

A CLASSICAL REVIEW ON TAILA BINDU PARIKSHA WITH SPECIAL REFERENCE TO DIETARY HABITS

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ABSTRACT

Taila Bindu Pariksha is a classical, non-invasive *Ayurvedic* diagnostic and prognostic tool used to examine urine (*Mutra*). Originally popularized during the medieval period in texts like the *Yogaratanakara*, *Basavarajiyam*, and *Vangasena Samhita*, it forms a vital sub-part of *Astavidha Pariksha*^[1] (the eight-fold clinical examination). The test relies on placing a single drop of sesame oil (*Tila Taila*) on a morning urine sample. Modern research shows that the oil's behavior—its spreading speed, direction, and shape—is heavily dictated by physical attributes like surface tension, specific gravity, and pH. Because dietary habits directly alter the chemical and physical composition of urine, what a person eats heavily influences the outcome of this ancient test. This article of *mutra pariksha* is the collection of valuable literary knowledges about *Mutra Pariksha (Taila Bindu Pariksha)* and its utility for diagnosis of patients related to *mutravaha srota dusti* (due to intake of drinks and food,

sexual intercourse while having urge of micturition, suppression of urge for micturition^[2] specially by those suffering from wasting and consumption) diseases like *mutraghat*, *ashmari*^[3], *prameha*, *mutrakshaya*, etc in the field of *Ayurveda*. Hence *Taila Bindu Mutra Pariksha* has not only diagnostic value but also prognostic value for future treatment planning of the patient.

KEYWORDS: *Taila Bindu Pariksha, Mutra Pariksha, Yogaratnakara, Diet, specific gravity, prognostic value.*

INTRODUCTION

Pariksha (examination) is the method which helps a physician to come to a conclusion by variety of proofs. *Acharya Charak* said that the physician should examine the *Roga* first^[4] then *Chikitsa* (treatment) is decided. *Astavidha Pariksha* is a fundamental diagnostic tool which was given by *Yogaratanakara*. Among *Astavidha Pariksha* the *mutra pariksha* (*Taila Bindu Pariksha*) is the ancient technique helps to assess an individuals health, diseases and to monitor treatment. *Sushruta's Shadavidha Pariksha*^[5] *Prasna* (questioning), *Chakshu* (visual examination), *Sparsha* (tactile examination). *Shrotra* (aural examination), *Ghrana* (olfactory examination), and *Rasana* (taste examination) guides *Mutra Pariksha*. For diagnosis of disease investigations plays an effective role. Special modality for urine examination are *Mutrakriccha prakarana*^[6], *Prameha Prakarana*^[7], *Taila Bindu Pariksha*. *Yogaratanakara* has given special attention and importance to *Mutra Pariksha* (*Taila Bindu Pariksha*). *Ayurveda* explains the concept of formation of *Mutra*^[8] as an outcome of the digested food and the seat of its production is *Pakvashaya*. The food is stated to be separated in to two parts as *sara bhaga* and *kitta bhaga*. The *kitta* is comprises of solid and liquids. The liquid portion which is absorbed, circulated and finally carried to *Vrikkas* and eliminated from the body as *Mutra*. Examination of color, appearance, consistency of such produced *Mutra* special technique was developed to diagnose the disease condition by *Ayurveda* scholars. Various tools for investigation are explained in several *Ayurveda* literature. But modern parameters are predominantly relied upon lack of proper understanding and *Ayurveda* explanation. The urine examination involves assessing urine characteristics, including *Varna* (color), *Gandha* (odor). *Rasa* (taste), *Dravya* (texture), and *Prabhava* (effect). *Mutra Pariksha's* significance lies in its ability to provide immediate diagnostic insights, helping practitioners develop personalized treatment plans. *Astasthan Pariksha vidhi* includes clinical examination and laboratory investigations.

MATERIALS AND METHOD

Literature Review

By appearance of Urine many diseases can be predicted.

Assessment of Dosha involvement

VATA DOSHA INVOLVED DISEASE - Patients voids urine of whitish or bluish colour.

PITTA DOSHA INVOLVED DISEASE- Urine colour is yellowish or reddish.

KAPHA DOSHA INVOLVED DISEASE – Urine looks frothy or cloudy.

Diagnosis of disease involvement.

1. In Ayurveda view

APPEARANCE OF URINE	DISEASE
<i>Tandulodakavat</i> (Rice water)	<i>Ajirna</i>
Smoky and frequent micturition	<i>Navina Jwara</i>
Smoky watery and hot urine	<i>Vata pitta jwara</i>
Whitish urine with presence of air bubbles	<i>Vata shlesma jwara</i>
Polluted urine mixed with blood	<i>Shlesma pitta jwara</i>
Yellowish red urine	<i>Jeerna Jwara</i>
<i>Avil mutra</i>	<i>Prameha</i>
Looks like the dopplers of <i>ghee</i>	<i>Jalodara</i>
Urine looks like fat or buttermilk	<i>Amavata</i>

2. In Modern View.

SIGN AND SYMPTOM	DISEASE
Reddish urine	A sign of lead poisoning, mercury poisoning or some medications.
Red tinged urine, means presence of erythrocytes in urine.	Kidney stones, CKD, Cystitis.
Tea coloured urine	Kidney disorder -Glomerulonephritis.
Brown or orange hued urine	Liver and gallbladder pathogenesis
Greenish or cloudy urine	UTI

3. By movement of *Taila Bindu*, clinician may have the prognostic interpretation.

MOVEMENT OF TAILA BINDU	PROGNOSIS OF DISEASE
If inserted oil spreads quickly over the surface of urine	Sadhya (Curable)
Oil drop does not spread	Kasta Sadhya(Difficult to treat the disease)
Oil drop directly goes inside the urine and touches bottom of vessel	Asadhya(that disease is incurable)

4. Direction of spread of *Taila Bindu* also helps in prognosis of diseases related to urinary system.

DIRECTION	PROGNOSIS
<i>Towards Purva</i> (East)	Curable
<i>Towards Paschim</i> (west)	Patient will attain Sukha and Arogya.
<i>Towards uttar</i> (North)	Patient will definitely be cured and become healthy.
<i>Towards Dakshin</i> (South)	Patient will have Jwara and gradually recovers.
<i>Towards Eshanya</i> (North east)	Patient will die within one month.

Towards Agneya(South east)	Immediate death
Towards Nairutya(South west)	Soon patient will attain death
Vayavya(North west)	Even nectar is failure to make survive of the patient.

5. Shapes of *Taila Bindu* is also helpful for prognosis of several diseases.

SHAPES OF TAILA BINDU	SADHYASADHYATA
Oil creates the images of <i>Kamala, Matsya, Tadaga, Gaja, Parvata</i>	<i>Sadhya roga</i> ^[9]
Oil creates the images of <i>Shastra, Shiro vihina nara, Gatra khanda, Mushala, Ushtra, Vrishchika</i>	<i>Asadhya roga</i> ^[10]

Collection of *Mutra*

The patient should be asked to collect urine in the morning around 5 clock either in a clean oval shaped open earthen pot or clean vessel. This should be maintained stable condition, clearly and carefully examined during sunrise

Examination method of *Mutra*

1) **Darshana**-Examination for determining the Varna (color), sandrata (consistence), samyoga (Admixture) and *Taila Bindu Gati* spread of oil drop poured in urine.

2) **Sparsana**-The examiner dips finger into the specimen to detect qualities like *Sita* cold) *ushna* (hot), *Snigdha* (greasy), *Pichilla* (slimmy).

3) **Gandha**-The normal and abnormal smell of the urine to be examined.

4) **Rasana**-It is usually not done directly. In ancient times the physicians used to observe the swarming of flies, ants and other insects to the urine pot or the place where the patient has urinated.

5) The Classical Methodology OF *TAILA BINDU PARIKSHA*

According to *Ayurvedic* texts, the procedure requires strict standardization to avoid false readings.

Sample Collection: The patient collects the mid-stream of the first morning void (around 5:00 AM) in a clean container.

Setup: The urine is poured into a calm, wide-mouthed vessel or Petri dish.

The Drop: Once the urine is completely stagnant, a single drop of *Tila Taila* (black sesame oil) is gently released from a minimal height using a pipette.

Observation: The clinician observes the speed, shape, and direction of the oil's spread under early morning sunlight

Influence of Dietary Habits on Urine Composition

Diet is the primary variable controlling the biochemical makeup of urine in healthy individuals. In *Ayurvedic* terms, food alters the balance of the three *Doshas* (*Vata*, *Pitta*, and *Kapha*), which then manifest in the *Mutra*. Scientifically, different dietary patterns alter surface tension, viscosity, and chemical concentration.

Dietary Habit	Scientific Impact on Urine	Ayurvedic Correlation (Dosha)	Expected oil behaviour
High Protein / Meat-Rich Diet	Increases urea, uric acid, and calcium excretion; lowers urinary pH (highly acidic).	Aggravates <i>Pitta</i> and <i>Vata</i>	The oil drop often splits, spreads rapidly, or forms jagged, irregular shapes like waves or sharp points
Strict Vegetarian Diet (Without adequate calcium)	Increases urinary oxalate generally raises pH making urine more alkaline	Promotes <i>Kapha</i> / Stabilizes <i>Doshas</i>	The oil spreads smoothly and evenly, often forming rounded, auspicious shapes if balanced.
Oily, Heavy, & Sweet Foods (<i>Guru & Sniग्धा</i>)	Increases specific gravity, excretion of lipids, or dense metabolites; alters surface tension.	Aggravates <i>Kapha</i>	The oil drop spreads very slowly or remains floating as a dense, intact droplet due to high viscosity.
Dehydration / Spicy & Dry Foods	Highly concentrated urine with elevated specific gravity and low volume.	Drastically increases <i>Vata</i> and <i>Pitta</i>	The oil drop may struggle to spread evenly, moving disintegrating quickly into tiny droplets.

Dietary habits must be strictly standardized for 24 to 48 hours prior to collection. If a patient consumes an unusually heavy, acidic, or volatile meal the night before, the physical properties of the urine change drastically, creating a "false positive" or an irregular oil pattern that reflects temporary digestive loading rather than an underlying chronic disease state.

DISCUSSION

Taila Bindu Mutra Pariksha claims to serve in determining the condition of the *doshas*, diagnosis, and prognosis of the diseases.

CONCLUSION

Taila Bindu Pariksha assesses the diagnosis and prognosis and severity of diseases and helps to decide therapeutic planning. For thousands of years, the laboratory investigations including

Mutra Pariksha were utilised in the field of *Ayurveda*. We don't get the systemic description of *Mutra Pariksha* in *Yogaratanakaras Astasthan Pariksha*. Hence Individuals overall health can be diagnosed with the help of *Taila Bindu Mutra Pariksha*.. The clear systematic description of *Mutra Pariksha* is available in *Brihatrayi*, and clear description of *Taila Bindu Pariksha* we get in *Yogaratanakara*, *Basavarajiyam*, *Vangasena*, which is easy, economically budget friendly, time saving and scientifically proven method and very much helpful for the patients in the field of *Ayurveda*.

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