

Urine Eye Drops: Oui Or Non?



By Josh Bloom — February 28, 2018



USE ONLY AS DIRECTED

In case you've run out of stupid stuff to do to yourself, like, juggling chainsaws, taunting pit bulls, or clamping your genitals in a hot waffle iron, this is your lucky day. Thanks to the wonders of Twitter there are now SO many more stupid, self-destructive things at your disposal that it's simply a matter of choosing your favorite color and flavor.

Well, today the color is yellow and, while I don't know anything about the flavor of urine (at least that's my story), it probably doesn't taste any worse than Diet Pepsi. But the flavor doesn't matter because this is not about people drinking urine, but rather putting it in their eyes. Now, what could *possibly* go wrong here?

Well, we're ACSH, and that means that *nothing* gets by us. We are an information-generating machine, which is why we're discussing this critical topic while the Times, Wall Street Journal, and Mother Jones all missed it **(1)**.

Staying on topic, urine has been used for all sorts of things over the years. Drinking urine is commonplace in India **(2)**, but it has now [spread to the U.S](#) ^[1], as well, along with a bunch of ludicrous [health claims](#) ^[2], such as a treatment for acne, allergies, viral and bacterial infections, hair loss, cancer... many more.

But putting pee in your eye? I don't want to judge without having the facts at hand. This is where Twitter comes in handy. I don't know the Twitter handle of this group, but it's a pretty good bet that it is **not** @HarvardReunion. Nonetheless, let's give them a fair chance.

This particular thread (below) starts with some guy whose name is hidden by a purple thing, and although his motive for putting pee in his eye isn't clear, no one can question his eloquent prose.

1. Things start out well enough:

PURPLE IDIOT Well, *that's a reilef!*

Probably a coincidence So I decided to put a few drops of aged urine into my eyes and they went really blood shot . It didn't sting or anything . My left eye got what looks like a burst blood vessel after .

Nothing to be concerned about, here, right?

2. But his good fortune does not persist:

Or maybe there is something to be concerned about

Because you can never be too careful

So I rinsed them out with fresh urine . Now I keep getting a little blob of puss in the corner of my left eye . Is this normal ? My aged urine is about 9 days old and it had floaty things in it .

I would say yes. If you pour 9-day-old piss with floaty things into your eye, this is probably pretty close to normal.

3. Luckily, Green idiot comes to the rescue:

GREEN IDIOT I wash my eyes with aged almost evety day and never had a prob.. **Except spelling**

4. We have a working hypothesis! Perhaps Purple Idiot didn't use the pee often enough.

5. But let's not forget that we are now in the era of personalized medicine where one size does not fit all. Regrettably, Green Idiot's advice does not work for Purple Idiot:

PURPLE IDIOT Oooh I wonder why it's done that to me then . It's really blurry now and I keep wiping puss out 😞

6. Fortunately, Twitter does attract legitimate scientists. The physiological expertise of Yellow Idiot becomes immediately evident:

YELLOW IDIOT

Maybe its a detox? I saw a video of an old man explaining his temporary blindness as a detox symptom. He said when the inflammation from the brain came down to his eyes he got blind for a few days.

7. And this is clearly the advice that Purple Idiot sought as it has enabled him to come up with a differential diagnosis:

PURPLE IDIOT

Yes I seen that too . I've just done an eye bath on both eyes and so much gunk came out . They feel great now but are still blood shot . Still a bit worried it could be the floaty stuff that was in my aged urine .

8. Which can then be used to refine the therapy, which, for whatever reason, he finds oddly amusing.

PURPLE IDIOT

Definitely sticking to fresh for now lol

9. Since we at the American Council are firm believers in the peer review process, it's a damn good thing that Turquoise Idiot stepped into this role:

TURQUOISE IDIOT

Yes mine were blurry for the first couple of times with sticky yellow in the corners and then a small sty on one eye for 2 days which really freaked me out but by the 3rd day of continuous eye baths morning and night since starting they were all clear and bright Unlike the guy who tried this

OK, so now we know all about eye urine therapy. I was going to write more, but all this discussion has prompted me to take a monster whiz, so I better wrap this up here and hit the men's room before...

Damn.

Too late.

NOTES:

(1) Mother Jones misses just about everything else, so this should come as no surprise.

(2) In India, drinking urine is a fairly standard practice, however, the issue of [drinking cow urine](#) [3] is hotly contested. I think I'll stay out of this one.

An Indic dilemma: Should you be drinking cow urine?

Do you have a choice? The proposition leads to a series of valid questions.

COPYRIGHT © 1978-2016 BY THE AMERICAN COUNCIL ON SCIENCE AND HEALTH

Source URL: <https://www.acsh.org/news/2018/02/28/urine-eye-drops-oui-or-no-12640>

Links

[1] <https://www.livestrong.com/article/1012865-drinking-own-pee-latest-health-craze/>

[2] <https://drhealthbenefits.com/disease-disorder/therapy/health-benefits-of-urine-therapy>

[3] <https://scroll.in/article/833449/should-you-be-drinking-cow-urine>