



DIAGNOSTIC AND PROGNOSTIC APPROACH OF MUTRA PAREEKSHA IN AYURVEDA - A REVIEW

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ABSTRACT

The Fundamental Principles of Ayurveda were laid down after many times of experimentation, hence still applicable even in modern era. According to Acharya Charak, it is important to know preliminary cause of disease before treatment. For which Rog-rogi pareeksha is must. Mutra Pareeksha among Astasthanapareeksha have been given much importance because urine is the end product of all metabolic activities of the body, thus it indicates health status. This article is aimed to collect all scattered data related to Mutra Pareeksha in various Ayurvedic texts. The changes pertaining to Mutra is described under various disease conditions as symptoms are compiled to evaluate diagnostic approach of Mutra Pareeksha.

Material has been collected from ancient ayurvedic texts, research journals and electronic database. In this article efforts have been made to collect various scattered data related to Mutra pareeksha in different disease symptoms described in Samhitas. We can judge Doshik involvement and type of disease by mutrapareeksha. Tail bindupareeksha is vital part of Mutrapareeksha which tells about diagnosis and prognosis of disease. Laghutrayees and various texts like Vasavarajiyam, Yogratanakar provide more elaborative information as compared to Brihatrayees.

The Ayurveda classics and their examination approaches are still reliable. Ultimate aim of these methods are to determine proper physiology of various systems of body. In comparison with modern laboratory investigation Mutrapareeksha may be used as a cost effective, diagnostic and prognostic tool. It will be helpful to access treatment plan for diseases.

KEYWORDS : Mutrapareeksha, Ayurveda, Diagnosis, prognosis

INTRODUCTION –

The Fundamental Principles of Ayurveda were laid down after many times of experimentation, hence still applicable even in modern era. According to Acharya Charak, it is important to know preliminary cause of disease before treatment. For which Rog-rogi pareeksha is must. 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 and looking for various signs. The symptoms are ones which are told by patient to the doctor & signs are observed only by physician. Ayurvedic texts suggest diagnosing the disease first, patients different patho-physiological conditions are examined under broad heading ashtavidhparikshas. Eight fold method is excellent ways for judging imbalance of tri energies, 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

Mutra Pareeksha among Astasthanapareeksha have been given much importance because urine is the end product of all metabolic activities of the body, thus it indicates health status. Examination of urine has been given special attention in yogaratnakar, chikitsasara etc. along the examination of colour, appearance & consistency of urine.

METHODS:-

Material has been collected from ancient ayurvedic texts, research journals and electronic database. In this review efforts have been made to collect all scattered data related to mutrapareeksha.

AIMS & OBJECTS :-

This article is aimed to collect all scattered data related to *Mutra Pareeksha* in various Ayurvedic texts. The changes pertaining to *Mutra* is described under various disease conditions as symptoms are compiled to evaluate diagnostic approach of *MutraPareeksha*.

Mutra :-

urine is one of the malas was said by Ayurveda acharyas. Malas are the waste product of the body that pollutes or vitiates the other nearby structures of the body. It is formed in the process of avasthapak of aahara and malas are formed in katupakastage. Mutra stored in basti after formation of it. And then it transported to ureter and then after passes away by urinary tract. Urine is waste product and as well as

used as pariksha. It works as diagnostic and prognostic tool regarding various normal or abnormal conditions.

Urine examination history-

Basis of this starts in vahat manuscripts as references that available which was written during 9th -10th century. Consequently it is elucidated in vangssena, yogratnakar & basavarajiyam explained about mutrapariksha in the century of 17th -18th. Madhav also explained about mutraparikshain 800 AD.

Ayurvediyamutrapariksha –

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.

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.

Temperature of urine is,

1. Cold temp. in vata.
2. Hot temp. in pitta.
3. Cool temp. in kapha.

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.

Diagnosis of disease involment

- a) In case of Ajirna (Indigestion), urine appears like tandulodaka (rice water).
- b) Urine appears smoky & affected passes more urine (bahumutratra) in navinjwara (acute fever).
- c) In vata pitta jwara, urine is smoky, watery & hot.
- d) In vata kapha jwara, urine whitish with air bubbles.
- e) In kapha pitta 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 sannipata 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 ofamvata. In excessive passes of stool urine becomes yellowish.

Mutra tail bindupareeksha-

Mutra tail bindupariksha is a path of diagnostic technique of urine examination developed by acharyas and might be helpful prognosis of disease.

Steps-

1. First of all patient must wake up at last quarter of the night around 4-6 o'clock remains and pass urine.
2. Midstream urine is collected in glass pot/ earthen pot.
3. A drop oil should be dropped with the help of blade of grass into the urine.
4. Spread of oil, shape and direction of movement should be examined.

Table.01 Interpretation of mutrapareeksha

DIRECTION	RESULTS
east	Cured
south	Cured
north	Cured
west	Cured
North east	Certain death by mouth
South east \south west	Certain death
North west	Certain death

Table.02 Diagnosis of dosha – according to appearance

Dosha	Urine colour
Vata	Whitish \ slight bluish
pitta	Yellowish \reddish
Kapha	Frothy unctuous
rakta	Oily hot resemble like food

Combined two

Dosha sannipataja	Mixed colors blackish
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On shapes

Vata	Like snake
Pitta	Like umbrella
Kapha	pearl

Prognosis based on shape

Image of hansa, lotus, torana, elephant, camel, parvata, tree, house	Good prognosis
Shape of fish	Can treated easily
Shape of vallimrudangamaushya, bhanda, mriga, Chakra	Kashtasadhya
Shape of tortoise, buffalo, honey bees, bird, astra	Incurable

Table.03 Characteristics of urine in different diseases-

Characterstics of Mutra	Various disorders
AcchaMutra	Asmari
	Udakameha
Amlamutrata	Amlameha
	Nilameha
Mutrakriccha	Asmaripuravarupa Kaphajaarsa Gulmasamanyalaksana
Sukrashmari	Sarkara Mutranirodhajudavarta
Krisnamutrata	Vatajarsa Kamlaasadhya Vatajapandu Vatajvarsabheda Kala meha
LavanaMutrata	Lavanameha
	Lohitameha Raktameha
Mutralpata	Vatajasmari Mutrotsang Vatakundalika Vatajmutrakricchra Sanairmeha

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Madhuramutrata	Iksuvalikameha Kasudrameha Madhumeha sitameha
Muhumuhumutrapravitti	Vatajasmari Pittajmutrakricchra Vatajmutrakricchra Sanairmeha
Picchilamutra	Lalameha Udakameha
Pita mutrata	Kamlaasadhya Pittajmutrakricchra Mutrasada Pittajpandu Pandupurvarupa Pittajprameha Pittajswabheda Usnavata
Prabhutamutrata	Pravrddhaamavata Pramehapratyatmalaksana Sitameha Udkameha
Sarujamutrata	Ashmari Pittajmutrakricchra Mutrakshaya Mutrotsanga Vatakundalika
Suklamutrata	Mutrasada Kaphajapandu Pistameha Udakameha
Visramutram	Manjisthameha Raktameha
Rakta pita mutrata	Kamla
Saraktamutrata	Ashmari Pittajmutrakricchra Mutrasada Pittavritaapanvayu Raktameha Adogaraktapitta Usnavata
Mutrabadha Or Mutrasanga Or Mutraavarodha	Purisajaanaha Antarvidradhiasadhya Vatajasthila Vatadushtijanyabalroga Gudgatavata kaphavritsamana kosthasritavata mudhagarba mutasangalakshan mutraghataroga sarkaramutrakricchra niruddha Prakash vatajparinamsula pratyasthila sarkaraasadhya mahasvasa sukranirodhajudavarta vatajudavarta vatavasti visuchikaupadrava

RESULTS –

With reference to above literature review we can judge *Doshik* involvement and type of disease by *mutrapareeksha*. *Tail bindupareeksha* is vital part of *Mutrapareeksha* which tells about diagnosis and prognosis of disease. *Laghutrayees* and various texts like *Vasavarajiyam*, *Yogratnakar* provide more elaborative information as compared to *Brihatrayees*.

CONCLUSION-

Ayurveda suggests various techniques for Rog-Nidana (disease diagnosis) including trividhpariksha, ashtavidhpariksha, dashavidhpariksha 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 *Ayurveda* classics and their examination approaches are still reliable. Ultimate aim of these methods are to determine proper physiology of various systems of body. In comparison with modern laboratory investigation *Mutrapareeksha* may be used as a cost effective, diagnostic and prognostic tool. It will be helpful to access treatment plan for diseases.

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