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## Mutra Pariksha – An Ancient Ayurvedic Method of Urine Examination

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**Abstract:** Mutra is important waste product of the body and its examination yields valuable information for the diagnosis and prognosis of the diseases and also health. Ayurveda consider mutra as mala of Ahara. Mutra pariksha – Taila bindu pariksha is a diagnostic tool of urine examination developed by the medieval ayurvedic scholars and throw a light on the prognosis of the disease condition. Utilization of such diagnostic tools helps the Physician to rule out exact diseased condition and stage to give proper treatment. In Ayurveda our acharyas mentioned that first we must diagnose the disease and later give the treatment. Hence such pariksha helps the physician to access properly treatment and plan accordingly. This article is aimed at using this ancient wisdom to study the diseases by Mutra Pariksha.

**key words** – *Mutra Pariksha, Taila bindu, Urine, Diagnosis, Prognosis.*

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**INTRODUCTION:**

Mutra is the important waste product of the body for determination of both Health and ill Health. Mutra pariksha has been given special attention in some texts like Yogaratnakara, Basavarajiyam, Chikitsa sara etc. Ayurveda explains the concept of formation of Mutra 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 sarabhaga and kitta bhaga. The kitta is comprises of solid and liquids. The liquid portion which is absorbed, circulated and finally carried to Vikkras 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.

**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 (constience),samyoga (Admixture)and Taila bindu gati(spread of oil drop poured in urine).
- 2) Sparsana – The examiner dips finger in to the specimen to detect qualities like Sita(cold), ushna(hot), Snigdha (greasy), Pichila(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 urinepot or the place where the patient has urinated.
- 5) Taila bindu pariksha

**Vaivarnya of Mutra (Discoloration of Urine)**

1.Sweta	Udakameha, Manasika udwega, Atijalapana, vatavyadhis, Yoshapasmara.
2.Pita/ Haridra	Pitta vruddi, Jwara,Kamala, Pittaja prameha like haridra meha, Amavata, Raktapitta
3. Shukla	Kaphaja prameha such as pistameha,siktameha, majja roga.
4.Krsna	Sannipataja jwara, vrukka sopha, kalameha
5. Kala harita	Raktaja rogas, Arista lakshana

**Gandha Vikruti**

1.Nirgandha	Udaka meha
2.Amla gandha	Nilameha
3. Madhu gandha	Madhumeha
4.Visra gandha	Meda kshaya, Prameha

5.Basta gandha	Ashmari purva rupa
6.Puti gandha	Ashmari, vrukka roga
7.Madhura gandha	Arista Lakshana

**Sparsha gunas:**

1.Sita	Kapha vruddi, Kaphaja prameha, Arista lakshana
2.Ushna	Pitta vruddi , Pittaja prameha, Tikshna vega jwara
3.Snigdha	Kapha vruddi, Udara roga
4.Ruksha	Vata vruddi, Ksaudra meha

**Observations:**

Gati(Mode of spread)	Akruti(Shape)	Condition
1.Floats like a boat	Resembles a snake length wise	Vata vruddi
2.Bubbles appear , splits in to small drops	Assumes the shape of umbrella or ring	Pitta vruddi
3. Stays like pearl	Resembles like seive	Kapha vruddi
4. No spread at all	Sinks	Sannipataja vruddi
5.South ward spread	Resembles a man with two heads	Bhuta dosha
6. Slow or rapid spread towards East , West or North	Resembles lotus flower, jasmine, conch, swan, gaja, vrushaba	Sadhya Lakshana
7. Spreads towards Dakshina , agneya, nairutya, vayavya, ishanya	Sinks in urine , moves without spreading	Asadhya Lakshana

**DISCUSSION :****Taila bindu Pariksha:**

This is the method of urine examination which is claimed to be of great value in determining the condition of the doshas, diagnosis and prognosis of the diseases.

**Procedure:**

A small quantity of urine is taken in a broad glass vessel and kept undisturbed in a place

free from breeze and other kinds of disturbing factors. A moderate sized drop of Tila taila is taken with a stick and allowed to fall on the surface of the urine from a height of two to three inches, gently without disturbing the urine. The fate of the oil drop is carefully observed for its spread and assuming different shapes etc.

**Conclusion:**

In today's modern medical practices, there is plethora of urina (Mutra) diagnostic procedures available. It may be burden to the patients financially. Mutra pariksha which is mentioned by Ayurveda Scholars will not only prove economical, but also is a time positive tested and scientific proven method. More in depth study needed to be done to standardize the procedure and make it more scientifically acceptable.

**SOURCE OF SUPPORT** – Nil

**CONFLICT OF INTEREST** – There is no conflict of interest.

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