

# IMPLEMENTATION METHOD OF TAILA BINDU PARIKSHA IN DISEASE CONDITION

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**Abstract:** Diagnosis and prognosis are the two salient aspects of management; especially the prediction of prognosis is always a big challenge to medical professionals. Knowing prognosis plays an important role at end of “life decision” and it helps determine, whether it makes more sense to attempt certain treatment. In modern medical science there is no such laboratory method to known the prognosis. In this study to conduct Taila Bindu Pariksha, the material and method needed for its implementation is to be focused. A detail description of implementation method, for Taila Bindu Pariksha, in this study required. The following methods to be implemented with caution:

Description of Time of Urine collection, Oil to be used, Patra is used for urine collection, method of Collection of urine, Size of oil drop, testing container, Volume of urine, Height of the oil drop from the surface of urine, Time of Taila Bindu Pariksha, Background, special precaution and other instruments. Valuable observation is discussed in details for the interpretation of the results. This study was conducted from April 2017 to June 2018.

On the basis of this study we can conclude that Taila Bindu Pariksha method can implant or conduct anywhere for any disease condition and on the basis of observation we can find the prognosis of the disease. It may be help full for diagnosis of disease in future after long studies in different clinical conditions.

**Index Terms:** Taila Bindu Pariksha, Implementation, Testing container, Oil drop, Background

## 1. INTRODUCTION:

Diagnosis and prognosis are the two salient aspects of management; especially the prediction of prognosis is always a big challenge to medical professionals. Knowing prognosis plays an important role at end of “life decision” and it helps determine, whether it makes more sense to attempt certain treatment. In modern medical science there is no such laboratory method to known the prognosis. For the first time Asthvidh Pariksha<sup>1</sup> i.e. eight fold examination of Nadi (Pulse), Mutra (Urine), Mala (Feces), Jihwa (Tongue), Shabda (Speech), Sparsh (Touch) Drika (Eyes) and Akruti (Posture), which is an important tool for different patho-physiological condition of a patient and routinely used in Ayurvedic practice was described by Yogaratankara. Mutra Pariksha has been given special attention in some of Ayurvedic literatures. Taila Bindu Pariksha described in Ayurvedic Literatures help to detect any alteration in the composition of urine, which can be used as a diagnostic tools as well as prognostic tools for a disease

Description of Taila Bindu Pariksha is not available in Ayurvedic classics, it is mainly found in Ayurvedic literature viz. Chikitsa Sara Sangraha<sup>2</sup>, Basavarajiyeem<sup>3</sup>, Yogtarangini<sup>4</sup> and Yogratnakar<sup>5</sup>. In Yogratnakara and Chikitsa Sara Sangraha method of Taila Bindu Pariksha is described as A physician should wake the patient when 04 Ghatikas of the last Yama (quarter) of night remain and make him pass urine. The first stream of urine should be discarded rather taking mid stream urine. The urine should be collected in a glass pot then be tested continuously after sunrise. It should be properly examined then knowing the cause of disease, then some prognosis or diagnosis is found, however the description of Taila Bindu Pariksha available in the literature is insufficient for its implementation in the present era. Keeping the view of above an observational study was planned for Taila Bindu Mutra Pariksha in diabetic and pre-diabetic conditions; during the study it was observed few simple steps are important for implementation of

Taila Bindu Pariksha, which may be helpful for further studies of Taila Bindu Mutra Pariksha in different disease conditions.

## 2. MATERIAL METHODS:

In the present research study following variables was planned for the research work, which may be considered as standard in further studies.


### 2.1 TIME OF URINE COLLECTION:

Time of urine collection detail description found in Yogaratnakara and Chikitsa Sara Sangraha, in which it is mentioned that physician should wake the patient when 04 Ghatika of the last Yama (quarter) of night remain and make him pass urine. Previous research shows that "Yama is a period equivalent to 8<sup>th</sup> part of a day i.e. 3 hr. Ghatiika is equivalent to 24 minutes as described in Monier Williams's Dictionary and adopted by Ayurvedic Pharmacopeia committee"<sup>6</sup> 04 Ghatika is equal to 96 minute, So in the present research study time of urine collection was 90 minutes to 120 minutes before sunrise.

### 2.2 THE OIL:

Yoga Ratnakara and Basavarajeeyam mentioned the variety of sesame oil is to be used and other concern Ayurvedic literatures does not mention any specific Taila for it. Acharya Sharngdhar<sup>7</sup> had advocated that if any particular oil is not mentioned Tila Taila should be taken. Previous researches shows that Black variety of sesame oil spreads slowly in comparison to that of white variety, due to more specific gravity and viscosity, it allowed sufficient time to observe the behavior of oil. In Ayurveda black variety of sesame oil is consider as best for medicinal use. In the present research work, we used black variety of Tila Taila. Analytical and chemical composition of Black Tila Taila was done Quality Control Laboratory a division of quality group of laboratory Approved by Government of India. An ISO9001:2008 certified laboratory.

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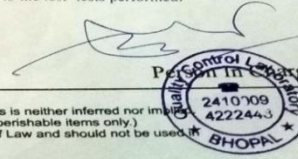
Sample : Dr. Sarita, South Tibboni  
Mfg. By : Black Tila Oil  
Batch No. : Dr. Sarita Singh, Bhopal  
Mfg. Date : NM  
Date of Report : 26/09/17

Report No. : qcl/09/0420  
Received On : 22/09/17  
Mfg Lic No. : NM  
Expiry Date : NM  
Sample Qty. : 200 ml approx

**RESULTS OF ANALYSIS**

S.No.	Parameters	Results	API Specification
1.	Description	Light golden colored oil with pleasant aroma	Light Golden colored oil with pleasant aroma.
2.	Specific Features	Passes to test.	Slightly soluble in alcohol, miscible with chloroform solvent ether, light petroleum and carbon disulphide. Does not solidify when cooled to 0°
3.	Identification	Passes to test	It should be pass to test of Identification
4.	Specific gravity	0.919	0.9160-0.9190
5.	Refractive Index (at 40°)	1.4653	1.4650 to 1.4665
6.	Weight per ml (at 25°)	0.916	0.916 to 0.921g
7.	Acid Value	0.56	NMT 2.0
8.	Iodine Value	108	Between 103 and 116
9.	Saponification value	190	Between 188 and 195
10.	Unsaponifiable matter	0.56	NMT 1.5 %
11.	Cottonseed Oil	Absent	Absent

NM= Not Mention  
Note :- Parameters 1 to 11 as per The Ayurvedic Pharmacopoeia of India Part - I, Volume - I first edition. Publisher - The Controller of Publication, Govt of India.  
Report :- In the opinion of the undersigned, the sample referred to above is of standard quality as defined in the Act and the rules made there under for the reason given below with respect to the test/ tests performed.



1. Total liability of this Laboratory is limited to the invoice amount. Sample not drawn by us.  
2. The result listed refer only to the tested sample and applicable parameter. Endorsement of products is neither inferred nor implied.  
3. Samples will be destroyed after one month from the date of issue of test certificate (in cash of nonperishable items only).  
4. This report is not to be reproduced wholly or in part and cannot be used as evidence in the court of Law and should not be used in any advertising media without our special permission in writing

(Report of Tila Taila fig. - 01)

### 2.3 PATRA FOR URINE COLLECTION:

Mostly Ayurvedic literatures emphasize use of glass container for it, except Chikitsa Sara Sangraha wherein it is depicted use of glass or bronze. In this research work a wide mouth diameter 8cm plastic, air tight, sterilized disposable container made up of polypropylene was selected for collection of urine and have tight fit cap to prevent leaking during transportation. In this type of container surrounding contamination

chances are less because of any contact of urine with genitals during collection of urine sample and plastic container are remissible.



(Picture of container fig. – 02)

#### 2.4 COLLECTION OF MID STREAM URINE:

In Yogaratnakara mentioned that the first stream of the urine should be discarded rather taking mild stream urine it should be properly examined then knowing the cause of the disease. In this study first stream of the urine discarded because first stream urine has contamination of surrounding.

#### 2.5 SIZE OF OIL DROP:

In Ayurvedic classics mentioned that Trina was used to drop the oil drop over the surface of urine. In present era to get the same size of Trina is not possible as well as same size of Trina is not available for long duration of study. Previous research shows that “the average volume of one drop oil came to be 12.48  $\mu\text{l}$ ”.<sup>8</sup> so in this Taila Bindu Pariksha method Size of oil drop considered as 12  $\mu\text{l}$  through a micropipette.



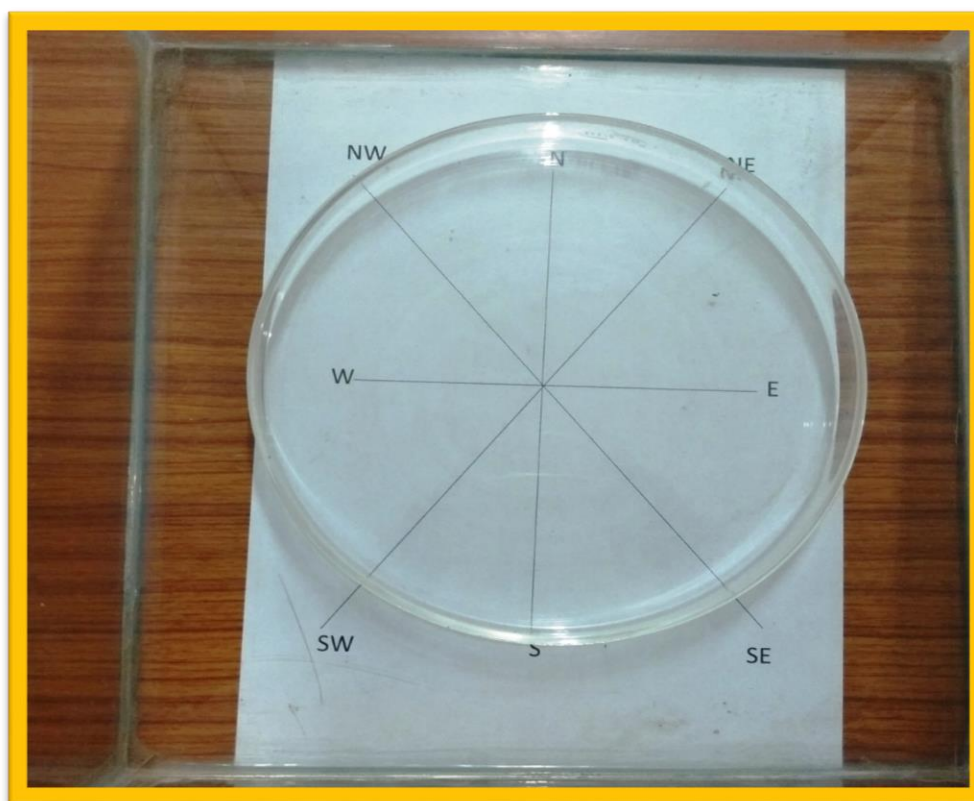
(Picture of micropipette fig. – 03)

## 2.6 VOLUME OF URINE:

In Ayurveda it is mention that first stream of urine discarded and only mid stream urine sample to be used. In this present research work 250ml mid stream urine sample was used for the accuracy of result, which filled Petri dish making a layer on the base, to produce a surface for oil to spread.

## 2.7 PATRA FOR PERFORM TAILA BINDU PARIKSHA (TESTING CONTAINER):

In the context of Taila Bindu Mutra Pariksha Basavarajeeyam has indicated examination of Taila Bindu is done in earthen vessel. For Taila Bindu Pariksha different research shows different diameter of vessels, in large diameter of vessels is better than small diameter vessels because of it provides more surface for spreading of oil drop. In previous research shows “Petri dish of 8 inch provided minute details of shape as well as comfortable spread and split time.”<sup>9</sup> In this research study a round shape glass Petri dish was having 8 inch diameter and 1.5 cm in height is used and for reuse of Petri dish for next sample standard processes of sterilization was adopted.



(Picture of testing container fig. – 04)

## 2.8 HEIGHT OF THE OIL DROP FROM THE SURFACE OF URINE:

Different researches height of the oil drop from the surface of urine is 1cm or 2cm. “Previous research shows that height of oil drop from the surface of urine was 1cm in this height no waves were observed”<sup>10</sup> so in this research work Height of the oil drop from the surface of urine was 1 cm to avoidance of waves of oil drop on urine surface.

## 2.9 TIME OF TAILA BINDU PARIKSHA:

As per Ayurvedic literature for time of Taila Bindu Pariksha term describe Suryodaye, which means sunrise in this research work time of Taila Bindu Pariksha just after sunrise and early in the morning first we note the time of sunrise then Taila Bindu Pariksha was done.

## 2.10 BACKGROUND:

In this research work white color background paper indicating direction was placed below the Petri dish was used to observe the flow of oil drop direction.

## 2.11 TIME RECORDER:

In this research work a stop watch was kept near during the procedure to observe the spread time.

## 2.12 MAGNETIC COMPASS:

In this research work a magnetic compass was used to observe the direction of place.

**2.13 CAMERA:**

In this research work a Sony HD 9.2 Mega Pixel still imager recorder camera is used to take images.

**2.14 CABINET:**

In this research work a cabinet was used to avoid interference of wind dust or any other disturbing elements in the spread of oil drop on urine surface.

**2.15 PLACE:**

This research work was done in the department of Roga Nidan Evum Vikriti Vigyan laboratory Pt. Khushilal Sharma Government Autonomous Ayurveda College & Institute, Bhopal. This study was conducted from April 2017 to June 2018.

**3. OBSERVATION:**

To implant all the methods of Taila Bindu Pariksha for best result. Before performing Taila Bindu Pariksha, detailed history of the patients was taken. Routine urine examination of all the urine sample of the patient was carried out to find out abnormalities in different samples.

The oil drop is poured over urine then its manner of spread, non spread or sinking down, Direction & Shape of spreading Taila Bindu as described in Ayurveda are assessed, on the basis of which prognosis can be established. Following conditions of Taila Bindu Pariksha are available in Ayurvedic literatures<sup>2-5</sup>

**3.1 OBSERVATION ON SPREAD:**

1. Sadhya (curable) – If inserted oil spreads quickly or from all the sides over the surface of urine.
2. Kashtasadya (difficult to treat) – If the oil drop spreads slowly.
3. Asadya (incurable) – If the dropped oil directly goes inside and touches the bottom or does not spread and stays like a dot. If oil drop does not disperse in urine that is it remains in the urine without any change. If oil droplet dropped stagnant in the middle of urine.
4. Indication of death – If oil drop rotates but does not disperse. If oil drop sinks down

In previous research shows that, “spread time of healthy individuals 4 second to 1 minute”<sup>11</sup>. In this study we consider that spread quickly within 60 sec is good prognosis and spread slowly after 60 sec is bad prognosis.

**3.2 OBSERVATION ON THE BASIS OF SHAPE:****1. In Sadhya Conditions :**

Hansa (Swan)	Kundalakriti (Spiral Shape)	Cchakra (Umbrella)	Harmya (Palace)	Tadaga (Pond)	Chamara (Hand Fan Of The Fine Fibre/ Silk)
Karanda (A Kind of Bird)	Gaja (Elephant)	Veena	Shankha (Conch Shell)	Kamala (Louts)	Torana (Well Come Door)
Parvata (Mountain)	Bhadrapeeta (Proper Seat)	Matsya (Fish)	Vriksha (Tree)	Prthu Darpana (Flat Mirror)	–

**2. In Kricha – Sadhya Conditions :**

Valli (Creeper)	Bhanda (Vase)	Chakra (Wheel)	Mriga (Deer)	Manuja (Man)	Mridanga (Drum)
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**3. In Asadya Conditions :**

Hala (Plough)	Karandmandal (beehive)	Kurma (Tortoise)	Khadga (Sword)	Sairibha (Buffalo)	Trichatushpatha (junction of a three or fourth paths)
Gatra Khanda (Body Part)	Pattish(kind of weapon)	Shastra (Weapon)	Tripada (Triped)	Laguda (Stick)	Shiro Vihina Nara (headless human body)
Mushala (Pounder)	Ustra (camel)	Shara (Arrow)	Khara (Donkey)	Bindu (Drop)	–

**4. In Die Soon Conditions :**

Chathuspada (Quadruped)	Ekpada (Unipped)	Dhenu (Arrow)	Trishoola (Tri-Blade)	Sookra (Pork)	Vrischika (Scorpion)
Tripada (triped)	Laguda (Wooden Bar)	Shrigala (Fox)	Sarpa (Serpent)	Simha (Lion)	Marjara (Cat)
Diwpada (Biped)	Lulaya	Vyaghra	Markata	Mushaka	Khadga

	(Buffalo)	(Tiger)	(Monkey)	(Rat)	(Knife)
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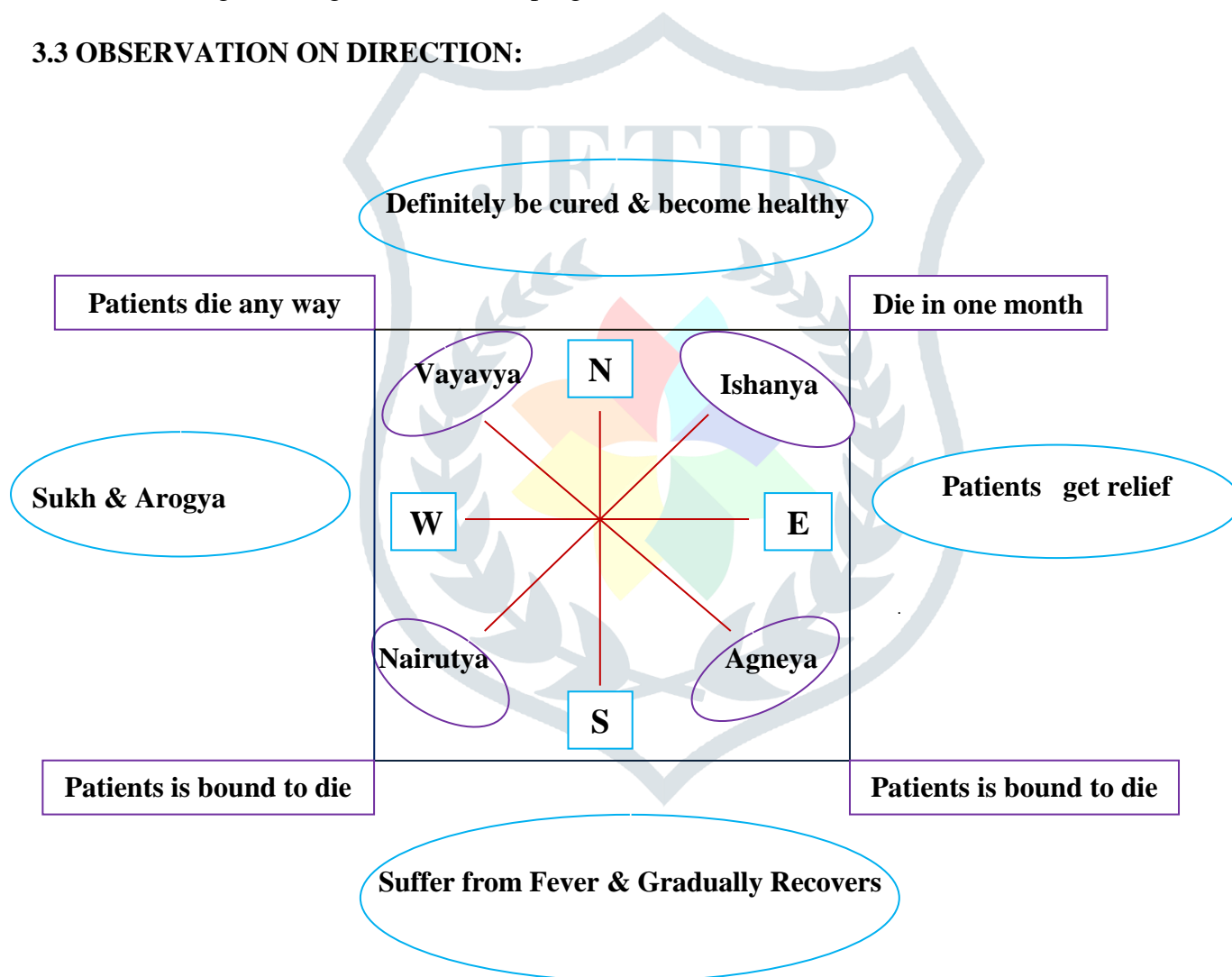
5. **In Kuldosha (Genetic disorder) Conditions :** Chalini (Sieve shape)

6. **In Bhutadosha Conditions :** Human Skull shape or two heads

One research paper shows that "on analysis of the various shapes described in the Ayurvedic texts, it was concluded that if the shape of the oil after spread is circular or oval, then the prognosis is said to be good. But if the shape is linear, irregular, and circular with many projections, then the prognosis is said to be bad" <sup>12</sup>

In this study we divide all the shapes in to four group i.e. Circular shape with uniform margin, Circular shape with irregular margin, Irregular shape with uniform margin and Irregular shape with irregular margin in which we conclude that Circular shape with uniform margin indicates healthy condition and have excellent prognosis. Circular shape with irregular margin indicates good prognosis. Irregular shape with uniform margin indicates good prognosis condition. Irregular shape with irregular margin indicates bad prognosis.

**3.3 OBSERVATION ON DIRECTION:**



**4. CONCLUSION:**

On the basis of this study we can conclude that Taila Bindu Pariksha method can implant or conduct anywhere for any disease condition and on the basis of observation we can find the prognosis of the disease. It may be help full for diagnosis of disease in future after long studies in different clinical conditions.

Taila Bindu Pariksha can be used as a tool for assessing the prognosis and severity of diseases to plan the management. It may also be helpful in diagnosis of diseases as well as in assessing the healthy conditions, which requires observations in large sample size. Since no laboratory investigation, technique is available to

instantly assess or prediction the prognosis of the diseases, Taila Bindu Mutra Pariksha, which is very cost effective may be proved to be a useful procedures in the medical field.

## 5. ACKNOWLEDGMENT:

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