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Review Article

TAILA BINDU PARIKSHA: PARAPHERNALIA OF DIAGNOSIS

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ABSTRACT

History of any science is a cluster of facts and it helps to provide the guide line about our present and future path. According to some, “present is formed admitting the past”. Without knowledge of ancient past, present and future remains incomprehensible. Ayurveda, an ancient system of medicine is better appreciated from records of its evolution. To get a clear picture of future it is necessary, to review past which has become the past of history. We cannot ignore the sight of discoveries of ancient saints and their theories. Traditional medicine in general is the sum total of the knowledge, skills and practices on the theories, beliefs and experiences indigenous to different cultures, whether explicable or not, used in the maintenance of health, as well as in the prevention, diagnosis, improvement or treatment of physical or mental illness. Patient’s examination provides an accurate line of an individual, anywhere in universe, giving a systemic and holistic approach to understand an individual in the outline of ‘what one should be & in what condition an individual is. Today there is a tremendous need of such a perfect Diagnostic & Prognostic methodology which may give a safest way lesser time consuming easy, comprehensive. It is the necessity of the time so that Ayurvedic scholars come to the society and chance to show a satisfactory solution in era of diagnostic tool.

Keywords: Ayurveda, Pariksha, Tail Bindu Pariksha, oil, Mutra Paariksha.

INTRODUCTION

Ayurveda have their own unique principles for knowing normal and abnormal individual’s health and that basics are applied clinically by great scholars. Acharya Charka mentions that for treating disease firstly it is important to know about morbidity of Doshas to understand about Doshas Rogi pariksha is must¹. Ashtavidh Rogi Pariksha (it includes- Nadi, Mutra, Malam, Jihwa, Shabda, Sparsha, Drika, Akrti) one of the main diagnostic methods described in Ayurveda includes Mutra Taila Bindu Pariksha (MTBP), which is simple and cost-effective and easy tool. Modern diagnostic investigations procedures are costly and are not under every individual pocket. In the process of digestion and metabolism the end product are Malas. Mala are the waste product of body and it is excreted out. For investigator saint urine provides great information. One simple way for physician to search out what’s going on inside the body it is important to examine what flows is out. Urine examination is a test to be performed on urine and it is most common method and old tool for diagnosis. In modern medical field urine analysis is also tool for diagnosis purpose and further treatment plotting also. It is the one way for doctor to check what is happening inside the body structure. From all the Malas urine waste product used commonly for diagnosis investigation information widely. Urine analysis are started from Vedic time and also from Hippocrates(400 B.C.) and Sumerians, Babylonian doctors were examining for ill person for diagnosis the disease as urine reveals and from what sick is happening inside individual’s body. Urine examination has great role in diagnosis of Roga but not in prognosis. I intent to study the ‘TAIL BINDU PARIKSHA’ in the lamp lit of modern way of science. This study is point on the fact that by dropping a drop

of oil in urine sample one can easy to tell that disease is under cure or incurable and so the plot of treatment is easy to go.

Contextual Study

In Ayurveda research motto was to scientifically validate the prevailed medicine or principles by using modern analytical/scientific tool. Ayurveda is an ancient science based on different school of philosophies. As it is an applied science so it has the scientific background. The fundamental principles of Ayurveda are laid down after many times of experimentation. This is the reason that these principles are still applicable even in modern era. Pariksha is the way of examination and the word derived from the root “iksh” which means to view, to consider with the preposition “Pari” fixed with the root which means viewing or testing from surroundings. Definition of Pariksha by Amarkosha – it is the process of ascertaining the preferable features of a subject in interrogation during the process of examination.

Need of Pariksha

- For acquiring knowledge, it shows the understanding a Roga the way it would be².
- It helps regarding Doshas knowledge, strength of Rogi so that treatment part is bit easy to give³.

For every physician it is necessary to know this following 10 points (Pariksha bhava) to take success in the treatment point, these are –karana (cause), karan (medicine), karyayoni (disturbance in homeostasis Dhatus), Karya (maintenance of equilibrium of Dhatus), Karyaphala (disease free condition), Anubandha (longevity), Desha(land or body constitutes), Kala

(Kriya Kala of disease), Pravarti (therapeutic action), Upaya (excellence of vaidya or correctness of therapy).

Pariksha Types

It's of two types – Roga & Rogi Pariksha.

Roga- Pariksha by Nidana Panchaka i.e. – Nidana (causative factor), Purvarupa (symptoms), Rupa (signs), Upsahya, Samprapti (etio - pathogenesis).

Rogi- Pariksha- it is of various types-

- Eka vidha Pariksha- by Prataksha Pariksha. (chakrpani)
- Dwividha Pariksha- by Prataksha and Anumana.
- Trividha Pariksha – by Prataksha, Anumana and Aptopadesha⁴ & by Darshana, Sparshana, Prashana⁵.
- Chutarvidha Pariksha – by Prataksha, Anumana, Aptopadesha , Yukti.⁶
- Sadvividha vidha Pariksha – by Panchaindriya + Prataksha Pariksha⁷.
- Saptavidha Pariksha – by Darshana, Sparshana, Prashana, Netra, Mutra, Jihva, Nadi.(Bhavpraksha)
- Asthasthana Pariksha- by Nadi, Mala, Mutra, Jhivha , Shavda, Shaparsha, Drika, Aakruti⁸.
- Dhasvidha Pariksha- by Prakriti, Vikriti, Sara, Samhana, Pramana, Satamaya, Satva, Aahara Shakti, Vyayama Shakti, Vayas⁹.

MUTRA-urine is one of the Malas was said by Ayurveda Charyas. Malas are the waste product of body that pollutes or vitiates the other nearby structures of the body¹⁰. It is formed in the process of Avasthapa of Ahara and Malas are formed in Katupaka stage. Mutra stored in Basti (urinary bladder) after formation of it. And then it transported to ureter and then after pass away by urinary tract. Urine is waste product as well as important and used as Pariksha. It works as diagnostic tool regarding various normal or abnormal conditions. Some philosophers said that it also used as prognostic tool but how it is in question.

Urine examination history- basics of this are starts in Vahat manuscripts as reference that available which was written during 9th- 10th century. Consequently it is elucidated in Vangasena, Yogratanakara & Basavrajama explained about Mutra Pariksha (MP) in the century of 17-18th . Madhva also explained about MP in 800 AD.

PROCEDURE/DIRECTION- MTBP is a path of diagnostic technique of urine examination developed by Saints & might be helped in prognosis of disease. Urine test are performed on the urine, and it is very common tool for diagnostic method & effective one. It is the line for the physician to search out what is going on inside the body & what flows out away. The method runs as that by dropping a drop of oil in the urine one can tell whether the disease is curable or not & than it shows that what type of treatment is given.

STEPS¹¹

- First of all, patient must wake up at last quarter of the night (around 4-6 O'clock) remains and pass urine.
- Then, urine collected in glass pot/ earthen pot & that urine taking care of mid stream.
- Urine tested after sunrise persistently- until any diagnosis is form. And then, Chikitsa part starts as per physician.
- Urine should be carefully & methodically examined.
- A drop of oil should be dropped with the help of blade of grass into the urine, if that being light, spreads on the urine the ailment should be taken to be curable, if it does not

spread the ailment can be cured with difficulty but if the drop settle on the bottom then the disease is incurable. Nagarujna does this also.

- If the drop of oil expansion shows following then diagnosis of the disease are found by the exam of urine.

-By Spreading Direction of the Oil

DIRECTION	RESULTS
-East	cured
- South	cured
- North	cured
- West	cured
- North east	certain death by month
- South east/South west.	certain death
-north west	certain death

Diagnosis of Dosha – according to the appearance

Dosha urine color

-Vata	whitish/ slight bluish
- Pitta	yellowish/ reddish
- Kapha	frothy, unctuous
- Rakta	oily, hot, resemble like blood
- Combined two	
Dosha	mixed colors
-Sannipataja	Blackish

-Diagnosis of disease involvement- in case of indigestion appears like rice water; in acute fever appears smoky & more, in chronic fever appears in mixed shades depends on prominent Doshas.

-On shapes -

Vata – like snake
Pitta- umbrella
Kapha- pearl

Diagnosis of urine is also explained by Vangasena.

They also explained and mention according to Doshas and different diseases like in Ascites resembles with crystals of ghee, in Amavata resembles with buttermilk.

Another author Basavrajeeyam, according to him Tail Bindu takes the shape of bushy fan made with yak tail & frill then it is considered as a good prognostic sign.

They also mention incurable signs pathways of two to four meet, headless human being, and pillar.

In Sama Dhatu condition urine of patient resemble to the well water, some who resembles with sugarcane juice suffering from Rasavidhi Roga (Bas 3rd chapter)

VANGASENA¹²

-Sample of the urine is kept in the sun. Physician should drop oil in the form of drop mixing with the urine swells up to the patient is suffering from Pitta disorder that is the oil drop looks like a bubble in

Pitta Disorder. In Vatta- oil drop looks rough & blackish oil drop remains on the surface of the urine not sinking below. In Kapha oil drop mixes with urine. In Pitta, Vatta Urine resembles while mustard seed oil. In Sannipata urine is black resembles sour gruel or color of Matulunga according to the quantity of the causative Doshas. Urine like water is free from faults. In Pitta urine like oil, in Kapha looks like mud water & in Vata Mostly like water. If a drop of oil disperse in sample of urine it shows welfare.

BASAVRAJEEYAM¹³ -The urine of the patient should be taken & kept in bright sunlight. A drop of the oil should be dropped in the middle of the collected urine & then examined. If the drop of oil spreads immediately then the disease is curable. And if the drop of the oil doesn't spread then the disease is not treatable. If the oil drop in urine attains fish shape frequently then patient is free from any disease.

MADHAVA NIDANA - patient wake up early in the morning & urine collected in clean vessels. If the oil drop & observed carefully for good & bad symptoms. If the oil drop takes the shape of a Charna (bushy) & frill & Torana then it's important tool for diagnostic method. If the oil drop attains the shape of umbrella, camel, mountains, utensil etc. then the disease is curable other than this is difficult.

DISCUSSION

Mutra Tail Bindu Pariksha is described in number of classics texts like –vagasena Samhita, Basavarajiyam, Yogaatnakar, Yogatarnini, etc. and it was very popular in the medieval period, but after 17th century AD its use became obsolete¹⁴. It is an analytical reasoning of study that helps to make conclusion of study. Any disease needs diagnosis to prove itself & Mutra Tail Bindu Pariksha is a clinical analyzer that done mainly in laboratory. The examination of urine has always been essential for the diagnosis of the disease from the medieval time to this modern day scenario. But in the laboratory diagnostic procedures are lengthy & no doubt they are costly plus time consuming also. For all these factors age old method Mutra Tail Bindu Pariksha can be utilize & in Ayurveda it is used form the back of its beginning. By MTBP it appears to be a crude method, but it has self-importance in diagnosis the disease and the condition of the patient. This method as old as Ayurveda & stamped proven. In collaboration the modern technology and old aged method its efficacy enhances and new lines can be aroused. MTBP is based on the consistency, thickness, color, density of urine and by seeing the spread form of oil on urine surface. These all gives horizons of different disease to differ forms of oil on urine. As per Ayurveda, normal physiological excretory system excrete urine are different & as company with Vata, Pitta, Kapha etc. physical & chemical nature changes in Tail Bindu Pariksha of Mutra.

Law regarding Mutra Pariksha- Bio-Physics law behind MTBP. The mutual reaction in oil and urine molecules and than any type of physics laws like Gravity, Inertia, Viscous forces and interfacial tension are helped in the extent and rate of spread¹⁵.

CONCLUSION

It is concise form of article of any study of search. The present study is a view step to know about the method used in Mutra Tail Bindu Pariksha in giant Ayurveda sagar of knowledge. And to know the modern view if any regarding this. A new ponder point begins with the past little drop or if full knowledge to proof it in modern age.

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