



AYURVEDIC MUTRAPARIKSHAN – A DIAGNOSTIC METHOD AND ITS CLINICAL IMPORTANCE

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ABSTRACT

Ayurveda, the Science of life or longevity, is the holistic alternative science of medicine. It is believed to be the oldest healing science in existence. In *Ayurvedic* texts three *malas* are described - *Mala*, *Mutra* and *Sweda*. According to *Acharya Charak* "*Dosh*, *dhatu* and *mala* are the basic roots of *Sharira*. It is necessary to diagnose the disease after proper examination and treatment is to be given accordingly. There are many diagnostic tools of examination, Different methods of examination have been explained in classical texts of *Ayurveda* which will be helpful in diagnosis of a disease, estimating the status of *Rogibala* And *Rogbala* etc. *Acharya Charak* have been explained *Trividh* and *Dashvidh Pariksha*, *Acharya Sushrut* have been explained *Shadvidh* and *Dashvidh Pariksha* and *Yogratnakar* have been explained *Ashtavidh* or *Ashtasthan Pariksha*. *Yogratnakar* elaborates the importance of *Vyadhi Vinishchaya*. It is essential that physician should examine the *Rugna* and come to the proper diagnosis, knowing fully about the nature of diseases and should commence the *Chikitsa* by administering suitable *Aushadha*. *Yogratnakar* provides a clear picture of illness and healthy condition through *Tailbindu Pariksha*, one among the *Ashtasthan Pariksha* as a diagnostic tool of urine examination. The main objective of this paper is with the help of *mala* and *mutra pariksha*, one can proceed towards confirm diagnosis. The clinical importance of *mutra pariksha* with *tailbindu* will be discussed in full paper in detail.

KEYWORDS: *Ayurved*, *Mutra*, *Pariksha*, *Yogratnaka*, *Tailbindu*.

AIM

To study the *Ayurvedic mutra pariksha* as a diagnostic method and its clinical importance.

OBJECTIVES

- To understand the *Ayurvedic mutra pariksha*.
- To evaluate the clinical importance in present era.
- To compare *Ayurvedic* and modern methods of *mutra pariksha*.

INTRODUCTION

In *Ayurveda* in which three *malas* are described that is *mala*, *mutra* & *sweda*.^[1] *Acharya Charak* have been explained *Dosha* – *dhatu* and *mala* are the basic roots of *sharira*.^[2] *Mutra* [urine] is the waste and end product of metabolism formed in kidney. The diagnostic methods in which *mutra pariksha* [examination of urine] are the necessary to diagnose the disease after proper examination and treatment is to be given accordingly. In classical texts of *Ayurveda* have been explained different methods of examination which will be helpful in

diagnosis of a disease and estimating the status of *Rugnabala* [*rogibala*] and *Rogbala*.

In this paragraph many *Acharyas* have been explained the different methods of examination-

1] *Acharya Charak* have been explained *Trividha pariksha*^[3] – [*Darshan*, *Sparshan*, and *Prashana*] and also explained *Dashavidha pariksha*^[4] – [*Prakriti*, *Vikriti*, *Sara*, *Samahanana*, *Pramana*, *Satmya*, *Satva*, *Aharshakti*, *Vyayamshakti* and *Vaya*].

2] *Acharya sushruta* have been explained *Shadvidha pariksha*^[5] – [*Panchendriya pariksha* and *Prashana pariksha*] and also explained the *Dashavidha pariksha*^[6] – [*Dosha*, *Bheshaj*, *Desha*, *Kala*, *Bala*, *Sharira*, *Sara*, *Ahara*, *Satmya*, *Satva*, *Prakriti* and *Vaya*]. *Acharya Yogratnakar* have been explained *Ashavidha* /*Ashsthan pariksha*^[7] – [*Nadi*, *Mala*, *Mutra*, *Jiva*, *Shabda*, *Sparsha*, *Drik* and *Akriti*]. *Acharya Yogratnakar* elaborates the importance of *vyadhi vinishaya* and provides a clear picture of health condition and illness through the

Tailbindu pariksha. The *ashtasthan* or *ashtavidh pariksha* as a diagnostic tool of urine examination.

Collection of *mutra* [urine]

In routine examination which *madhyam dhara* [mid stream] sample of urine is collected because – morning sample of urine becomes stale and then RBC and leucocytes get destroyed the colour of urine become changed due to oxidation of urobilinogen decomposition of urine starts within few hours.

Importance of *mutra pariksha*

1] *Mutra pariksha* [urine examination] is the important diagnostic methods which necessary to diagnose the disease after proper examination and treatment is to be given.

2] *Mutra pariksha* [urine examination] can assess any running pathology inside the body.^[8]

3] *Mutra* [urine] is waste and end product of metabolism by billions of human cells, fluid balance, nutrient intake, blood pressure and state of health are key elements in characteristics of urine.^[9]

4] *Mutra pariksha* is a special technique of colour, appearance and consistency of urine and diagnose disease condition and find out their prognosis.

Review of Literature

In this point shows the colour, appearance and consistency of *mutra* [urine] in *tridosha* [*vata*, *pitta*, *kapha*] and various condition or diseases. Diagnosis of the diseases by the examination of urine by the appearance of urine become shows following tables such as-

Table 1: Appearance of *mutra* [urine] in involving *doshas*.^[10]

Sl.No.	Dosha	Urine Color/Appearance
1]	Vata	Pandu
2]	Pitta	Rakta
3]	Kapha	Phenayukta
4]	Dwadaja	Mixed

Table 2: Urine appearance in proable causative factors.^[11]

Sl.No.	Urine Appearance	Proable Causative Factor
1]	Greenish yellow	Bile pigments
2]	Red	Myoglobin, haemoglobin
3]	Black	Homogentisic acid and melanin
4]	Cloudy appearance	Epithelial cells, RBC, WBC and fat

Table 3: In different *dosha vikara* appearance of *Tail bindu*.^[12]

Sl.No.	Dosha Vikara	Tail Bindu Appearance
1]	Vata	Snake
2]	Pitta	Umbrella
3]	Kapha	Pearl

Table 4: Positipon of oil in different condition of diseases.^[13]

Sl.No.	Urine	Condition of disease
1]	If oil sinks and touches the bottom of vessel	Asaadhya[incurable]
2]	If the oil does not spread	Kashta –saadhya
3]	If oil spreads quickly over surface of urine	Saadhya

Table 5: According to the direction of drop spread of urine prognosis of disease.^[14]

Sl.No.	Direction of spread of urine drop	Prognosis of disease
1]	Towards east	Patient will get relief
2]	Towards west	Patient will get <i>arogya</i> and <i>sukha</i>
3]	Towards <i>esanya</i>	Patient will die in one month
4]	Towards south	Patient will suffer from <i>jwara</i> and gradually recover
5]	Towards north	Patient will be become healthy and cured
6]	Towards <i>agneya</i> and <i>nairrutya</i>	Patient will be die
7]	Towards <i>vayavya</i>	Die anytime

Table 6: Appearance of urine in different *doshik* aggravation.^[15]

Sl.No.	Urine Appearance	Doshik Aggravation
1]	Neela and ruksha	Vata dosha
2]	Yellow and slightly radish	Pitta dosha
3]	Snigdha cloudly and watery	Kapha dosha
4]	Ushna, snigdha and blood coloured	Rakta

Table 7: In different diseases appearance of urine.^[16]

Sl.No.	Diseases	Appearance of urine
1]	<i>Ajeerna</i>	Rice water
2]	<i>Navjwara</i>	Excessive and smoky
3]	<i>Jeerna jwara</i>	Red and yellowish
4]	<i>Sannipata jwara</i>	Mixed
5]	<i>Vata –pittaj jwara</i>	Watery, smoky and heat
6]	<i>Vata –kaphaj jwara</i>	Whitish
7]	<i>Pitta –kaphaj jwara</i>	Polluted and blood mixed

DISCUSSION

Tailbindu pariksha mentioned in the classical texts of Ayurveda in *Yogratnakar* and *Tailbindu pariksha* was developed to diagnose the condition of disease and prognosis should be find out. In this *pariksha* one drop of *taila* is slowly dropped on surface of urine and this diagnostic methods become minimum cost of the diagnostic tools and age – old method. *Mutra pariksha* and *Tailbindu pariksha* seems be a crude method and it is importance in prognosis of the patient condition and proper diagnosis of diseases. This method is based on colour, appearance, consistency, thickness and density of urine. In *Ayurveda*, normal physiological function of the body's changes or disturbances when the vitiation or imbalance of *vata*, *pitta* and *kapha dosha* and produce the various type of *vicara* [diseases] that *mutraj vicara*. Proper diagnosis of the *mutraj vicara* [diseases] with the help of *mutra pariksha* and *Tailbinu pariksha*, in *pittaj vicara* changes the colour, consistency, appearance and chemical composition of urine and this abnormal condition assessed by the pattern's formed by the oil drop during *Tailbindu pariksha*. Eg. In *Madhumehas*, the oil spread in the shape of bird owl which indicates a poor prognosis. In *Jeerna Jwara* appearance of urine become yellowish and red colour.^[17]

CONCLUSION

From above discussion, we concluded that *mutra pariksha* is one of the simplest and important methods for the diagnosis of the *mutraj vicara* [eg. *Madhumeha*, *Ajjerna* and *Nava Jwara* etc]. In this [table no -6] shows the examination of colour, appearance and consistency of urine, in *vata dosha* aggravated the colour of urine appears *pandu varna* and *pitta dosha* in which colour of urine appears *rakta varna*, in *kapha dosha* aggravated colour of urine appears *phenayukta*.^[18] In this [table no-8] shows appearance of *tail bindu* in different *dosha vicara* –In *vataj vicara* aggravated *tailbindu* appearance become snake shape, in *pittaj vicara* *tail bindu* appearance become umbrella shape and *kaphaj vicara* *tail bindu* appearance become pearl shape. In this [table no -9] shows the position of oil in different condition of the diseases –If the oil does not spread the disease condition become *kashta sadhya* [difficult to treat], if the oil touches the bottom of vessel and oil sinks the condition of disease become *asaadhya* [incurable], if the oil spreads quickly over the surface of urine the disease condition become *saadhya* [curable]. In this [table no -11] shows the direction of spread of one drop can assess the curability and non – curability - if the oil spreads in

the *purva* [east] direction the prognosis become patient get relief and cure, if the oil spreads on *vayavya* direction the prognosis become the patient going to die any time or any way, if the oil spreads in the south direction the prognosis become patient will suffer from *jwara* and gradually recovers. In this [table no -12] shows appearance of in different diseases such as – in *ajeerna* appearance of urine appears smoky and excessive urine [*bahu mutrata*], in *vata –pittaj jwara* appearance of urine become smoky, hot and watery, in *pitta – shlesmaj vicara* [diseases] appearance of urine become polluted and mixed with blood.

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