Amaroli
(Urine Therapy)

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Brittain, Piers. Urine therapy. Articles available online: http://www.lightbalance.com/articles/index.htm (scroll down to “Urine Therapy” in the menu bar at the left side of the page).


Dobson, Brian. Amaroli. Article available online: http://www.geocities.com/Athens/Ithaca/9012/amaroli.htm. (Provides links to many other sites and resources.)


Abstract: Drinking one’s morning urine (“amaroli”) is a traditional practice of the yogic religion still widely performed. The pineal hormone melatonin and its conjugated esters are present in morning urine in significant quantities. Drinking the first morning urine restores plasma night-time melatonin levels due to deconjugation of its esters to melatonin. Exogenous melatonin, by either regulation of the sleep-wake cycle or enhancement of the physiological prerequisites for mediation (decreased body awareness (i.e. analgesia) and claimed slowed brain wave activity and heightened visualization ability) may be the mechanism behind the alleged benefits of “amaroli.”


*Of Related Interest*