

Research Note

Benefits from Long Term Urine Therapy Practice:

Experienced Practitioner Data Analysis
(Questions 1.3 and 2.1)

*UTRI – Urine Therapy Research Initiative | M Macdonald, PhD | 2025
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Urine Therapy Research Initiative

Urine Therapy Research Initiative Aims

This discussion is part of the Urine Therapy Research Initiative which has two specific research aims – to link cutting edge scientific research on human urine-derived stem cells (USCs) to the health benefits reported by urine therapy practitioners; and to examine the detoxification potential of urine in relation to toxins and heavy metals (HMs). The overarching research initiative also has an education component as urine is not yet known for its far-reaching health benefits.

This research note is part of a series of short discussions on various topics to highlight the potential to apply urine studies to a broader range of topics.

This draft document has not yet been revised by outside readers, nor experts in various fields. This work is by definition exploratory and interdisciplinary.

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[Note: The analysis of respondent answers to the research questionnaire was reviewed and integrated into this note by the author. The author used AI-assisted (ChatGPT OpenAI, 2025) analysis to bring a wider scope to the discussion and posit possible medical mechanisms.]

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UTRI Experienced Shivambhu/UT Practitioners Long-Term Research Project

The UTRI started gathering information from experienced Shivambhu¹/Urine Therapy (UT) practitioners in June, 2025. The focus is on practitioners who have done at least two years of consistent practice. The form was sent out via email and social media to people within the Shivambhu/UT community. To date (31 July 2025) 22 people have provided responses.

Form Summary

The UTRI Experienced Shivambhu/UT Practitioner Long-Term Research Project intake form is a 10–20 minute questionnaire designed for individuals who have practiced urine therapy consistently for at least two years. The form collects qualitative insights and checkbox-style data. The aim is to provide a well-rounded picture of participant's long-term practice.

[A link to the form is here.](#)

[A link to the text version in pdf of the form is available here.](#)

The form includes the following sections:

1. Practice Background – When and why the participant started urine therapy, and what led to consistent practice.
2. Health Effects – Open-ended questions about the most noticeable health improvements, what keeps them practicing, and what changes they notice.
3. Methods of Application – Checkboxes and descriptions covering internal (e.g., drinking, nasal drops) and external use (e.g., skin treatments, wounds).
4. Unexpected, Surprising or Challenging Experiences.
5. Protocol Preferences – Which protocols they favor, what works best, and why.
6. Recommendations – Would recommend urine therapy and why.

All responses can be submitted anonymously, or participants may provide their email for continued engagement. The form is designed to balance depth and ease, gathering rich insight while respecting participants privacy.

Data Analysis – Questions 1.3 and 2.1

This is the first iteration of the data analysis and the focus is on the first two reflective questions on the form:

¹ Shivambhu is the Sanskrit word for Urine.

- Q1.3 Why did you decide to practice consistently? What motivated you to stay with it?
- Q2.1 What are the most obvious positive changes you have experienced in your health over the past two years of consistent urine therapy practice? (Please describe in detail.)

These questions are open text based; the respondent is free to draft any answer. From these answers overarching topics have emerged. When free to provide any answer, respondents prioritized answers that touched on benefits and health outcomes.

Table 1 – Health Benefit – Q1.3 & Q2.1

Health Benefit	Mentions /22
Skin, Teeth, and Appearance	16
Nervous System & Mental Health	15
Immune System & Infections	15
Self-Reliance & Autonomy	13
Energy, Strength, Sleep	12
Digestion & Metabolism	11
Spirituality & Intuition	11
Menstrual & Hormonal Health*	9

*There are further questions later on the form specifically about menstrual and hormonal health.

Table 1 provides a summary of the most reported health benefits by category. These categories are based on the responses provided. There was no prompting to answer any specific category.

People report a mix of physical, mental, emotional and spiritual benefits. The table highlights the power of regular practice over an extended period of time. The responses show clearly positive changes in quality of life and overall health.

Background:

As urine therapy is likely new to most readers of this research, a short explanation of a few key concepts will provide some framework for the analysis of urine therapy practices.

The aim is to provide context and potential lines of inquiry around a complex topic, as well as offering a few ideas to contemplate while reading the rest of the report. Hopefully this will help show that practitioners are describing effects directly linked with the power of whole urine practices.

Historically, urine therapy, while perhaps new to a lot of people, is one of the oldest healing tools. Humans have been using it for everything from tanning hides, to cleaning, to healing skin for as long as humans have been on the planet. Urine as a healing practice, is by nature holistic; one liquid produced by the body used for many purposes and in many applications. People who do this practice report healing on physical, mental, emotional and spiritual levels. They report faster and more even healing, relief from chronic conditions, better sleep, digestion and energy and an overall feeling of well-being. These effects alone are noteworthy. How can one liquid provide such a variety of effects?

Contemporary Western medicine, in contrast, has focussed on diagnostic medicine, and therefore on the constituent parts of urine analyzed in isolation — urea, creatinine, uric acid, hormones, peptides, salts, etc.

According to work by scientific researchers, the diagnostic model has led to medical interventions that attempt to treat the majority of common chronic conditions in the majority of people. In the last decades there has been more acceptance that this is exceptionally difficult to do. Clinical practice has started to recognize that the uniqueness of each patient, specifically at the genetic level, demands more individualized patient care (Lillie et al. 2011). Urine fits these criteria, as a self-produced, highly individualized biological fluid.

Urine reflects the current state of the body, at all times. Unlike medications that target isolated receptors or pathways, whole urine delivers a complex biochemical profile. To date over 3150 endogenous metabolites have been identified (see the *Human Metabolome Database* at the University of Alberta, Canada) and these include:

- Nutrients
- Hormone metabolites
- Enzymes
- Antibodies
- Microbial signals (micro-RNA, bacterial fragments)
- Electrolytes and trace elements
- Volatile compounds and metabolic byproducts

When these are introduced back into the body (especially via mucous membranes, skin, or the gut where they have quick access to several systems), they may engage multiple feedback loops simultaneously.

Urine is also a charged, structured water which could reintroduce a negative electrical charge. If this is the case, urine may help restore membrane potential. With the results that respondents

mention thus far, it could be that urine supports electrical signaling across neurons, fascia, and energy channels (i.e., meridians). This would add to the sense people have of feeling more alert, and awake, as stagnant tissues are stimulated via the bioelectric entrainment of urine. This is all hypothetical without further study. Studying the effects of structured water, is however, not without precedent. The research from Dr. Gerald Pollack, whose work on the fourth phase of water makes the case for the power of structured water, is reason enough to pursue further examination of urine with the benefits of structured water.

The future of the study of urine requires moving beyond reductionist thinking and engaging emerging concepts in systems biology, bioenergetics, and even quantum biology. In this understanding, urine is a personalized bio-informatic fluid.

Discussion

Benefits and health outcomes from Q1.3 and Q2.1

- Q1.3 Why did you decide to practice consistently? What motivated you to stay with it?
- Q2.1 What are the most obvious positive changes you have experienced in your health over the past two years of consistent urine therapy practice? (Please describe in detail.)

The discussion is organized around quotes from respondents. The quotes relate to specific benefits/health outcomes. As each is discussed, possible biological mechanisms are posited. There is no proof for any biological effect as no research has been done on populations of UT practitioners. Most studies on urine involve extracting elements for closer study. Whereas, UT is a practice of whole urine. The full potential scope of the health interactions of this liquid on the individual who produced and consumed it are unknown.

In the first questions many respondents report that starting UT practice was related to a specific health issue:

- “I had dry skin and it responded right away to the urine. The skin was soft, supple and more plump/hydrated than it had ever been without moisturizing creams”
- “Felt improvement in energy levels, endurance.”
- “The results from the first three days, reduced pain and body inflammation.”
- “I had a lot of health issues to heal.”
- “I had eczema.”
- “I occasionally had a lot of pimples, and I saw that it helped.”
- “I had been experiencing hot flashes.”

This highlights an interesting point about healing and expectations. Many people who come to UT want a physical issue fixed. They frame their desire or need as ‘will UT cure/fix/get rid of X?’ It is the same mindset as ‘I will take A (pill, cream, medicine) to cure problem X’. This is based on an expectation that healing is a single lever -- pull the lever, and ‘issue A’ will heal. This is largely how the western/allopathic medical model functions; the default expectation is ‘A’ leads to healing ‘X.’

A huge learning that comes from practicing with UT is that urine leads to healing not only the physical, but also the mental, emotional and spiritual aspects of the self. The order of healing is often unexpected and timelines are based on the body’s innate wisdom. While some issues can be healed with UT quickly, this cannot be assumed.

Practitioners consistently report unique healing paths with UT. One person with a rash may find it resolved in a week of topical application. Another person may experiment over 12 to 24 months to resolve what appears on the surface to be a similar skin issue. Symptoms, pain, chronic illness and more will all shift according to the inherent logic of the body and the urine of the individual. Additionally, many UT practitioners also practice other holistic healing modalities. Combined applications can be synergistic, but also highly specific to the individual and the issue in question. While there are suggested protocols with UT, the time needed to ‘heal’ any issue could be different from person to person.

Over time practitioners report more frequently on the emotional and spiritual benefits. These are sometimes obvious, sometimes subtle and mostly unexpected. After years of practice people speak about the deep shift in their relationship to themselves, emotional and spiritual developments. The respondents to this form also commented on the spiritual benefits of their practice, which will be examined later.

Throughout this research note quotes from respondents are paired with possible mechanisms that may be at play. These are not claims of medical efficacy. They are a way to begin a discussion where no clinical research exists. Gathering examples from people who practice with UT is the way to build a case for the need for clinical research. When many people report such immediate, long-term, permanent benefits from their practice, it provides the foundation for positing the mechanisms that are activated with UT practice.

Immediate Results and Tangible Benefits

Many participants began with experimentation and chose to continue because of instant or fast results. While more rigorous clinical studies are needed, these early reports open compelling directions for future inquiry.

These includes:

- End of hot flashes within minutes
- End of mild depression within minutes
- Pain reduction
- Less inflammation
- Clearer skin
- Increased energy

These reported effects range from emotional relief to physical repair. These can be plausibly linked to the complex biochemistry of urine and its interaction with the body's mucosal surfaces, endocrine feedback loops, and immune modulation pathways.

Topic - Hot Flashes & Mild Depression

“Within five minutes, I had two immediate effects. I’m 55 years old and for at least five years I had been experiencing hot flashes... but after just two sips, the hot flashes stopped and never returned. Also, a mild depression — which I hadn’t even realized I had — lifted from me! Within 10 minutes after that first sip, I knew I would never stop doing urine therapy.”

Possible Mechanisms – hot flashes:

- Urine contains trace estrogen metabolites and other hormonal byproducts. These may act as low-dose biofeedback agents, supporting endocrine balance via mucosal reabsorption.
- Urine is absorbed quickly via sublingual, oral and nasal application. Vagal tone may be stimulated through drops, drinking and nasal rinses, because mucosal sensory nerves project to vagal pathways. This in turn may modulate autonomic balance. If this is the case, the further impact may be the rapid impact of thermoregulation and sympathetic overactivity, both of which are implicated in hot flashes. There is strong evidence that vagal tone impacts hot flashes, digestion, HRV (heart rate variability), and emotional regulation. There is a plausible link between oral/nasal mucosal stimulation and parasympathetic activation; effects are measurable via HRV.
- Urine contains nitrate/nitrite; oral/nasal routes could contribute to the nitrate–nitrite–NO pathway, influencing widening of arteries and large veins to allow more blood flow, circulation, and possibly mood. This is relevant for hot flashes (also, migraines, and blood pressure regulation).

- Reference: Ghasemi A. (2022)

Possible Mechanisms – mild depression:

- Urine contains low levels of neurosteroids and neurotransmitter metabolites (e.g., serotonin, dopamine precursors), which may exert subtle psychoactive effects via mucosal absorption.
- UT's vagal stimulation (via oral/nasal routes) could modulate the gut-brain axis, influencing mood through neuroimmune signaling.
- Anti-inflammatory effects may also contribute, as inflammation is linked to depressive symptoms
- Reference: Liu et al. (2024), Stárka et al. (2025).

Topic - Pain Reduction & Less Inflammation

“The results from the first three days: reduced pain and body inflammation.”

Possible Mechanisms – pain and inflammation

- Urokinase and other enzymes found in urine may promote anti-inflammatory activity and improved microcirculation.
- Urea and uric acid (both present in fresh urine) can reduce oxidative stress and inhibit pro-inflammatory cytokines.
- Topical or compress-based use of aged urine may act on localized inflammation. This has precedent in folk medicine where urea and ammonia-based poultices have historically been used to reduce pain.
- Reference: To be added.

Topic – Skin Clarity & Eczema

“I had eczema, I wanted to heal naturally after [...] steroids. I started cleansing with fruits and drinking my urine...things did get worse. I have every experience with having eczema on and off for many years. Then it healed and my skin began to clear. [...] After, I continued with natural treatments and aged orin* rubs, and my skin continues to return to its flawless state. I trust with continued daily application my skin will return to its full healing. It is definitely better than it used to be, as the majority of scars have faded with consistent use.” (**Orin is another word used by practitioners for urine.*)

“My skin is definitely the clearest it’s ever been”

Possible Mechanisms – skin and eczema

- Urea (found in fresh urine) is an emollient (moisturizing), keratolytic agent (exfoliating), and antimicrobial compound used in conventional dermatology for eczema, psoriasis, and dry skin.
- Antifungal and antibacterial peptides in urine (such as defensins and Tamm-Horsfall protein) may reduce skin flora imbalances associated with eczema flares.
- Urine therapy may also act as a systemic detoxifier, supporting liver and kidney function, thereby reducing inflammatory skin conditions.
- Reference: To be added.

Topic – Energy and Endurance

“Felt improvement in energy levels, endurance and saturation in cells.”

Possible Mechanisms – energy and endurance

- Reintroduction of trace minerals (magnesium, potassium, zinc) and electrolytes from urine may quickly restore cellular hydration and improve mitochondrial function.
- Urine contains small amounts of DHEA, an adrenal steroid associated with vitality and energy metabolism.
- The stimulation of the parasympathetic nervous system may create a sense of calm focus, enhancing perceived energy levels and reducing adrenal fatigue.
- Reference: To be added.
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Infections, digestion, hormones

Topic – Infections and Mucus

NOTE: This example is from the first year of practice of a respondent.

“It also cleared up a sinus infection I'd had for 4 years.”

Possible Mechanisms – infections and mucus

- Reduced local inflammation in mucosal tissues

- Improved vagal tone (vagus nerve), which governs parasympathetic (rest/digest) functions
- Shift in microbial balance. This may be modulated by the reintroduction of antimicrobial peptides found in urine. Perhaps related to a shift in the microbiome through fresh urine.
- A positive shift in the sinus microbiome. This could be from the reseeded of endogenous commensal bacteria, combined with the local action of antimicrobial peptides naturally present in urine.
- Additional contributing factors may include biofilm disruption, pH modulation, and immune recalibration, which together create an environment unfavorable to chronic infection persistence.
- Reference: To be added.

Topic – Digestion and anxiety

“Cleared up IBS, diverticulitis, brain fog, anxiety...”

Possible Mechanisms – Digestion and anxiety

- Reduced brain fog and anxiety suggest nervous system recalibration.
- UT may enhance parasympathetic dominance and modulate inflammation in the gut-brain axis, improving neurotransmitter signaling and mood regulation.
- Reference: To be added.

Topic – Hormone regulation

“My period also started again... my cycle is more regulated.”

NOTE: This example is from the first year of practice of a respondent.

Possible Mechanisms – hormone regulation

- The return of a menstrual cycle may reflect improved function in the hypothalamic-pituitary-gonadal (HPG) axis, possibly mediated by low-dose hormone metabolites naturally present in urine.
- Perhaps via feedback mechanisms, or via local receptor stimulation when absorbed through mucous membranes.
- Reference: To be added.

A consistently reported outcome of (UT) is the reduction of inflammation. This is described by practitioners as either as a rapid set of changes that are immediately obvious, or a consistent set of shifts that become clear over time. Both lead to comprehensive system-wide improvements in health. These reports align with the understanding that when inflammation is reduced, several key physiological processes become more efficient. The effects and benefits described by respondents line up with signs of lowered inflammation: fewer infections, more resilient immune system, better digestion, mucus elimination, efficient hormone regulation, and efficient lymphatic flow.

Self-Awareness, Positivity, and Spiritual benefits

“It seems to have made me less attached to any form of drama so my anxiety is almost none.”

“I felt self-love and calmness for the first time in my life.”

“I feel more centered and connected to myself.”

“My outlook became so positive. I felt sincere love for humanity and myself.”

These answers focus on the spiritual benefits of UT. While these can become clear immediately from UT practice, they can also take weeks, months or years to develop. Many people report that they identified a spiritual benefit after using UT topically for only a few days. Spiritual benefits are harder to qualify because each person categorizes these aspects differently. For one person feeling calmer overall is related to the mind, whereas for another, feelings of calm are related to the practice of meditation, a spiritual pursuit.

Spiritually relevant comments from respondents are impactful as they highlight how valued these changes are by practitioners. The emotional, mental and spiritual shifts do not follow the cause-effect logic of western medicine. They do however, reflect what practitioners report over and over again:

- Inner calm and emotional regulation
- Increased self-love and intuition
- Feelings of connection and peace
- Greater self-reliance and joy in bodily wisdom

These comments point to UT working on the nervous system, hormone production, connecting to intuition, feeling more connected to others, and less caught in the ego. These are major shifts that without UT can take a long time focussed on inner work and meditation. UT applications seem to consistently allow for spiritual shifts and transformations to happen with

more ease and speed. Many people also report that UT amplifies spiritual practices, for example, meditation can become more easeful, more potent or deeper.

Additionally, several responses reflect a spiritual or intuitive trust that urine therapy was the right next step, even before fully understanding it.

“I just knew strongly and clearly it was powerful and that I had to continue.”

“I knew intuitively that it was going to be the primary tool to guide me in my health.”

“I was led by God.”

On the other side, some respondents focussed on research on UT. They reference books, groups, interviews, or well-known figures in the field who served as a gateway into trusting the practice.

“I had done a lot of research on this subject and believed wholeheartedly all that I read.”

“The research I've read about it confirms its many benefits.”

Another direction referenced by a few people is a crisis health situation or financial pressure. At these times UT was seen as a reliable, low-cost tool for self-care and resilience.

“It made sense, during Covid... I [could] afford to dive into this practice.”

“Originally it was survival... then curiosity... then to help healing.”

There is a thread of joy, excitement, empowerment, and spiritual trust that shows urine therapy is more than physical — it opens a personal healing path.

“I liked providing what I needed for my own body.”

“It put to rest a life-time of searching for some deeper meaning.”

Together these comments begin to shape the research field. The responses show diversity of reasons for starting the practice, experiences, and benefits. The physiological changes reflect multiple system activation and point to synergistic and systemic potential from UT.

Summary

Patterns & Structures in Q1.3

This is a “*why I began and stayed*” question. Participants’ responses show:

- A shift from outcome-based logic (fix the skin, stop the symptoms) to relationship-based trust in the body and urine.
- Urine becomes both tool and teacher, and users often feel more sovereign, connected, or even surprised by what unfolds.

When compared with Q2.1, the answers show obvious positive changes over two years:

- Q1.3 focuses on entry point and motivation.
 - It is emotion- and intuition-driven.
 - Emphasizes immediate relief, curiosity, or trust.
 - Rooted in self-healing narratives, alternative thinking, and spiritual resonance.
- Q2.1 records outcomes.
 - Variety of physical evidence (skin, weight, immunity, mood, cycles, etc.)
 - Details about long-term transformation and complex symptom reversal
 - Unexpected benefits: e.g. less anxiety, improved vision, or spiritual awareness

People often begin consistent Shivambhu practice because:

- Nothing else worked
- They were curious or spiritually guided
- The first experiment brought instant results

They continue because:

- Their relationship with their body and urine deepens
- Symptoms disappear without conventional medicine
- They feel joy, peace, intuition, trust, and self-reliance growing
- The practice is synergistic with other holistic health modalities

Next Steps

The data gathered from the UTRI Experienced Urine Therapy will continue to be analyzed, section by section. More research references will be added over time. As more respondents fill out the form, those additions will be incorporated. This research relies on practitioners who are willing to tell their stories.

The experiences shared by long-term practitioners to date show that urine therapy is easy, powerful, multilayered and highly thought of by those who practice it. Many years of practice

leads to more overall trust in the practice, deeper trust in the self and more confidence in the practice. This is a powerful free healing practice.

An analysis of those who have done at least two years of practice also highlights a level of safety of the practice. If urine were having a negative effect this would be start to be obvious in those who have a long-term practice.

This work will continue and the UTRI welcomes feedback, contributions and suggestions for future papers.

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