

**A REVIEW ARTICLE - IMPORTANCE OF TAIL BINDU PARIKSHA IN DIAGNOSIS AND PROGNOSIS OF DISEASES**Dr. Mayur V. Mukund\*<sup>1</sup> and Dr. Sanjeevkumar Bagore<sup>2</sup><sup>1</sup>PG Rognidan Avam Vikriti Vigyana.<sup>2</sup>Guide.**\*Corresponding Author: Dr. Mayur V. Mukund**

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**ABSTRACT**

**Background:** *Ayurveda* has mentioned various investigational methods (*Pariksha*) for the identification of pathological condition, diagnosis and prognosis of diseases. Among these *Pariksha Ashtasthana rogi pariksha* is one of the main diagnostic tools mentioned in *Ayurveda*. *Tailbindu Pariksha* was one of the important aid in ancient era but with time it became obsolete. *Taila bindu Pariksha* is having important role in diagnostic and prognostic aspects of diseases. In *Taila Bindu Pariksha* urine sample is collected in glass container and a drop of *Til Tail* is dropped on the surface of urine without causing any disturbances it is done under sunlight. After spreading the drop of *tail* its shape and direction is observed. Shape indicates *dosha* and diseases involved while the direction indicates Prognosis of disease. *Tail bindu pariksha* is very simple and economical. If this method is tested and correlated on modern Parameters the it can be a gold standard in coming times. In today's modern era *tail bindu pariksha* seems to be a very old method but it is time tested and also proven very successfully in past. It has its own importance in diagnosis and prognosis of patient by the generation of *ayurvedic* community. **Aim:** To study the Importance of *Tailbindu Pariksha* in diagnosis and prognosis of disease. **Objective:** To Study the application of *Tail Bindu Pariksha* in diagnosis and prognosis of diseases. **Material & Method:** Collected from various *Granthas*, *Samhitas*, Article and Internet.

**KEYWORDS:** *Tail Bindu Pariksha*, *Ashta Sthana Rogi Pariksha*.**INTRODUCTION**

*Ayurveda* is a science of holistic life. Now a day's whole world is looking towards *Ayurveda* as a successful pathy to maintain health as well as to treat diseases. *Ayurveda* has its own and a very specific method of understanding anatomy, physiology and pathology of human body and also a vast description of various diagnostic methods. To diagnose any diseases one need to examine the patient thoroughly examination has its own importance. For examination of patient *Ayurveda* has mentioned some *Pariksha* such as *Dwividha Pariksha*, *Trividha Pariksha*, *Asthasthan Pariksha*, *Dashvidha Pariksha*, etc. Here we are going to study *Tail bindu pariksha* which is *mutra pariksha* mentioned in *Asthasthana pariksha*. *Ashtasthana pariksha* includes *Nadi*, *Mutra*, *Mala*, *Jivha*, *Shabda*, *Sparsh*, *Drik*, *Aakriti*.<sup>[1]</sup> Out of all these *pariksha* the *Mutra Pariksha* is one which proves to be an important aid in diagnosis as well as assessing prognosis.<sup>[1,2]</sup> *Yogratnakara* has given special attention to *Mutra pariksha*.<sup>[3]</sup> *Tail Bindu Pariksha* is developed in medieval period is a method of *Mutra pariksha*. Description of this *Tailbindu Pariksha* is noticed in 14th to 17th century *Ayurvedic* books. It is carried out by *Pratyaksha Pramana* (Inspection method) and *Anuman*

*Pramana* (inference method).<sup>[4]</sup> *Tail bindu pariksha* is used in the diagnosis and the prognosis of disease with the examination of colour, appearance and consistency of urine, a special technique for the examination of *Mutra* was developed.<sup>[5]</sup> For this, the patient's early morning (around '4'0 clock) urine sample should be collected in clean glass vessel. This should be closely, carefully examined during sunrise.<sup>[6]</sup> One drop of *TilTail* is slowly dropped over the surface of urine without causing any disturbances. The pattern and the distribution of the oil drop on the urine are then observed to determine the diagnostic and prognostic features of the disease.<sup>[4,7]</sup> Hence an attempt is made to understand the Importance of *Ayurvedic Tailbindu Pariksha* in the diagnosis and prognosis of disease.

**AIM:** To study the Importance of *Tailbindu Pariksha* in diagnosis and prognosis of disease.**OBJECTIVE:** To Study the application of *Tail Bindu Pariksha* in diagnosis and prognosis of diseases.**MATERIAL AND METHOD**For this study various *ayurvedic samhitas*, modern textbooks, published articles and information from

internet are used. *Tail bindu pariksha* is based on the assumptions of forming auspicious or inauspicious shapes or spread of oil drop to auspicious or inauspicious directions when added to urine sample.

**Time of collection of urine sample:** As per *Ayurveda "Nisatayayame Ghatika chatustaye"* has been described as proper time that means it should be collected before sunrise i.e. in morning hour. *Yogratnakara* and *Vangasena* specifically mentioned that urine sample should be collected when 4 *ghaticas* are left in the last *yama* of night i.e it should be around 4 o'clock.<sup>[6,8]</sup>

**Where and how to collect urine sample:** *Yogratnakara* has mentioned that it should be collected in clean glass vessel while *Vangasena* has stated that urine sample should be collected in either glass or bronze vessel. During collection of urine sample avoid first and last stream collect the midstream of morning urine.<sup>[8,9]</sup>

**Oil to be Used:** *Til Tail* should be used for *Tailbindu Pariksha* is specially mentioned in *Yogratnakara*.<sup>[10]</sup> Where as some others authors had just mentioned the word *Tail*. *Acharya Sharangdhar* stated that if name of particular oil is not mentioned, then *Til Tail* should be used.<sup>[11]</sup>

**Quantity of Tail(oil) to be used:** Quantity of *Tail(oil)* to be used is one *Bindu*.<sup>[10]</sup> One *Bindu* is equal to one Drop.<sup>[12]</sup> The average volume of one drop comes around 12µl.

**When to Conduct Pariksha:** Physician should wake up patient early in the morning around 4'o clock, should collect the urine sample in clean glass vessels and the same should be closely and carefully examined during sunrise time.<sup>[6]</sup>

**Tailbindu Pariksha Vidhi:** Wise Physician should wake up the patient early in the morning around 4'o clock, should collect the early morning urine sample in a clean glass vessel. Urine should be collected in such a way that first and last stream of early morning urine should

be avoided collect the midstream urine. Glass container should be cleaned proper and mark all eight direction in it. Fill the glass container up to its brim and wait till the urine sample settle. After settling urine sample in a glass vessel, put a drop of oil with the help of *Trunakhanda* (dropper) from a maximum height up to 2inch from the surface. Then oil drop is observed, according the patterns and distribution of oil drop diagnosis and prognosis of diseases is done. The shape of drop indicated the *dosha* and disease involvement, while the direction indicated the prognosis of disease.<sup>[4,7]</sup>

## OBSERVATIONS

Oil drop pattern and distribution on the surface of urine is observed to determine the diagnosis of diseases

### Diagnosis of Dosha and Diseases Involvement by Spreading Shapes of Tail(Oil)

The shape of oil(*tail*) drop on urine indicated the *dosha* and diseases involvement-

Shape of Tail drop	Dosha
Snake ( <i>Sarpa</i> ) shape	<i>Vata</i> aggravation
Umbrella ( <i>Chatra</i> ) shape	<i>Pitta</i> aggravation
Pearl ( <i>Mukta</i> ) shape	<i>Kapha</i> aggravation
Circular ( <i>Mandala</i> )shape	<i>Vata</i> predominant
Bubbles( <i>Budbuda</i> ) shape	<i>Pitta</i> predominant
Droplet ( <i>Bindu</i> )shape	<i>Kapha</i> predominant
<i>Tail</i> sinks	<i>Sannipata</i> predominant
Sieve( <i>Chalni</i> )shape	<i>Kulaj Dosha</i>
Skull or Human being shape	<i>Bhut Dosha</i>

### Prognosis of Diseases by Spreading Tail (oil) drop

Diseases is considered as *Asadhya*(incurable), if the *Tail(oil)* directly goes inside and touches the bottom of vessels.

Diseases is considered as *Kashtasadhya*(difficult to treat), if the *Tail(oil)* dose not spread or motionless.

Diseases is considered as *Sadhya*(curable or easily manageable), if the *Tail(oil)* quickly spread over the surface of urine.

### Prognosis of Diseases by Spreading Tail (oil) drop in Direction

Spreading Tail(oil) in Direction	Prognosis
East	Patient gets relief easily.
West	Patient will attain happy and healthy life.
North	Patient definitely be cured and becomes healthy.
South	Patient will suffer from fever and gradually recover.
North-East	Patient will die in a month's time.
North-West	Patient is going to die anyway.
South-East	Patient is bound to be die.
South-West	Patient is bound to be die.

### Prognosis by Spreading Shapes of Tail(Oil)

If the *Tail(oil)* creates shape like shastra, Rat, Cat,

Tiger, Scorpion, Snake then the patient will die soon.

If the shape of drop of *Tail* (oil) is seen as four legged, two legged then that patient will diesoon.

If the *Tail*(oil) creates the shape of Tortoise, Buffalo, Honeybee, Bird, Headless human body, Astra, Khanda (piece of body material) then such patient does not survive a long and physician should not treat this patient as the disease is incurable.

If the *Tail*(oil) creates shape like Valli, Mrudang, Human, Pot, Wheel, Dear, then the disease is *Kasthasadhya*.

If the *Tail*(oil) creates shape like Fish then the patient is free of *dosha* and disease can be treated easily.

If the oil creates the images of Swan, Lotus, Arch, Mountain, Elephant, Camel, Tree, Umbrella, House: then such patient is going to be cured and should be treated aggressively, it has good prognosis.

## DISCUSSION

*Tailbindu Pariksha* is seems to be an old method but it is time tested and has an own importance in diagnosis and prognosis of patient by the generation of *Ayurvedic* community. It is based on the consistency, thickness, density of urine and seeing the shape of spreaded oil on the surface of urine. All these changes in the properties of urine as compared to normal are due to the release of various excretory substances in the urine in different disease these changes can be assessed by the patterns of *Tailbindu Pariksha*. The pattern's and distribution of oil drop on the urine are then considered to determine the diagnosis and prognosis of disease. Changes in urine properties such as change in its specific gravity, viscosity, surface tension, urine PH level can be assessed by modern methods of urine examination such as urine physical, chemical examination, urine microscopic examination and then correlate it with the patterns of *Tailbindu Pariksha*. If this method tested and correlated on the modern parameters then it can be a gold standard in future. Although it is a very old method but it proves successfully.

## CONCLUSION

*Tailbindu Pariksha* can be used as a diagnostic and prognostic tool. *Tailbindu Mutra Pariksha* has an important role in diagnostic and prognostic purpose. This method is very cost effective may be proved to be a useful technique in this field.

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