



A Review on Mutra Pariksha in Prameha

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ABSTRACT

Ayurveda is an ancient Indian medical system that uses personalised medicine and holistic wellness. It outlines various diagnostic tests, including Asthavidhpariksha, Panchvidhpariksha, Chaturvidhpariksha, Dashvidhpariksha, and Trividhpariksha. Mutra Pareeksha, developed by mediaeval Ayurvedic experts, is a diagnostic tool and prognostic criteria for urine testing. Modern medical practices use Rogi and Rog Pariksha for diagnostic purposes.

Key Words:- Rogi Pariksha, Rog Pariksha, Mutra Pariksha.

Introduction:-

Roga-Rogi Pareeksha aids in diagnosing and assessing illnesses, with Ashta Sthana Pareeksha indicating mediaeval laboratory research. Mutra Pareeksha is crucial for Prameha diagnosis and prognosis, as it eliminates dravadhatus from Shareera, causing significant changes in physical constitution, chemical contents, and biochemical properties. Diabetes Mellitus, a sweet urine disease, is diagnosed through urine examination, and Mutra Pariksha is one of Athavidha Pariksha.

Meha, meaning "flow," refers to the increased urine output, which can be a primary or secondary condition of other Mehas. If not treated, it can lead to madhumeha, an incurable condition. Mutra Pariksha, a method for collecting urine samples, involves collecting midstream samples at night and analysing them within one Muhutra, which is 1 and 1/2 hours.

Physical examination

- Increased urine quantity and frequency in Prameha "Prabhut avil mutrata".
- Tejo Mahabhoota, a substance that produces colours, plays a crucial role in giving colour to urine. Urine in Madhumcha tastes like honey and may contain glycosuria, white chyluria, white diabetes insipidus, black melanuria, and spermaturia mixed with sperm urine.
- Taste evaluation is difficult, and medical professionals should assume the body is a blank slate when examining patients. Ayurvedic medicine lacks a comprehensive procedure for determining rasas. Modern science measures the madhurta and amlata (acidity) of urine using Benedict's reagent and litmus paper.
- Touch-based sparsha tests rely on the examiner's judgments. Urine temperature can be determined by specimen temperature, and normal mutra has snigdghata and pichhilata, which are difficult to detect without a significant increase.
- Urine's normal smell is "Naati Gandh," while "Ati Gandh" refers to an irritant, aromatic, or ammonical odour.
- The sample is classified as Accha, which is clear; Anaccha, which has haziness; and Avil, which is markedly turbid.
- Density can be determined by observing the behaviour of water in urine and comparing it to the darshana pariksha of the sample.
- The density of a substance depends on its initial mixing with urine, sinking to the bottom without disintegration, or spreading to a small distance and disintegrating.

Tailbindu Pariksha is a crucial Ayurvedic technique used for prognosis by observing oil drop behaviour on the urine surface. It helps detect incurable diseases like sadhya-asadhya. Samanya Lakshana, Prabhut Avil Mutrata, is a unique test based on urine colour and doshas interaction.

Features of Mutra In Prameha - Varieties are Predominantly Kaphaja

Urine in Udakmcha, Ikshumeha, Sandramcha, Suramcha, Pistameha, Sukramcha, Siktamcha, Sitameha, Sanairmecha, and Lalmeha varies in appearance, taste, and elimination. Udakmcha's urine is clear, copious, white, cold, odourless, and resembles water. Ikshumeha's urine is sweet, like sugarcane juice. Sandramcha's urine is thick and thick, while Suramcha's resembles Sura.

Pitta predominance -

Urine in different regions resembles alkali, blue, charcoal, hardramcha, manjstameha, and raktameha, with different smells, colours, tastes, and sensations. Some patients experience burning sensations during urination.

Vata predominance -

Vasameha involves urine mixed with muscle fat, Majjameha with marrow, Kshaudramcha with a sweet, non-sticky decoction, and Hastimeha with urine passing slowly and mixed with Lasika (tissue fluid).

Result:-

Mutra pariksha is the primary examination for diagnosing Prameha (DM), assessing any internal pathology, and playing a significant role in identifying Prameha.

Discussion

Mutra pariksha is an inexpensive test that helps rule out prameha (DM) without prolonging disease duration. It relies on the senses and mind and is conducted through Pratyaksa, Pnumana Pramana, or Aptopadesha.

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