

CLINICAL SIGNIFICANCE OF AYURVEDIC PROGNOSIS W.S.R. TO *TAIL BINDU PARIKHA*Dr. Gurpreet Singh^{*1}, Vaid Prof. Rakesh Sharma²¹Prof. & H.O.D., Rognidan Evum Vikrituvigyan, Khalsa Ayurvedic Medical College, Nangal Kalan, Mansa, India.²President MARBISM, NCISM, India.

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ABSTRACT

Ayurveda represents a comprehensive medical system that does not merely treat disease, but also promotes a way of life that is based on harmony between the body, mind, and spirit, with the desired outcome ultimately being prevention of disease, through proper diet, daily routines, and regulated lifestyle choices. When Ayurveda diagnoses and treats illness, it does much more than provide relief of symptoms, it emphasizes searching for the root cause of the problems. Ayurveda offers several approaches for identifying root cause of disease and one example of this is *Taila Bindu Pariksha*. The *Taila Bindu Pariksha* is a test based on the theory that the behavior of a drop of oil placed in water which indicate the nature and severity of the illness. This prognostic approach greatly affected by various factors such as; shape and size of the testing vessel, size of the oil drop, height from which the drop is released, time interval from the collection of urine to the test and volume of urine, etc. This article explores clinical significance of Ayurvedic prognostic W.S.R. to *Tail bindu parikha*.

KEYWORDS: *Ayurveda, Prognosis, Tail Bindu Pariksha, Oil, Urine.*

INTRODUCTION

As stated in Ayurvedic texts, appropriate treatment begins with an accurate diagnosis, which involves assessing the patient's pathophysiological condition by means of *Ashtavidha Pariksha*. These eight formats of assessment consist of the *Nadi, Mutra, Mala, Jihwa, Shabda, Sparsha, Drik* and *Akrti*. Amongst these eight assessments urine examination also known as *Mutra Pariksha*, has received special significance in some medieval texts. The examination not only looked at the color, appearance, or consistency of the urine, but also established *Taila Bindu Pariksha*, a specialized assessment method that accounted for both diagnosis and prognosis. In the *Taila Bindu Pariksha*, the patient's early morning urine is taken to a slow moving area in a smooth, oval-shaped earthen pot or clear vessel, from the urinal position; as to establish a proper time for examination.^[1-3] Once reached sunrise, carefully and gently drop a drop of *Tila Tila* onto the urine surface, however without agitating the surface during drop. The foreseen and predicted patterns of the *Tila Tila* drop

dispersal are then observed to make cultural, diagnostic, or prognostic decisions. *Taila Bindu Pariksha* entails assessing urine in terms of its nature in terms of consistency, thickness and density, in addition to observing the patterns of a single drop of oil whilst resting on the surface of the urine. It is thought that distinct clinical conditions or diseases will have specific effects on the urine's chemical nature, which may be demonstrated in terms of specific pH, gravity, surface tension and viscosity. The *Taila Bindu Pariksha* can also provide information about *Dosha* involvement based on the shape of the oil drop, and suggest possible disease and prognosis based on the pattern and direction of spill. The different shape of *Taila Bindu Pariksha* is depicted in **Figure 1**. A circular shape suggests *Vata* involvement, a bubble-like shape indicates *Pitta* and a pearl-like shape, or globule shape points to *Kapha*.^[4-6]

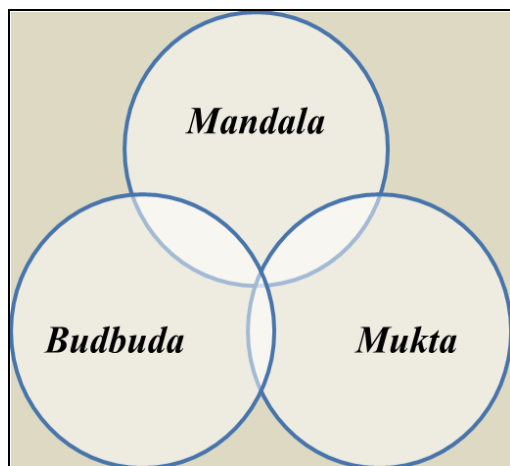


Figure 1: Major shape observed in Taila Bindu Pariksha.

Utility of Urine Characteristics in Taila Bindu Pariksha

Urine examination is very important in Ayurveda, since it provides useful information about the specific *Dosha* imbalance. There are different attributes used to describe normal urine. *Charaka* associates urine with predominance of *Apya Bhava*, while *Ashtanga Hridaya* considers urine as the site of *Kapha*. Its *Rasa* is attributed to both *Katu* and *Lavana* from *Charaka* and *Sushruta*, while *Acharya Harita* adds *Kshara* and *Madhura*. As per *Acharya Kashyapa*, the normal *Gandha* of urine would be *Natigandhi*. Newly passed urine should be *Ushna*, *Agneya* and *Tikshna* properties, and would be neither *Apichhila* nor *Aruksha*. Its *Varna* would be *Avivarnam*, or without pathological discoloration, but ordinarily pale yellow indicating hydration and concentration of urine. Normal urine is noted to be also liquid *Drava*, *Laghu* and *Sara*, while being transparent *Vishada*.^[5-7]

Clinical Importance

In practice, specific visual changes of urine can also give indications of various disease conditions as mentioned below.

- ✚ Urine that is red on the bottom of a glass indicates *Atisara*.
- ✚ Droplets of "ghee" typify *Jalodara*.
- ✚ In *Amavata*, urine appears as *Vasa* or *Takra*.
- ✚ In conditions of *Vata Jvara*, the urine may be reddish or saffron-colored.
- ✚ *Chalini* shape indicating *Kuladosha*.
- ✚ Shapes appearing as humans or skulls indicating *Bhutadosha*.

The shape of the spread drop of oil in *Taila Bindu Pariksha* may also assist in the diagnoses.

- ✚ A snake-like pattern of the spread of oil drop indicates *Vata* diseases.
- ✚ Umbrella shape indicates *Pitta*.
- ✚ Pearl-like shape indicates *Kapha*.
- ✚ Furthermore, in *Vata* the oil will spread in a *Mandala* shape
- ✚ In *Pitta* the oil will appear *Budbuda*

✚ In *Kapha* the oil will appear as a *Bindu*.

Effective resolution of any disease lies upon an accurate diagnosis and prognosis advances the diagnosis in order to make informed clinical decisions about the severity and course of treatment.^[4-6]

Taila Bindu Pariksha to Assess Prognosis of Disease

When it comes to prognosis, the behavior of the oil on the urine is observed. A shape that has great spread indicates a *Sadhya* disease, while little spread indicates a *Kashtasadhya* disease. A droplet that sinks or that remains as a droplet in the center indicates the condition is not possible to treat (*Asadhya*). Furthermore, the direction of the spread has prognostic implications; *Purva* indicates amelioration, south represents febrile with gradual recovery, north signifies complete recovery, and west direction signifies happiness and health. On the other hand, spreading in the direction of *Ishanya*, *Agneya*, *Nairutya* and *Vayavya* see spreading of the drop which indicates death is imminent. Shapes that have been formed by the oil are additional cues as mentioned below.^[6-8]

- ✚ Auspicious shapes such as *Hamsa*, *Chamara*, *Torana*, *Parvata*, camels, trees and elephants, etc. are all of good prognostic signs.
- ✚ Fish shapes suggest that the patient shows no indication of problems with the *Dosha* and condition is considered treatable.
- ✚ Shapes such as *Valli*, *Mrdanga*, *Manushya*, *Bhanda* and *Chakra* all indicate *Kashtasadhya* conditions.
- ✚ Inauspicious shapes such as buffaloes, tortoises and animal shapes suggest incurable conditions.

If the drop of oil spreads evenly, the prognosis appears to be good and stable for some time, indicative of a favorable health status. However, if the drop breaks up quickly, moves in all different directions, or sinks immediately, then the prognosis appears to be poor, symbolizing a deprived state of health.

Modern Consideration (Biochemical and Ayurvedic Correlation)

Low specific gravity in glomerulonephritis indicates a predominance of *Kapha* and the *Taila Bindu* will appear as a pearl pattern, with protein detection through chemistry and visible RBC casts under microscopy. In urinary tract infections, low pH leads predominance of *Vata-Shleshma* which produces an air-bubble pattern of the *Taila Bindu*. In jaundice, abnormal surface tension observed due to obstructed bile salts and predominance of *Pitta* produced a *Chatrakar* pattern of *Taila Bindu*, indicating turbidity in contrast to bile salts.^[7, 8]

Precautionary Consideration

For the *Taila Bindu Pariksha*, the selected urine for examination is obtained from the midstream portion of the first urine of the day. The cup which contains the urine is placed exactly in the center of the base for the oil to drop into. Once the urine has completely stabilized and is not moving, the oil is then slowly added. It is

important to drop the oil at low height and without the drop of oil coming into contact with the urine.^[9, 10]

CONCLUSION

Taila Bindu Pariksha illustrates the ancient prognostic principles of Ayurveda, emphasizing the significance of natural observation and serving as a non-invasive, low-cost method of health assessment. It plays a major role in prognostic and in prognosticating the course of the disease, offering a way for physicians to strategically adjust treatment to the stage and level of the disorder. In combination with its economical feasibility and simplicity of use, *Taila Bindu Pariksha* has the potential to be an important tool in contemporary health care.

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