

## SIGNIFICANCE OF AYURVEDIC "TAILBINDU PARIKSHA" IN DIAGNOSIS AND PROGNOSIS OF DISEASE

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### ABSTRACT

In *Ayurveda* various methods of examination are explained. *Asthasthan Pariksha* is one of the main diagnostic method described in *Ayurveda*. *Tailbindu Pariksha* of having a significant role in diagnostic and prognostic aspect of disease. It was a very important aid in medieval period but became obsolete with time. It is very simple and cost effective. In this, urine sample is collected in a glass vessel and a drop of *Til Tail* is dropped over the surface of urine without causing the disturbances under sunlight. After spreading, the shape and the direction is observed. The shape of drop indicated the *dosha* and

disease involved, while the direction indicated the prognosis of disease. Though *Tailbindu Pariksha* is seems to be a old method but it is time tested and has an own importance in diagnosis and prognosis of patient by the generation of Ayurvedic community. Though it is old method but it proves successfully. If this method tested and correlated on the modern parameters than it can be a gold standard in future.

**KEYWORD:** *Tailbindu Pariksha, Asthasthan Pariksha.*

### INTRODUCTION

*Ayurveda* as a holistic medicine has a great history of researches. Examination plays an important role in diagnosis and prognosis of disease. In *Ayurveda* various methods of examination are explained like *Dwividh Pariksha, Trividha Pariksha, Asthasthan Pariksha, Dashvidha Pariksha*, etc. Different pathological conditions of patient are examined under the broad heading *Asthasthan Pariksha*. *Astasthan Pariksha* includes *Nadi, Mutra, Mala, Jivha, Shabda, Sparsh, Drik, Aakriti*. Among the *Asthasthan Pariksha*, the *Mutra Pariksha* is one which proves to be an important aid in diagnosis as well as assessing prognosis.<sup>[1,2]</sup> It has

been given a special attention in some *Ayurvedic* texts like *Yogratnakara*, *Chikitsasara*. *Mutra Pariksha* was carried out by *Pratyaksha Praman* (Inspection method) and *Anuman Praman* (Inference method).<sup>[11]</sup> *Tailbindu Pariksha* developed in the medieval period is a method of *Mutra Pariksha*, 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>[3]</sup> It was very important aid in medieval period. For this, the patient's early morning (around '5'0 clock) urine sample is to be collected in clean oval shaped open glass vessel. This should be maintain in stable condition and closely, carefully examined during sunrise.<sup>[4]</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>[11]</sup> Hence an attempt is made to understand the significance of *Ayurvedic Tailbindu Pariksha* in the diagnosis and prognosis of disease.

**AIM:** To study the significance of *Ayurvedic Tailbindu Pariksha* in diagnosis and prognosis of disease.

**OBJECTIVE:** To study the application of *Ayurvedic Tailbindu Pariksha*.

**MATERIAL AND METHOD:** This is a conceptual study for which various *Ayurvedic* and modern texts, published articles, research papers and information available on internet are used. The description of this *Tailbindu Pariksha* is noticed in 14<sup>th</sup> to 17<sup>th</sup> century *Ayurvedic* books. It 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.

**When to Collect Urine sample:** All texts have stated that the urine collection should be done in the morning while *Yogratnakara* and *Vangsenā* have specified that the time should be when 4 ghaticas are left in the last yama of night. Yama is a period equivalent to 8<sup>th</sup> part of a daynight i.e. 3 hours before sunrise. According to *Ayurvedic Pharmacopoeia of India*, ghatica is equivalent to 24 minutes and thus the 4 ghatica means 1 hour 36 minutes. Hence the time of collection should be 1 hour 36 minutes before sunrise.<sup>[9]</sup>

**Where to Collect Urine sample:** In *Ayurvedic* text it is mentioned to be used glass container for *Tailbindu Pariksha* but *Vangsenā* who has stated that either glass or bronze vessel to be taken.<sup>[7]</sup>

**How to Collect Urine sample:** Mid stream of morning urine has to be collected for examination discarding the first and last part.<sup>[5]</sup>

**Which Oil Should Use:** *Vasavrajyam* had mentioned the use of *Til Tail* for *Tailbindu Pariksha*, while other authors had just mentioned the word *Tail*. According to *Acharya Sharangdhar*, if name of particular oil is not mentioned, then *Til Tail* should be used.<sup>[4]</sup>

**When to Conduct the *Tailbindu Pariksha*:** A gap of 2 hours should be kept as the standard between collection and performance of the test as the rate of spread of drop was neither fast nor slow.<sup>[11]</sup>

**Size of Drop:** The average volume of one drop comes to be around 12  $\mu\text{l}$ .<sup>[5]</sup>

**Procedure of *Tailbindu Pariksha*:** Both patient and physician should wake up early in the morning. After discarding an initial flow, patient's midstream urine sample should be collected in clean and clear glass pot and wait for settle the urine sample. After settling urine sample in a glass pot, a drop of oil be put into it with the help of glass dropper from maximum height of 1 cm from urine surface. In *samhita* there is mention a *Trun* to put the oil drop. The patterns and distribution of oil drop on the urine are then observed to determine the diagnosis and prognosis of disease. After spreading, the shape and the direction of oil drop is observed. The shape of drop indicated the *dosha* and disease involvement, while the direction indicated the prognosis of disease.<sup>[11]</sup>

## OBSERVATIONS

The pattern and distribution of oil drop on the urine are then observed to determine the diagnosis and prognosis of disease.

### Diagnosis of *Dosha* Involvement

In *Vata* aggravation, oil drop appears wavy like snake.

In *Pitta* aggravation, oil drop after spreading appears like umbrella.

In *Kapha* aggravation, oil drop appears like pearl shape (*Mukta* shape).

Also it is said that If *Vata* predominant *Tail* attains *Mandala* shape i.e circular shape.

*Pitta* predominant *Tail* attains *Budbuda* i.e. Bubbles. *Kapha* predominant *Tail* attains *Bindu* shape i.e. droplet *Sannipata* predominant *Tail* sinks in the urine.

**Diagnosis of Disease Involvement**

*Kulaj* Dosha -- If *Tailbindu* takes a chalni shape i.e. sieve in the urine sample and then spread considered as a congenital or infectious in origine.

*Bhut* Dosha-- If *Tailbindu* takes the image of human being or skull.

**Prognosis of Disease by Spreading oil drop**

If inserted oil spreads quickly over the surface of urine – that disease is *Sadhya* i.e. curable or manageable.

If the oil does not spread – it is considered as *Kastha Sadhya* i.e. difficult to treat.

If the oil directly goes inside and touches the bottom of vessel - it is considered as *Asadhya* i.e. incurable.

**Prognosis by Spreading Shapes of Oil**

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.

If the oil attains the shape of Fish then the patient is free of *dosha* and disease can be treated easily.

If the oil attains the shape of Valli, Mrudang, Human, Pot, Wheel, Dear, then the disease is *Kasthasadhya*.

If the 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 shape of drop of oil is seen as four legged, two legged then that patient will die soon.

If the shape of oil like *shastra*, Rat, Cat, Tiger, Scorpion, Snake then the patient will die soon.

**Prognosis of Disease by Spreading Oil in Direction**

East- if oil spread in the direction of East then patient gets relief.

South- if oil spread in the direction of south the individual will suffer from fever and gradually recover.

North - if oil spread in the direction of north patient definitely be cured and becomes healthy.

West - if oil spread in the direction of West then patient will attain happy and healthy life.

NorthEast- if oil spread in the direction of North East then patient will die in a month's time.

SouthEast / SouthWest – if oil spread in the direction of SouthEast/SouthWest then patient is bound to be die.

NorthWest- if oil spread in the direction of NorthWest then patient is going to die any way.

## DISCUSSION

*Tailbindu Pariksha* is based on the consistency, thickness, density of urine and seeing the shape of spreaded oil on the surface of urine. These changes in the properties of urine as compared to normal due to the release of various excretory substances in the urine in different disease which can be assessed by the pattern of *Tailbindu Pariksha*. This may altered the specific gravity, PH level, viscosity, and surface tension of urine, can be assessed by the microscopic and chemical examination and correlate the pattern 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. Though *Tailbindu Pariksha* is seems to be a old method but it is time tested and has an own importance in diagnosis and prognosis of patient by the generation of Ayurvedic community. Though it is old method but it proves successfully. If this method tested and correlated on the modern parameters than it can be a gold stander in future.

## CONCLUSION

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

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