

## CONCEPTUAL STUDY OF MUTRA PARIKSHANA FOR PROGNOSIS OF DISEASE

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### Abstract –

In Ayurveda Ashtasthana pariksha is described for rogarikshana. Mutraparikshana has very important role in these ashtasthana pariksha to understand the health & disease condition of person. When person suffers from disease, there will be change in its mutra. Observation of these changes help in the diagnosis & tailbindu pariksha helps in prognosis of disease.

This study aims to compile all scattered data collection & explain mutra parikshana's importance in prognosis of disease.

### Keywords –

Mutrapariksha, Conceptual study, rogarikshana, Ashtasthana pariksha, taila bindu pariksha

### Introduction –

The person is called swastha one who have equivalent dosha, agni, dhatu & mala kriyas and prasanna atma, indriya & mana. (1) Mutra is one of mala of body. Its function is kledavahana (excrete kleda from body). Functions of malas play important role in maintenance of health. Mutra is produced at the time of digestion of food. All malas' (including purish, mutra, sweda & seven dhatu's mala) excretion from the body is very important for healthy status of person. If there is any deformity in excretion then this leads to disease formation. Mutra indicates many physiological & pathological condition of a person. So mutra pariksha is included in Ashtasthana pariksha of rogarikshana of patient. (2)

First roga parikshana is done properly and then treatment will start. (3) Mutra pariksha has important role in Ashtasthana parikshana. Mutra pariksha gives

information about abnormal doshas, diseased condition & prognosis of disease.

### Method of Mutra Parikshana (4) –

Urine is collected in glass container at the early morning i.e. last prahara of night before 4 ghatikas are left). Let go early little stream of urine & collect middle urine stream. Then urine is observed at the time of sun rise. It gives information about abnormal doshas, diseases etc. Mainly colour of urine is observed, it gives idea about vitiated doshas.

Mutra pariksha also shows some pathological, diseased condition like prameha, mutrakruchchha, nava jwara, jirna jwara, ajirna, indigestion etc.

Some time it may shows arishta lakshana – when urine is sunk in water, conclusion is that person will die in 1 month.

When increased in urine quantity, it shows prameha disease.

When decreased in urine quantity, it shows mutrakruchchha disease.

### **Taila bindu Parikshana –**

Some times mutra pariksha is done by one more type i.e. taila-bindu parikshana. This taila bindu parikshana mainly helps to detect prognosis of disease.

### **Method of Taila bindu Parikshana(5) –**

Urine is collected by same method as in mutra parikshana. Then a drop of oil is dropped in the collected urine very lightly with the help of grass (truna). As oil is lighter than urine, oil spreads over the urine. Observations & conclusions are made on the basis of direction, shape & speed of spreading of oil drop. That's why this taste is called taila bindu parikshana, which is one part of mutra pariksha. It shows the vitiated dosha, sadhyaasadhyata (curableness), kula dosha, preta dosha, bhuta dosha of disease.

### **Importance of Mutra Pariksha –**

Muta pariksha is one of the ashta sthana pariksha, which helps in rogparikshana, which vaidya have to be done before start the treatment to the patient.

Mutra pariksha shows

- vitiated dosha,
- Curableness of a disease ( sadhyaasadhyata),
- Diseased condition

- kula dosha, preta dosha, bhuta dosha etc

### **Discussion –**

As per Ayurveda dosha, dhatu & mala are foundation of the body. So mala are also plays important role in health maintenance. That's why in Ayurveda definition of swastha includes sama mala kriyas. (Swastha is called one who have balanced/appropriate dosha, agni, dhatu & mala's functions & pleasant aatma, indriya & mana)(1). Any deformity in these may cause disease. Malas are by-product of metabolism of food. Excretion of mala from body is necessary. If there is any deformity in this, it may cause disease. Mutra i.e. urine is one of the malas of body. So it is necessary to excrete from body. Change in color, physical appearance of urine leads to diagnose the vitiated dosha, diseases, and its curableness etc. (6) Taila bindu pariksha is also giving the information about vitiated dosha, curableness etc. Therefore mutra pariksha is very important role in rogparikshana, hence it has second place in asthasthana pariksha after nadi parikshana.

In mutra pariksha, change in the urine color shows vitiated doshas. The vitiated dosha give these colors to the urine. Eg If mutra pariksha shows pandura (pale), blue colors of urine, then the vitiated dosha is vata. (6)

Similarly in diseased condition there is also change in color & physical appearance of urine. Eg If urine is similar as tandulodaka (rice water), then the disease is ajirna etc (6)

Sadhyaasadhyata (curableness) is also decided with the help of speed of oil drop spreading, shape of oil drop etc i.e. taila

bindu pariksha. Eg instant spread of oil drop indicates patient is curable. (6)

Bhuta, kula, preta etc doshas are also detected with the help of taila bindu parikshana. (7)

Quantity of urine is also one important parameter of diagnosis of diseases like prameha, mutrakruichha etc.

### Advantages of this mutra pariksha (Ayurvedic urine examination) –

- very easy to perform,
- cost effective
- require less time, equipment
- give instant result
- give information about vitiated dosha, curableness, diagnose disease, arishta etc

### 1. Changes in urine due to doshas (6) –

#### Color & Physical appearance

Pandur (pale), Nila, Ruksha

Rakta, Pita, Aruna (reddish)

Snigdha, Safena, Pallava varitulya

Shweta, Budbudabham

Kalusha, Sarakta

Dhumrajalabha, Ushna

Krishna, Mishra varna

Snigdha, Ushna, Rakta

#### Vitiated Dosha

Vata

Pitta

Kapha

Vata-Kapha

Kapha-Pitta

Pitta-Vata

Sannipata

Rakta

In modern science, urine examination is very common for diagnosis of various diseases. But in Ayurveda mutra pariksha is very uncommon, though it is very easy, cost effective, less time consuming etc. So here is little effort to show importance of mutra pariksha, which may help vaidyas in rogpariksha & after this mutra pariksha one can give appropriate treatment to the patient.

### Conclusion –

Mutra is one of mala, which is by-product of food metabolism. It shows change in its color & physical appearance in various diseased conditions. Hence mutra pariksha is included in ashtasthana pariksha at 2<sup>nd</sup> place. This mutra pariksha helps in prognosis of diseases, curableness & gives information about vitiated dosha, arishta etc.

### 2. Changes in urine due to Disease condition (6) –

#### Physical appearance

Matulunga rasabha, sauvirabha, jalopamam, chandanasannibha

#### Disease

Prapaka rahita

Tandula toyavat	Ajrna
Dhumra varna, Bahumutra	Nava jwara
Asruk sadrusha (like blood), pita	Jirna jwara
Rakta, Pita	Kamala
Pita, Sarakta	Pittaja Mutrakruichha
Sapichchha	Kaphaja Mutrakruichha

### Taila Bindu parikshana –

#### 1. Vitiated dosha (6) -

Shape of Taila Bindu	Dosha
Sarpakara (snake shape)	Vata
Chhatrakara (Mushroom shape)	Pitta
Muktaakara (free shape)	Kapha

#### 2. Curableness (6) –

##### a) According to speed of oil drop spreading –

Speed	Curableness
Aashu (instant)	Sadhya (Curable)
No spreading	Kashtha sadhya (curable with more efforts)
Sunk	Asadhya (incurable)

##### b) According to direction of spreading of oil drop (6) –

Direction	Curableness
East	kshighram sukhi bhavet (Early curable)
South	Jwara, Kramen sadhyam (curable step by step)
North	Curable (arogita samprajayate)
West	Sukha (Pleasure), Aarogya (Health)
North-East	Dhruvam masen nashyati (Must die in 1 month)
South-East	Druvam Maranam (Must die)
South-West	Dhruvam Maranam (Must die)

North-West

Definitely die even after drinking Amrit

**c) According to shape of oil drop (6) –****Curableness                      Shape**

Asadhya (incurable)    Hala (anchor), Kurma, Sauribhakar (reda), karandamandala, Shirohina nara, khanda gaatra, shashtra, khadga, Mushala, Pattisha, Shara (arrow), Laguda (Sota), Trichatushpatham, bindu rupam nara

Sadhya (Curable)        Hamsa, Karanda, Tadaga, Kamala, Gaja, Chamara, Chhatra, Torani, Sampurnam Harmyam (vada) drushyate

**3. According to Bhutadi dosha (7) –****Shape                      Dosh**

Chalani sadrusha                      Kula dosha / Preta dosha

Narakara / Mastaka dwayam    Bhuta dosha

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