

APPLICATION OF PURISHA MALA PARIKSHANA IN AYURVEDA IN CURRENT PRACTICE

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ABSTRACT

Introduction: *Ayurveda* is based on sound of principle of diagnosis, It is not requires clinical or costly investigations which are beyond reach of common and less privileged person. *Ashtavidha Pariksha* in *Ayurveda* is one of the important examination to find the various causes behind the disease. In *Asthavidha Pariksha*, *Purisha Mala Parikshan* is one the most important examination part for diagnosis the disease of patients. *Purisha Mala Parikshan* (Stool examination) is an important laboratory investigative tool in medicine, which is used to understand the health and disease condition of a person. The *Purisha* indicate that this is the metabolic product where there will be changes

when person suffers from disease, observing these changes, the diagnosis can be made, or these can help as tools in diagnosing a disease, Hence a study is aimed to provide the first hand information about the changes in stool and will act as a guide to diagnose the disease. *Purisha Mala Parikshan* as such gives information about so many physiological and pathological status of body such as symptoms of abnormal *Doshas*, prognosis of disease, presence of parasites. *Jala Nimajjana Purisha Pariksha* is also further tool through which the status of *Agni* and the presence of *Aama* can be detected. **Aim:** To study the application of *Purisha Mala Parikshan* in current clinical practice. **Methodology:** This is conceptual study for which various classical *Ayurvedic* textbooks, modern science books, online published articles and research papers are used. **Result:** *Purisha Mala Parikshan* in *Ayurveda* has a key role in current clinical practice for diagnostic as well as prognostic purpose. **Discussion:** *Purisha Parikshana* gives information about *Pachak pitta dushti*. It is directly related to *pachan* (digestion) and *sarakitta vibhajan* (assimilation). It guide us exactly which function

of the body is hampered. It also play an important role in understanding *avastha* (condition) of disease i.e. *sama niram avastha*, which is most important in planning treatment of disease, because in *Ayurveda* treatment differs according to *avastha* (stage) of disease. So, *Purisha Mala Parikshan* has its own important in diagnosis of disease as well as treatment in clinical practice.

KEYWORDS: *Ashtavidha Pariksha, Agni, Aama, Jala Nimjjana, Mala Purisha Pariksha.*

INTRODUCTION

Dosha, Dhātu, Mala concept of *Ayurveda* is important to understand the body functions. *Purisha* (stool) is *mala* form in the *pakvashaya* (intestine) during *sarkittavibhajan* and excreted through *guda* (Anus). Stool is metabolic end product of food. With the help of stool examination digestion process of body can be understood. *Purisha parikshana* is also helpful to understand the normal and abnormal condition of *Aamashaya* (stomach), *Grahani* (duodenum) and *Pakvashaya* (intestine). To examine the *jaranshakti*, *Purisha parikshana* is helpful. With the help of stool examination different diseases of *Mahasrotasa* could be understood. With these all perspective stool examination would be important.

With the help of stool examination *Avastha* (condition) of *Doshas, Samata* and *Niramta* could be understood. Whether examination of *Purisha, samta* or *niramta* is important.^[1]

METHODOLOGY

Purisha pariksha (stool examination) is included in *Astavidha Pariksha*.^[2]

In *Ayurvedic* texts, examination of stool is done by examination of physical characteristics such as *Matra* (quantity), *Varna* (color), *Gandha* (odor), *Sanhanana* (consistency) then *Sarakta* (with blood) *malapravrutti*, *Sapuy malapravrutti*, *Sakrimi malapravrutti* Besides these, a specialized technique of stool examination i.e., *Jala Nimajjana Purisha Pariksha* has been described to detect the presence of *Ama* thereby inferring the status of *Agni* in the body.^[3,4]

Sam purisha is heavy duo to more undigested food, so this stool gets dipped into water.

Niram or *prakrut* (normal) *purisha* flot on water.

Due to presence of *pichchhilita* (stickiness) in stool, it is not freely flowed by water. With these type of interrogation with patients the *samta* or *niramta* of stool could be easily decided. By the consumption of food, if undigested food is visible in the stool, then *samta*

can be decided.

Importance of stool examination

- Dignosis of disease
- Prognosis
- Stage of disease
- *Dosha* involvement in vitiation
- State of digestive fire
- Presence of *Ama* (food toxin)
- *Arista Lakshana* (determine the remaning life span)
- Presence of *krimi* (parasites)^[5]

Characteristic of normal *purisha*

Praman- 7 Anjali^[6] Consistency- soft but formed Color- yellowish brown Odour- offensive

Frequency of defecation – 1 to 3 times/day Infants- 3 to 6 times/day

Quantity- 100 to 250 g/day

Method of examination

There are two methods of *purisha pariksha* described in *ayurveda*

- 1) Physical examination of stool
- 2) *Jala Nimajjana Purisha Pariksha* (Examination of stool by dipping in water)

Physical examination of stool

In Physical examination of stool, one can assess color, consistency, presence of froth, odor of stool, abnormal constituents, defecation with blood, pain, pus, *krimi* (parasites), frequency and amount of stool,

Changes in color of stool in various diseases

Types of color disease involved

- 1) ***Krishna varna* (black color)** - *Kumbha Kamala, Vataj Arsha, Vataj Gulma, Pittaj Atisara, bleeding in Upper gastrointestinal tract, vat prakopa.*
- 2) ***Shukla varna* (white color)** - *Amaj Atisara (Pravahika), Kaphaj Atisara, Kaphaj Grahani, Kaphaj Jwar, Kaphaj Arsha, Kaphaj Pandu, Sahaj Arsha, Jalodar, Kaphaj Gulma, Kaphaj Visarpa Cholera*
- 3) ***Rakta Varna* (red color)** - *Asadhya Kamala, Raktapitta, Raktarsha, Sahaj Arsha, Pittaj*

Atisara, Chhidrodara

- 4) **Til pisthi ke Saman - Ruddhpathakamala**
- 5) **Shyava, Aruna varna (gray and reddish) - Vataj Udara roga, Vataj Arsha, Vataj Atisara, Vataj Gulma, Vataj Jwara, Vataj Pandu, Vatprakopa**
- 6) **Rakta puyayukta (mixed with blood and mucus) – Raktaj Pravahika, Mritbhakshanjanya Pandu**
- 7) **Mansambu sadrisham (dark reddish blakish) – Sannipataj Asadhya Atisara.**
- 8) **Rakta-peeta (reddish yellowish) – Raktaj Arsha, Pittaj Atisar, Iron rich diet**
- 9) **Greenish – Infantile diarrhea.**

Presence of froth in stool in different diseases

Presence of froth – Vataj Grahani, Vataj Atisara, Vataj Arsha.

Changes in sparsha of stool in various diseases

- 1) **Sheet (cold) sparsha – Ajirna, Kafaj Atisara**
- 2) **Ushana (hot) sparsha – Pittja Arsha**
- 3) **Snigdha sparsha – Kafaj Atisara, Kafaj Arsha**
- 4) **Ruksha (rough) – Vataj Atisara, Vataj Jwara**

Changes in consistency of stool in various diseases

Consistency of stool disease involved

- 1) **Sandra (dense) – Kafaj Atisara, Sahaj Atisara**
- 2) **Vibadda (solid) – Asadhya Pandu, Vataj Prameha, Udararoga, Baddodara, Vataj Atisara, Sahaja Arsha, Vataj Arsha, Purishavritta vata, Vataj Visarpa, Tridosha Dushti, Tikshangni**
- 3) **Drava (watery) – Pittaj Arsha, Vataj Grahani, Asadhya Atisara, Mandagni**
- 4) **Bhinna (loose)- Kafaj Grahani, Pittaja Arsha, Kaphavrita apanvayu, Vega Sandharanjanya Yakshma, Kshayaja kasa**
- 5) **Shushka (dry) – Vataja Grahani, Sahaja Arsha**

Changes in odor of stool in various diseases

Odor of stool disease involved

- 1) **Durgandha (foul smell) - Ama Purisha, Kaphaj Atisara, Pittaja Pandu, Asadhya Sannipataja Chhardi, Purishavaha srotodusti, Vid Vighraha**
- 2) **Visragandhi (smell of raw meat) - kaphaj Atisara, Pittaja Arsha**

- 3) **Atidurgandhi (extremely foul smell)** – *Pittaj Atisara, Pittaj Arsha*
- 4) **Amagandhi (smell of Ama)** – *Amatisara*
- 5) **Kunpgandhi (smell of dead body)** - *Sahaj Arsha, Chhidrodara*
- 6) **Kunpa, Puya, Ama, Matsyagandhi** – *Sannipataja Atisara*

Frequency of stool in various diseases

Quantity or frequency of stool disease involved

- 1) **Atipravritti (more frequency and quantity)** - *Amatisara, Pittatisara, Sannipataja Atisara, Asadhya Atisara*
- 2) **Sanga (less frequency)** – *Atisara Purva Rupa, Vataj Gulma, Apana Vayuavrudha, Udarroga, Asamyak Virechana, Vata Ashthila, Mutra Jathara, Shuska Yoni, Baddodara.*
- 3) **Alpa (less in quantity)** - *Vataj Atisara, Sannipataj Jwara, Pandu, Purishvaha srotodushti*
- 4) **Alpa Alpa (less in frequency and quantity)** – *Kaphaj Atisara, Vataj Atisara, Pravahika, Vataj Grahani, Purishvaha srotodushti*
- 5) **Muhurmuhu (frequent)** – *Vataj Grahani, Vataj Atisara*
- 6) **Bheda (lose)** – *Kshayaja Yakshma, Veggandharanjanya Yakshma*
- 7) **Krichhra Mala Pravritti (passing stool with difficulty)** – *Vataj Ashmari, Vid Vighata, Amashaya and Pakwashaya Krudha Vayu*
- 8) **Sashabda Mala Pravritti (passing stool with sound)** – *Purisha Kshaya, Vataj Grahani, Vataj Arsha, Amatisara, Purishvaha srotodushti*

Type of pain during defecation in various diseases

Type of pain disease involved

- 1) **Sashula (with pain)** – *Amatisara*
- 2) **Sashula Sadaha (with pain and burning)** – *Pittaja Atisara*
- 3) **Shula, Gudasrava (discharge from anus with pain)** – *Jalodara*
- 4) **Chirat dukham (passing with difficulty)** – *Vataj Grahani*
- 5) **Pravahana (tenesmus)** – *Pravahika*
- 6) **Sashula Pravahana (tenesmus with pain)** – *Kaphaj Atisara, Pravahika, Kaphaj Arsha*
- 7) **Kunthana (pain strain)** – *Samatisara, Vishamagni*

Jala nimajjana purisha pariksha

(Examination of stool by dipping stool in water)

This test determines the presence of *Ama* thereby indicating state of digestive fire which is considered as major cause for different diseases. Test is based on the behavior of stool in

water.

If stool sinks in water, it indicates presence of *ama*. If it floats, indicates absence of *Ama* in stool.

Stool influenced by doshas

Vata – Dry, non consistent, smoky color, frothing

Pitta – Yellow in color

Kapha – Whitish

Vata-Pitta – Hard and in pieces with yellow or blackish tint

Kapha-Pitta – WET and mucoid with whitish or yellow tint, sticky

All three Dosha imbalance – Dry, loose with blackish yellowish and whitish tint

Bad prognostic signs

If the stool is dark black, very white or dark yellow or dark red in color, excessively hot, If the stool is having very bad smell with weird shapes and designs (*Chandrikayukta*) it indicates that the person is going to die soon.

DISCUSSION

Ayurveda considers *Dhosh*, *Dhatu* and *Mala* as foundation of body. *Mala* is produced as by-product of our daily activities. If *Mala* is not excreted from the body, the metabolic process will be impaired leading to the formation of malformed tissues. They are important for normal physiology of the body.

Purisha Pariksha has been given due to importance in the ancient period, and it has been described in *Astavidha Pariksha*. *Purisha*, which is one of the main metabolic products of the body, shows changes in its characters in diseased conditions.

Purisha Parikshana gives information about *Pachak pitta dushti*. It is directly related to *pachan* (digestion) and *sarakitta vibhajan* (assimilation). It guide us exactly which function of the body is hampered. It also play an important role in understanding *avastha* (condition) of disease i.e. *sama niram avastha*, which is most important in planning treatment of disease, because in *Ayurveda* treatment differs according to *avastha* (stage) of disease. So, *Purisha Mala Parikshan* has its own important in diagnosis of disease as well as treatment in clinical practice.

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