

A Conceptual Review of Clinical Importance of Bala and Bala Pariksha

Dr. Tejashree D. Kupekar¹, Dr. Anand V. Kalaskar², Dr. Nishant S. Taralkar³, Dr. Ankeeta P. Dahiwal⁴
MD Scholar, PG Department of Rog Nidana Evum Vikriti Vigyan¹
M.D. Kayachikitsa – Vikriti Vigyan (BHU) and Associative Professor²
MD Scholar PG Department of Rog Nidana Evum Vikriti Vigyan^{3,4}
Sumatibhai Shah Ayurved Mahavidyalaya, Hadapsar, Pune, India

Abstract: *Taila bindu mootra pariksha, an ancient diagnostic technique mentioned in Ayurvedic texts, offers a unique and holistic approach to understanding disease pathology¹. It involves observing the behaviour of an oil droplet on a patient's urine sample to infer dosha imbalances, metabolic irregularities, and disease prognosis. In the modern era, while advanced diagnostic tools like biochemical assays, imaging technologies, and molecular diagnostics are widely available, Taila bindu mootra pariksha remains relevant for its simplicity, cost-effectiveness, and non-invasive nature². Recent studies have explored its potential as a preliminary screening tool in rural and resource-limited settings, emphasizing its value in early detection of metabolic disorders, kidney dysfunction, and urinary tract infections³. Integrating Taila bindu mootra pariksha with modern diagnostic techniques can enhance patient-centric care by combining traditional wisdom with evidence-based medicine. This paper reviews the method's clinical significance, historical context, and potential applications in modern diagnostic frameworks, suggesting avenues for future research⁴.*

Keywords: Taila bindu mootra pariksha, Ayurveda, diagnostic techniques, dosha imbalance, modern medicine, integrative diagnostics