



Study of Taila Bindu Pariksha: A Diagnostic Method and Prognostic Tool

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ABSTRACT

AsthvidhaRogiPariksha by YOGARATNAKARA is one of the main tools described in Ayurveda. Prognosis is an important aspect of diagnosis and treatment. Among the AsthvidhaRogiPariksha, MutraPariksha is one of the significant aid, which helps diagnosis and prognosis of the various disease. TailaBinduParikshan is one among them and it is a part of MUTRA PARIKSHA. It is very simple and cost effective. In MutraPariksha, urine sample is collected in a glass vessel and a drop of Tiltaila is dropped over it, then direction and shape of tailabindu is observed. The direction of tailabindu indicates the prognosis of disease and the shape of tailabindu indicates dosha in Roga.

Key words: MutraPariksha; TailaBinduParikshan; Prognosis.

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1. INTRODUCTION

Prognosis is a vital aspect of diagnosis and treatment of a disease. Proper diagnosis forms the base of treatment. The art of pariksha is well developed in ancient chikitsavigyani.e. Ayurveda. Different types of examinations are accessible in Ayurvedic texts like Trividhapariksha, Shatvidhapariksha, AsthavidhaPariksha, Dashvidhapariksha, etc. AsthavidhaRogiParikshawas described by Acharya Yogratnakar.

*“Rogakrantsharirasyasthananyashtaunirikshayet.
Nadimutrmmalamjiwhashabdasparsamdriagruti.”(YR)*

- Nadi-(pulse)
- Mutra-(Urine)
- Mala-(Stool)
- Jiwha-(Tongue)
- Shabda-(Speech)
- Sparsh(Touch)
- Drik-(Eyes)
- Aakriti-(Figure)

Such types of Pariksha enable to have patient condition. Thus we are able to diagnose the disease. Tail BinduPariksha is one among them and it is a part of MutraPariksha. It is described in various ayurveda texts such as YogTarangini, Vasavrajyam, Vangsen, and Samhitas. Tailabindupariksha is simple and cost effective technique. This technique is very useful to assessment of disease such as curable or incurable¹.

MATERIAL AND METHODS

Different Ayurvedic texts, journals, research papers, articles were referred to fulfill this part. It contains classifications dealing with the method of collecting urine and the observations of shape and direction of tail bindu.

MATERIALS

1. Glass vessels with lid to collect urine
2. Round large mouthed glass bowl
3. Dropper
4. Urine of the patients (Samples)
5. Tila Tail (sesame Oil)²
6. Compass
7. Stop watch

METHOD

Every patient is advised to intake 2-3 glass of water with dinner and sleep early before 9 PM to maintain equality. Patients were asked to collect the mid stream urine of the first urination in clean glass vessel before sunrise i.e. around 5AM. Collected urine is poured into the round large mouthed glass bowl. Then it is kept on a flat surface and is allowed to settle for a few minutes. When urine is stable and devoid of wave of ripple or other influence of the wind, the urine is examined in day light at 6:30 to 7:00am. One drop of the tila tail is dropped over the surface of urine slowly by keeping a distance of 1 mm from the surface of the urine to the lower end of the oil drop without disturbing the surface. After few minutes oil drop patterns or shape and direction are observed. The variances are recorded.

OBSERVATIONS

Oil drop patterns or shapes and direction² are indication of various diseases. Tail bindu appearance according to Dosha³ is described in table 1. The spreads of oil drop in different diseased condition⁴ are given in table 2. Shape of the Oil drop in different diseased condition is shown in table 3, and Urine appearance in various diseases⁵ is tabulated in table 4.

Table 1- Tail bindu appearance according to Dosha.

<u>Sr. No.</u>	<u>Dosha Vikara</u>	<u>Tail bindu appearance</u>
1.	Vata	Sarpa-(snake)
2.	Pitta	Chhatra-(Umbrella)
3.	Kapha	Mukta-(Pearl)

Table 2- Oil spreads in different diseased condition.

<u>Sr. No.</u>	<u>Urine</u>	<u>Diseased Condition</u>
1.	If dropped oil spread quickly over the surface of urine.	Sadhya (Curable)
2.	If dropped oil does not spread.	Kashta Sadhya (Difficult to treat)
3.	If oil drop sinks and touches the bottom of the vessel.	Asadhya (incurable)

Table 3: Shape of the Oil drop in different diseased condition

SR No	Shape of the oil drop	Diseased condition
1.	Hansa(Swan), Lotus, Chamara (Chowri Composed of the Tail of Yak), Torana(Arch), Parvata (Mountain) , Elephant , Camel, Tree , Umbrella And House	Prognosis is good
2.	Fish	Patient is free of dosha and disease can be easily treated [Sadhya(curable)]
3.	Valli(creeper) , Mridang(a kind of drum) , Manushya (human being) , Bhandra (pot), Chakra(wheel) or Mriga(deer)	KashtaSadhya (difficult to treat)
4.	Tortoise ,buffalo, honey bee, bird, headless human body,astra(instrument for surgerylike knife etc.), khanda(Piece of body)	Asadhya(incurable)
5.	Four legged, three legged, two legged	Aristhalakshana (patient will die soon)
6.	Shastra(Sharp instruments), Khadga(sword), dhanush(bow), trisulum, Musalayudhamam(pestle), Srigal(jackal), sarpa(snake), vrishchika(scorpion), Mushika(rat), Marjara(cat), arrow, vyaghra(tiger), markata(monkey) or simha (lion).	Aristhalakshana (patient will die soon)

Table 4: Urine appearance in various diseases

<i>Sr no.</i>	<i>Disease</i>	<i>Urine appearance</i>
1.	Ajirna(indigestion)	Tandulodaka(rice water)
2.	NavinJwara(Acute fever)	Dhumara Varna(smoky) and BahuMutrata (diseased person passes more urine)
3.	JirnaJwara(Chronic fever)	AsrikSadrish(yellowish red)
4.	PuittanilaJwara(Vata-Pita Jwara)	Dhumra, Jalabham, Ushana(Smoky, Watery, Hot)
5.	MarutaShlesmani(vatasleshmaJwara)	Budbudabham(like air bubbles)
6.	Shleshma Pitta jwara	Kalush(Polluted), Saraktam(mixed with blood)
7.	SannipataJwara	Mishra Varna(Mixed color)

Direction of Oil Drop

1. If the tailabindu (oil) spreads in the east direction, the patient gets relief.
2. If the tailabindu (oil) spreads in the south direction, the person will suffer from Jwara and gradually recovers.
3. If the tailabindu (oil) spreads in the north direction, the person will surely be cured and become healthy.

4. If the tailabindu (oil) spreads in the west direction, the person will achieve shukha and Arogya.(happiness , healthiness)
5. If the tailabindu (oil) spreads toward the Agneya (South-East)or Nairutya(South-West) or the oil drop splits, the patient is on death bed.
6. If the oil spreads towards the Ishankona (North- East), the expectation is that patient will die in one month.
7. If the tailabindu (oil) spreads Vayavya Kona (North-West), He is dying anyway.

DISCUSSION

First and top most challenge is diagnose the disease;therefore, prognosis is very important vision of disease.Proper treatment is based onproper diagnose.On the other hand, we can say,causes of inadequate treatment are improper diagnoses. Prognosis is a medical term for predicting the likely or expected development of a disease so prognosis the disease is foremost challenge in medical science.

In ancient time, the art of predicting i.e. prognosis was well developed.Many years ago, various examinations were carried out for diagnosis of diseases. Among them MutraPariksha, especially tailabindupariksha, was famous in 16th century. In many Ayurvedic texts like Samhitas, Vangasena, Vasavrajyam,Yogratnakar etc., the tailabindumutrapariksha is described.With the passage of time, this pariksha became obsolete. However, Mutrapariksha has been always necessary forthe diagnosis of disease from medieval time to this modern time. Various laboratories test are time and expensive, while the tailabindupariksha is very simple and cheap technique for diagnose the disease. In this technique we can predict about the disease and its prognosis by oil drop over the surface of urine. We can increase the efficacy and accuracy of diagnosis by using modern technology. We should scientifically prove that TailaBinduMutraPariksha will be landmark in the field of prognosis of disease.

CONCLUSION

In fact, the tailaBinduPariksha is very important prognosis tool for diagnose various diseases like advance staged prostate cancer, kamla, navjwara, Jirnajwara etc. We can also diagnose the disease that it issadhya (curability) or Asadhya (incurability) by using Tail binduMutraPariksha method. We can assess the prognosis of the disease by using this technique, which is very simple and economic and we can provide better medical treatment to the patient.In view of the above, this technique is very useful for diagnose the disease. So novel research work is required to establish result of tail bindumutrapariksha in modern era also, which can pave the way for the assessment of prognosis of diseases in future.

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