



## REVIEW OF TAILBINDU PARIKSHA AND ITS PRACTICAL APPLICABILITY IN AYURVEDA

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### ABSTRACT :

Indian traditional medicine, Ayurveda has a great history. Diagnosis according to Ayurveda is not merely naming the disease but identification of imbalance of trienergies doshas. Tailbindu pariksha, an ancient method of urine examination for ascertaining the prognosis of disease, the use of which became obsolete after 17<sup>th</sup> century AD. Prognosis is an important aspect of disease & treatment; It can help to assessing the disease. From ancient time predicting, prognosis has always been a big challenge to the medical profession. If we look into Ayurvedic texts then we will find that art of prognosis was well developed in ancient times. A tail bindu pariksha, knowing prognosis was popular. In tail bindu pariksha, urine taken in glass vessel over which an oil dropped & behavior of oil is noted, the features are indicative of as a diagnostic & prognosis of disease. This is popular prognostic & diagnostic tool in past but now a days this is not specifically used, so there is need to review their results so that they can be used in future.

In present article, mutra pariksha has been reviewed in various aspect of disease & the technique as predicting diagnosis & prognosis approach are described. On the basis of mutra pariksha, assessing prognosis & severity of disease to plan the treatment & helpful in healthy condition also. Since no laboratory test is available to instantly assess or forecast the prognosis of disease, this method is very cost effective may be proved to be useful technique in this field.

**Key words:** Ayurveda, Diagnosis & prognosis, Tailbindu pariksha.

**INTRODUCTION:** Diagnosis according to ayurveda is not merely naming the disease but identification of the imbalance of trienergies(doshas). Generally diagnosis is made by observing symptoms “& looking for various signs. The symptoms are ones which are told by patient to the doctor & signs are observed only by physician. [8]

Ayurvedic texts suggest diagnosing the disease first, patients different pathophysiological conditions are examined under broad heading ashtavidha pariks. [2] Eight fold method is excellent ways for judging imbalance of trienergies,

Ayurvedic vaidya scrutinizes the following for making a diagnosis.

1. NADI - Pulse examination
2. MUTRA - Urine examination
3. MALA - Faecal matter
4. JIVHA - Tongue examination
5. SHABDA - Voice or speech examination
6. SPARSHA - Skin examination
7. DRUKA - Eyes examination
8. AAKRUTI - Body build examination

Examination of urine has been given special attention in yogaratnakar, chikitsasara etc. along the examination of colour, appearance & consistency of urine.

A special technique for examination of mutra, tailbindu pariksha was developed to diagnose disease condition & find out about their prognosis for tailbindu pariksha, one drop of tila taila (sesame oil) is slowly dropped over surface of urine & pattern of oil drop is used to determine the diagnosis & prognostic feature of disease Ayurvedic text suggests the diseases Prameha, Udar, Mutrakruccha, Ashmari, Jwara, Pandu, Kamla, Arsha, Atisara in which we can perform the tailbindu pariksha.

**AYURVEDA URINE DIAGNOSIS :**The urinary system removes water, salt & nitrogenous wastes. It also helps to maintain normal concentration of electrolytes within body fluids. It helps in regulating blood pressure. For ayurvedic urine examination, collect early morning midstream urine in a clean vessel Observe colour, normal urine is yellow coloured.

Urine colour can affect by diet. If colour is

1. Blackish brown indicates vata disorder.
  2. Dark yellow indicates pitta disorder.
  3. Cloudy urine indicates kapha disorder.
- [6,7]

Food eaten can change urine odour,

1. Urine of vata individuals has bitter odour
2. Urine of pitta individuals has pungent odour
3. Urine of kapha individuals has sweet odour. [6,7]

Temperature of urine is,

1. Cold temp. in vata.
2. Hot temp. in pitta.
3. Cool temp. in kapha. [6,7]

Drinking coffee, tea, diuretic drugs can increase frequency & volume of urine. Vata has low volume, increased frequency & tendency to urinate at night, pitta has high volume & less frequency, kapha has

high volume, normal frequency & tendency to urinate at night. Red colour urine indicates blood disorder & when there is constipation or body has less intake of water, urine will be dark yellow. [2,6,7]

## DIAGNOSIS OF DISEASE BY EXAMINATION OF URINE

### A - By appearance of urine

#### 1. Diagnosis of dosha involvement:

- a) Urine of patient appears as pandu varna in vata disease.
- b) Urine of patient became snigdha, ushna, dark yellow in pittaj disease.
- c) Urine of patient became phenayukta i.e snigdha(cloudy) in kaphaj disease.
- d) In dwandaja i.e mixed colour are seen according to dosha involment.
- e) In sannipata state, urine became krisha varna(blackish) [2,3,4].

#### 2. Diagnosis of disease involment[2];

- a) In case of Ajirna(Indigestion), urine appears like tandulodaka(rice water).
- b) Urine appears smoky & affected passes more urine (bahumutrata ) in navin jwara (acute fever).
- c) In vatapitta jwara, urine is smoky,watery & hot.
- d) In vatakapha jwara, urine whitish with air bubbles.
- e) In kaphapitta jwara, urine is polluted & mixed with blood.
- f) Urine become red & yellowish, in case of jirna(chronic) jwara.
- g) Urine appears in mixed shades depending on dosha involvement in sannipataj jwara.

Also it is said that if urine is placed in glass jar & appears reddish in the bottom, it can concluded that patient is suffering from Atisara(diarrhoea), if urine has particles appearing like droplets of ghee it indicates Jalodara(ascites). Urine appears vasa(fat) or takra(buttermilk) in case of

amvata. In excessive passes of stool urine becomes yellowish. [5]

## B - By shape of spread oil drop:

### 1. Diagnosis of dosha involvement

- In vataj roga, tailbindu takes a snake like image in the urine.
- If tailbindu takes an umbrella shape in urine, it is pitta roga.
- If urine spread like pearl(mukta) it is kaphaj roga [2].

Also it is said that if vata is predominant, then taila attains mandala(circular shape). In pitta disease it attains budbuda(bubbles) shape & tailabindu became bindu(droplet) in kaphaj disease, In sannipataj roga taila sinks in urine [3,4,5].

### 2. Diagnosis of disease involvement

- If tail bindu takes a chalini shape in urine sample & then spreads, it is indication of kuladosha. (Genetic disorder).
- If dropped taila bindu takes image of human being or skull it indicates bhuta dosha. [2]

## PROGNOSIS OF DISEASE BY EXAMINATION OF URINE:-

### 1. By spreading nature of oil:-[2]

- If disease is sadhya (curable), then inserted tailbindu spreads quickly over the surface of urine.
- If oil does not spread over the surface of urine it is considered as kashta sadhya (difficult to treat).
- If dropped oil directly goes inside & touches the bottom of vessel then it is considered as asadhya or incurable & in other text it is mentioned that if oil does not spread and remains as droplet in middle of the urine, disease is incurable. [5].

### 2. By spreading direction of oil-[2]

- If tail bindu spreads in purva direction patients get relief.

- If tailbindu spreads in south direction the patient will suffer from jwara & gradually recover.
- If tailbindu spread in northern direction, patient definitely cured & became healthy.
- If tailbindu spreads towards ishanya the patient is bound to die in a month's time.
- If tailbindu spreads towards west, the patient attain sukha & arogya.
- If tailbindu spreads towards agneya & nairutya the patient is bound to die.
- If tailbindu spreads towards vayavya, the patient is dia anyway.

### 3. By spreading shape of oil:

- If tail creates the image of hansa, lotus, torana, elephant, camel, parvata, tree, umbrella, house then it is a good prognosis. [2,5]
- If tail creates the shape of fish then patient is free from dosha & disease; it can be treated easily. [2]
- If tail attains the shape of valli, mrudanga, manushya, bhanda, mriga, chakra then it is kashtasadhya disease. [5]
- If tail creates the shape of tortoise, buffalo, honey bees, bird, astra, head less human body then physician should not treat that patient as that disease is incurable. [2].
- If shape of drop of tailbindu is seen as four legs, three legs, two legs then patient will die soon [5].
- If tail attains the shape of shastra, dhanus, trishula, mushika, vyagha, simha then it understood that patient will die soon.[5]

**CONCLUSION:** This review describe diagnostic & prognostic approaches as basic tool of Rog-Nidan as per ayurveda;articles also suggest that utilization of proper diagnostic &

prognostic techniques help to determine the accurate treatment option to cure disease permanently. Ayurveda suggests various techniques for Rog-Nidana (disease diagnosis) including trividha pariksha, ashtavidha pariksha, dashavidha pariksha which helps to identify cause & type of disease. Preliminary consideration of signs and symptoms of a particular disease can help to eliminate disease initially even before the disease has actually established. The knowledge of disease diagnosis & prognosis help to select treatment regimes in order to ensure the permanent cure. The ultimate aim of these examination approaches are to determine improper physiology of internal tissues, excretory system, agni(digestive system) & immune system etc. Proper Rog-Nidana approach is very essential to prevent disease or disease prognosis. Finally it may conclude that tailbindu pariksha can be used as tool for study on prediction of prognosis of disease. On the basis of mutra pariksha assessing the prognosis & severity of disease to plan the treatment. This simple technique may also be helpful in diagnosis & healthy condition also. Since no laboratory test is available to instantly assess the prognosis of the disease, this method is very cost effective may be proved to be useful technique in this field.

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