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Upamana Pramana As A Diagnostic Tool W.S.R.To Mutravikriti

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Abstract

In Ayurveda pariksha is defined as "Pratipattidnyanasya Pariksha".

According to Ayurvedic classics Rognapariksha is carried out by five types of Pramana i.e. Pratyaksha, Anuman, Yukti, Aapta and Upamana. Out of these, Upamana Pramana is easiest way to memorise and recall diagnostic features because of the similarities between Diagnostic symptoms and naturally occurring objects.

According to Ayurveda Mutra is described as Utsarjit Mala. It is easy to collect and examine Utsarjit things. So here we try to collect the diagnostic features related to Mutravikriti by using Upamana Pramana as a diagnostic tool.

Key Words: - Upamana pramana, Mutravikriti

Introduction

In Ayurveda Pratyaksha, Anuman, Yukti, Aapta and Upamana Pramana are used to examine and diagnose the patient.

According to Nyaya darshana, Upamana (Analogy or Comparison) is the third Pramana. Comparison is the immediate cause of Upamana. In Tarka sangraha it has been stated as follows⁽¹⁾

उपमिती करणं उपमानम् - संज्ञा संज्ञि संबंध ज्ञानमुपमिती: । त.सं.

Upamana is the instrument of assimilative knowledge of correlation present between a name and the object denoted⁽¹⁾. Upamana Pramana is useful in the diagnosis of disease by comparing with familiar object. Hence used as a diagnostic tool in diagnosis of disease.

The act or process of identifying or determining the nature and cause of a disease through evaluation of patient history, examination and review of laboratory data is called Diagnosis and tool in diagnosis is called as Diagnostic tool.

Naturally occurring things are easy to memorise and recall, hence in Ayurveda Acharyas gives Upama of the naturally occurring things to the diagnostic feature of the disease. If we compare the diagnostic symptom of disease with any familiar natural object e.g. काण्डेशुरसंसङ्काशं - इक्षुवालिकामेह it is too easy to remember that symptom of that disease.

In Ayurveda Mutra has its special importance because it is a type Utsarjit Mala and it is easy to collect and examine Utsarjit things. So in Ayurvedic classics Acharyas examine the Mutra by their colour, volume, transparency, and odour for e.g. Bahu Sitam Mutra in Udakameha, Prabhutam Avil Mutra in Prameha, Malagandhi Mutra in Vingvighat etc. This type of examination is used in modern medical sciences also for e.g. Yellowish colour of urine in Hepatitis, Polyuria in Diabetes incipidus and turbid urine in Renal failure, Foul smell of urine in Ketoacidosis, UTI, and Cystitis etc.

So here in this article we try to collect diagnostic features of disease related to *Mutravikriti* in that disease by using *Upamana Pramana* as a diagnostic tool.

Materials and Methods

Materials

- 1) *Charaka samhita, sushruta samhita, Ashtang Hridayam (Bruhat-trayee)*
Text regarding this topic
- 2) *Madhav Nidana, Yogratnakar, like Ayurvedic text* regarding this topic

Method

- 1) Literary study of *Upamana Pramana*.
- 2) Literary study of *Upama* used in *Mutravikriti*.

Discussion

Ayurveda is a science of life close to the nature. In Ayurveda *Upamana* is the instrument of assimilative knowledge of correlation present between a name and the object denoted. *Upamana Pramana* is the research invention originated from natural observation. It is also a good teaching methodology. (In few words it is a short and effective method of teaching). *Upamana* is a comparing technique used to compare name and natural object familiar to it. For e.g.

A) *Upamana* in Embryological concept⁽¹⁾ :-

Sushruta while describing the qualities of *Shukra* states as follows

स्फटिकाभं द्रवं स्निग्धं मधुरं मधु गन्धि च
शुक्रमिच्छन्ति केचित् तैल क्षौद्रनिभं तथा ॥
सु.शा. १

In above example the colour, smell, consistency of *Shukra Dhatu* is compared with *Sphatika*(Alum), *Madhu* (Honey), and *Taila Kshoudra* (Oil and Honey) respectively.

B) *Upamana* in Anatomical concept⁽¹⁾ :- In osteology the *Nalakasthi* and *Kapalasthi* are compared with *Nalaka* and *Kapala* respectively.

C) *Upamana* in Physiological concept⁽¹⁾ :- The *Rakta Samhanana*(Blood Circulation) is compared with *Shabda*, *Archi* and *Jala*. The blood circulates like *Shabda* in all directions, upwards like fire and downward like water.

D) *Upamana* in Pathological concept⁽¹⁾ :- In *Tamaka Swasa* the respiration of patient is compared with the warbling of *Kapota*.

In *Mahaswasa* the *Swasa* is compared with that of *Matta Rishabha* (Furious Bull).

Likewise *Gokshura Katak* used in *Katak* like *Ashmari* used as *Ashmari Beshaja*, *Beejmajja* used on *majja*, *Shalmali katak* used in *katak* in *Tarunya pitika* etc. it is also used in modern science for e.g. haemoglobin is red in colour, it can be raised by red colour fruits like Tomatoes, Beet, Carrots, Apple etc. the *Upamas* related to *MutraVikriti* is as follows.

Upamas related to Mutravikriti^{(2),(3),(4),(5),(6)}

काण्डेक्षुरसंसङ्काशं	इक्षुवालिकामेह
मूत्रं सान्द्रीभवती	सांद्रमेह
शुक्लपिष्टनिभं	शुक्लमेह
शुक्राभं शुक्रमिश्रं	शुक्रमेह
सिकतामेहिनं	सिकतामेह
गन्धवर्णरसस्पर्शैर्यथा क्षारस्तथाविधम्	क्षारमेह
मसीवर्णमजस्रं	कालमेह
चाषपक्षनिभं	नीलमेह
मंजिष्ठोदकसङ्काशं	मंजिष्ठमेह
हरिद्रोदकसङ्काशं	हारिद्रमेह
वसामिश्रं वसाभं	वसामेह
मज्जानं सह मूत्रेण	मज्जामेह
हस्तिमन्त	हस्तिमेह
रक्तपीतशकृन्मूत्रो	बहुपित्तकामला
भस्मोदकप्रतीकाशं	मूत्रशुक्र
हरिद्रमथवा सरक्तं	उष्णवात
रोचनाशंखचूर्णवर्ण	पित्तदोष प्रधान मूत्रसाद
शुष्कं भवति यच्चपि रोचनाचूर्णसन्निभम् शंखचूर्णप्रपाण्डुरम्	कफदोष प्रधान मूत्रसाद
तण्डुलतोयवत्	अजीर्ण
धूमवर्ण	नवज्वर
असृकसदृशं	जीर्णज्वरे

Other than *Mutravikriti* in *Ayurveda* various types of *Upamas* are used for diagnostic features, treatments, synonyms for *Dravyas*, etc. so we promote other researcher to do research on other *Upamas* stated in *Ayurvedic* classics. It is also used in *Upashaya- Anupashayas*(for Prognostic importance).

Upamana Pramana is one of the best communication tools for both Doctor and patient. Patient can use it to explain his complaint and doctor can use it to ask related question to disease. For e.g. Patient explains the colour of urine turmeric yellow or doctor can ask "Is the colour of urine is turmeric yellow?" In *Bahupitta Kamala*.

Conclusion:- *Upamana Pramana* is one of the Effective and Easy method used to diagnose various condition of disease.

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