmful side effects such as eczema, skin rashes, allergic reactions, and other skin disorders. Because herbal soaps contain natural antifungal and antibacterial components, they can also be considered medicinal or pharmaceutical preparations that help maintain skin health.[8]

### **Skin :**

On the external body, there is skin or cutaneous membrane. It is the most weighty and it has the largest surface area of all body organs. Body temperature, blood deposition, protection against the external environment, cutaneous sensation, excretion, and absorption, the creation of vitamin D are functions the skin fulfills. The system of defense against the outer layer makes the microorganisms access impossible in the manifestation of the microbes within the organism. The greatest exterior defence structure is the skin. Skin covers the outer part of the body and performs other roles other than the defense mechanism. We may say that it is a mechanical barrier between the external or outer and the internal component of the body. Topical drug delivery system is also their major route whereby, topical drug is one of the easiest organs that can be administered to the human body. The overall amount of knowledge on rational approach to topical formulation, purpose

of topical permeation and basic constituents of topical drug delivery systems is the matter of concern of the authors in this research. The absorption of the skin ointment is subject to a wide range of variables the most glaring one being the concentration and time of contact, solubility of the drug, the physical condition of the skin layer and the part of the body covered: The skin is the largest body organ in size and mass as it covers the entire surface of the body commonly known as the cutaneous membrane. It plays several functions of importance in the sense that it regulates the body temperature, as well as, holds the blood in place, to maintain the body intact against outside circumstances within the environment, to provide sensory sensation, and to aid excretion as well as absorption, and lastly to assist in stocking up of vitamin D. The skin as well symbolizes some form of defense mechanism as it allows microorganisms no way to infiltrate the body. Although it ensures that the body is not exposed to harmful agents, it does not just do so. It is also a mechanical cover that is the internal differentiation of organs of the body and the external environment. The topical surface is an easy route and the skin is mostly utilized in the topical delivery of drugs and topical delivery systems. This study aims at offering comprehensive data regarding the rationality of topical formulation, the purpose behind topical permeation as well as underlying constituents in the topical drug delivering systems. Ointments absorption through the skin is dependent on a number of factors such as the concentration of drug to be used, length of contact, solubility of the drug, and the physical condition of the skin layer and a particular area that the drug is applied among others.[7]

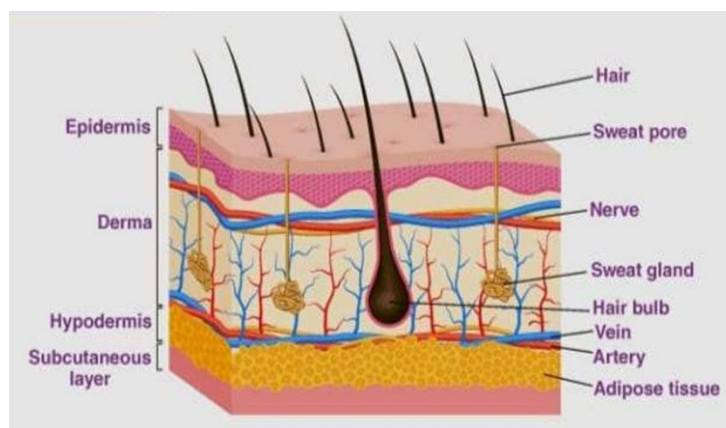


Fig.1 Skin

## Material and Methodology:

### Raw Material :

#### 1) Fresh cow urine:

Cow urine has been employed in Ayurvedic traditional medicine that has antifungal antimicrobial properties and used externally either as lotion ointments, bath international used preparation of oral medication and drinks cow urine is now being used cosmetic product.



Fig.2 Tulsi

#### 2) Tulsi :

Tulsi has skin and hair benefits. It contains camphene, which works as a natural to near to remove excess oil in the skin. Owing to its healing, antibacterial, antifungal, and anti-inflammatory properties. Tulsi benefits the skin by preventing blackheads and acne and relieving skin infection. Tulsi neutralizes free radicals and rejuvenates the skin, reviving the youthful glow.

Rich in vitamin K and antioxidants.

Tulsi benefits hair by stimulating blood circulation and promoting hair growth, among other things.

- Biological name- *Ocimum tenuiflorum*.
- Common name- holy basil.
- Chemical constituents- eugenol, germacreterpens, flavonoids and terpenoid. Part typically used- leaves.
- Colour- Green.

#### 3) Almond oil :

Almond oil is rich in Vitamin E and fatty acids, making it excellent for moisturizing, softening, and improving skin texture.

It helps in treating dry skin, sunburn, dark circles, and stretch marks.

Acts as a mild natural laxative. Also used to soothe irritated skin and reduce inflammation. Widely used in lotions, creams, massage oils, lip balms, and makeup removers due to its emollient and soothing effects.

- Biological name - *Prunus amygdalus* Batsch.
- Common name- sweet almond
- Chemical constituents - Fixed oil (mainly Oleic acid and Linoleic acid) Vitamin E (Tocopherol)
- Colourless to Pale yellow



**Fig. 3 Almond Oil**

#### 4) Rose water :

Rose water is widely recognized for its medicinal, cosmetic, and aromatic uses. It is rich in antioxidants and possesses anti-inflammatory, antibacterial, and hydrating properties.

Soothing irritated skin and reducing redness.

Acting as a natural toner and refresher.

Used in aromatherapy for stress relief due to its calming scents.



**Fig. 4 RoseWater**

#### 5) Glycerine soap base

Glycerine soap base is a transparent or translucent soap base made primarily from glycerine, a natural humectant that attracts moisture to the skin. It's commonly used in melt and pour soap making.



**Fig. 5 Glycerine soap base**

#### 6) Neem

Some of its health restoring benefits Effective in skin infection, and pimples.

Immunity booster, Anti-obesity, Blood purifier for beautiful and healthy skin, Anti diabetic, Anti-viral, Dispels intestinal worms and parasites, Malaria, Piles, Hair disorder and Oral disorders.

Neem is rich in fatty acids, including oleic, stearic, Palmitic, and linoleic acids.

Neem has been used to treat acne, reduce blemishes, and improve skin elasticity.

Leaf extract accelerates wound healing through an increased inflammatory response and the formation of new blood vessels.

- Botanical name- *Azadiracta indica*.
- Part typically used- Leave. Color- Green.
- Constituents- flavonoids, Alkaloids, Azadirone, nimbin, nimbidin, terpenoid, steroids, tannic acid and saponin”



**Fig. 6 I just Neem**

## Methodology:

### Step-by-Step Procedure:

#### 1) Prepare the Glycerine Soap Base:

Cut 75 gm of glycerine soap base into small chunks for easy melting.

#### 2) Melt the Soap Base:

Using a double boiler or microwave, melt the soap base slowly. Stir occasionally to ensure it melts evenly without burning.

#### 3) Mix the Active Ingredients:

Once the soap base is fully melted, add 10 gm of Neem powder and 10 gm of Tulsi powder. Stir well to ensure the powders are completely dissolved and mixed.

#### 4) Almond Oil:

3 ml of almond oil. This will aid in heating up of the skin and nourishment.

#### 5) Add Rose Water:

Take 5 ml of rose water, pour it into the mixture. Combine with each other and it will assist to alleviate redness and this will assist in calming down the skin.

#### 6) Incorporate the Green Pigments:

Add green pigment 1 gm and this is safe to use in the bathroom and it will provide this soap with natural green color. Stir well and achieve a monolithic colour.

#### 7) Pour the Mixture into Molds:

Then pour the soap mixture in liquid form in Pour Molds. Make sure that the Moulds are clean and dry and then pour.

#### 8) Let the Soap Set:

Allow the soap to dry and rest at room temperature (week or two hours) or refrigerator to dry.

#### 9) Unmold the Soap:

The entire set of the soap must then be removed out of the Molds.

#### 10) Cut and Store the Soap:

Divisions of the soap into bars were required. Store the soap in an airy and cold area.

## CONCLUSIONS

In the physiologic state, urine is commonly viewed as an in-toxic biological waste. Different scientific studies have confirmed the antimicrobial properties against certain drug-resistant microorganisms and antiviral and immunomodulatory action of cow urine, and more so, its distillate. Although we can neither say now cow urine is able to cure all the diseases, it might be possible that there can be signs that it may be employed as a means of providing support to the natural defense mechanisms and enhancing the immune response by the body.

This thought is similar to the conventional Indian perception that human organism should possess its self-curved healing power provided that the normal physiological functions are not in severe wrath. In that respect, cow urine has already been proposed as the potential supplemental treatment approach since it contains several bioactive substances. Besides, well refined cow urine has not been considered to be a toxic compound and could be obtained at a relatively cheap price through domestication of cows and serves as a cheap source of both traditional and experimental preparation.

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**HOW TO CITE:** Kadam Tejas, Kadam Tejaswini, Kadam Shambhuraj, Kadam Vaishnavi, Kade Pratik, Anil Pawar, A Comprehensive Review on Herbal Soap Formulated with Cow Urine, *Int. J. of Pharm. Sci.*, 2026, Vol 4, Issue 5, 1111-1117, <https://doi.org/10.5281/zenodo.20052611>

