

## IMPORTANCE OF PURISHA PARIKSHA IN CURRENT PRACTICE

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## ABSTRACT

*Mala* is the metabolic end-product formed after the proper digestion of *Ahararasa* and it will help in maintaining homeostasis of the body. Like *Dosha*, *Dhatu* and *Mala* also play an important role in *Dharana* of *Shareera*<sup>1</sup> so it should be assessed to determine health and wellbeing. *Mala* as a whole include *Sharirika* and *DatuMala*. Here in this article, *Purisha* is considered one among *Sharira Mala* mainly. While describing *Rogi Pariksha Bhrihathrayi*'s not mentioned on *Purisha Pariksha* as such instead gave scattered references of changes in *Purisha* while describing various diseases, and *Yogaratanakara* described *Purisha Pariksha* in *Ashtasthana Pariksha*. *Purisha* assessment is not only used to assess *Roga* but also to assess the *Agni Bala* and presence of *Ama Avastha* in *Shareera*. The Stool is the waste residue of indigestible materials of the digestive tract expelled through the anus during defecation it is to be examined to find out the gastrointestinal pathologies. Which is examined by microscopical, macroscopical, chemical and culture methods. Here is an attempt to gather all information relating *Purisha Pariksha* and to find out its usefulness in current clinical practice.

**Keywords:** *Mala*, *Pariksha*, *Purisha*, *Agni*, *Ama*

## INTRODUCTION

According to *Ayurveda* body is maintained by *Dosha* (bodily elements), *Dhatu* (tissue elements), and *Mala* (bodily waste) in their normalcy. Each entity has its characteristic role in the proper functioning and maintenance of bodies homeostasis. So, *Mala* (bodily waste) also have characteristic importance in assessing health and disease. According to *Acharyas* the processed food which reaches the *Pittashaya* (duodenum) undergo further metabolism and turn into semi-digested solid and water part of food and *Acharya Dalhana* specifies that this semi-digested solid part of food that reaches the *Unduka* (ceacum) is called *Purisha*<sup>2</sup>. In contemporary view undigested food comes from the ileum into the colon consists of indigestible materials (cellulose) and liquid absorbed into the colon and the remaining contents in the lumen become faeces.

*Pradhana Karma* of *Purisha* is *Deha Dharana* itself so in diseases like *Rajayakshma* it is explained that these imbalanced *Doshas* spread in the body, obstructing the openings of various channels and the flow of *Dhatu*s. Because of this obstruction, the *Ahara Rasa* does not get converted to *Dhatu*s instead it gets converted to *Purisha* only in such cases, the body survives on the support (*Upashtamba*) of *Malas*. Hence *Mala* should be protected, particularly in a case where the patient has already been afflicted with *Sosha* and in cases where the individual is emaciated or very weak. Along with this *Purisha* helps in the regulation of *Apana Vayu* and maintenance of *Agni* in the body<sup>3</sup>. In *Ayurvedic* texts, examination of stool is limited mainly up to the examination of physical characteristics such as color, quantity, odor, froth, and consistency. Besides these, a specialized technique of stool examination, i.e., *Jala Nimajjana Purisha Pariksha* (sinking test in water) has been described to detect the presence of *Ama* thereby inferring the status of

*Agni* in the body. So, by examining the characteristics of *Purisha* one can assess the *Dosha* vitiation, *Ama Nirama Avastha* and *Agni* of a person and holds a major role in today's clinical practice.

### **NORMAL PURISHA LAKSHANA:**

Normal characteristic features as such are not mentioned but *Acharya Charaka* mentioned amount as seven *Anjali*<sup>4</sup>. A normal characteristic feature of faeces is human faecal matter is normally yellowish-brown in colour which results from a combination of bile and bilirubin. The odour of stool depends on the pH of the stool and indole and skatole are the substances that produce normal odour formed by Intestinal bacterial fermentation and putrefaction. Consistency will be smooth and soft with sausage shape.

### **PRAKUPITA PURISHA LAKSHANA:**

*Purisha* when increased pathologically will produce subjective and objective symptoms like pain, heaviness, gurgling sounds and abdominal distension<sup>5</sup>. And *Purisha* when decreased pathologically causes vitiation of *Vata* in the stomach and untoward movement of *Vata* along with sound, pain in *Hridaya* and flanks<sup>6</sup>. Along with these *Lakshanas Acharya Charaka* mentioned the characteristic changes in *Purisha* during *Purishavaha Srothodusti* ( pathologies in channels of faecal production, transmission and excretion) *Krichrena* (difficulty in defaecation/ dyschezia), *Alpalam* (Passing of little amount of faecal matter frequently) *Sashabda* (Passage of stools associated with the passage of the flatus) *Sashula* (Passage of stools associated with severe pain) *Atidravam* (Passage of liquid/ semisolid stools frequently) *Atigrathitam* (Passage of scybalous stools (very hard faecolith) *Atibahu* (Passage of normal bowels frequently). *Acharya Susrutha* adds unformed stool along with a foul smell to it<sup>8</sup>.

**DOSHA ANUBHANDHA PURISHA LAKSHANA:**

According to Acharya Yogaratnakara Purisha will produce characteristic colours and features when affected with particular *Doshas*<sup>9</sup>[Table 1].

**Table 1:** Characteristic features of *Purisha* based on *Dosh*

Dosha	Stool features
<i>Vata</i>	<i>Dridha</i> (hard) and <i>Shushka</i> (dry) <i>Trutita</i> (broken), <i>fenila</i> (frothy), <i>Ruksha</i> (dry), <i>DhuMalam</i> (smoky coloured)
<i>Pitta</i>	<i>Peeta</i> (yellow), <i>raktha</i> (red)
<i>Kapha</i>	<i>Shukla</i> (white)
<i>Sannipatha</i>	<i>Sarva lakshana-shyama</i> (blackish), <i>peeta</i> (yellow), <i>Shwetha</i> (white), <i>Trutita</i> (broken), <i>Baddha</i> (obstructed)
<i>Vata sleshma vikara</i>	<i>Krishna varna</i> (black)
<i>Pitta anila vikara</i>	<i>Baddha</i> (binding), <i>Trutita</i> (broken), <i>Peeta</i> (yellow), <i>Shyam</i> (black)
<i>Kapha pitta vikara</i>	<i>Peeta</i> (yellow), <i>Sweta</i> (white), <i>Ishat Sandra</i> (slightly thickened), <i>Pichchila</i> (sticky)

**AGNI AND PURISHA RELATION:**

*Purisha* shows characteristic changes in association with *Agni*

As per Yogaratnakara in *Atyagni Purisha* will be *Pin-ditha* (bolous like) and *Shushka*(dried).

In *Mandagni* (reduced digestive fire) *Purisha* will be watery<sup>10</sup>.

**SAMA NIRAMA LAKSHANA:**

*Purisha Parisha* is also used to assess the *Koshta*, *Agni* and *Ama Avatha* in body and it indicates the presence of *Ama* by its characteristic features. *Amanubandha Purisha* will be extreme foul-smelling, sticky and sink in water and *Niramatha* marks lightness of faecal matter and it floats on water<sup>11</sup>. This examination to assess ama is called *Jalanimanjana Pariksha*.

**PURISHA VEGA DHARANA LAKSHANA:**

Defecation is one among the urge which should not be suppressed and due to today's busy lifestyles and all many have to do the same and this itself became a cause for many diseases

*Lakshana* of *Purisha Vega Dharana* are:

It will produce pain abdomen, headache, unable to remove flatus and stool, muscle cramps in the calf region and abdominal distension<sup>12</sup>.

**CHARACTERISTIC OF STOOL IN VARIOUS DISEASES:**

Stool as a material matter shows characteristics due to the bodily changes during the disease process. It will become sometimes a predominant symptom, symptom

and sign to assess prognosis too. Major changes are noted in colour, consistency, odour, presence of froth and nature of associated pain on defecation.

**CHANGE IN COLOUR OF STOOL:**

Black Coloured stool: upper GI haemorrhage, iron and colloidal bismuth therapy.

Tarry or deep maroon stools / fresh bright red blood (*Hemetehezia*) -severe upper GI haemorrhage

Pale bulky: small bowel or pancreatic Malabsorption

Silvery pale: Pancreatic CA

Blood mixed: colitis

Clay coloured: Obstructive jaundice or presence of barium sulfate

Green: Ingestion of Spinach, antibiotics.

In Infants:

Exclusively breastfed infants -loose and green or pasty and yellow stools.

Infants fed on cow's milk preparations - stools of a paler yellow colour and a much firmer consistency.

Babies fed on newer modified cow's milk preparations - clay coloured or greenish stools.

Some healthy children may pass frequent, loose stools containing undigested vegetable matter called Toddler's diarrhoea.

**Table 2:** Change in colour of stool in various diseases

Colour of stool	Disease
<i>Krishna Varna</i> (black colour)	<i>Vatika Arsha, Vatika Gulma, Kumbha Kamala, Paittaka Atisara and Vata Prakopa</i>
<i>Shukla Varna</i> (white color)	<i>Shlesmika Jwara Shlesmika Udararoga Shlesmika Arsha, Shlesmika Pandu, Shkhashrita Kamala, Shlesmika Atisara, Sahaja Srsha, Jalodara, Kaphaja Gulma and Kahaja Visarpa</i>
<i>Shyava Aruna Varna</i> (grey and reddish colour)	<i>Vatika Udara Roga, Vatika Arsha, Vatika Atisara Vata Prakopa Vataja Gulma Vataja Jvara Nad Vataja Pandu</i>
<i>Rakta Varna</i>	<i>Kamala, Pittaja Atisara, Rakthapitta Sahaja Arsha and Chhidrodara</i>

**PRESENCE OF FROTH IN STOOL:**

Frothy stools with sour smell in lactase deficiency.

**Table 3:** Presence of froth in stool in diseases

Froth	Pathological condition
Presence of froth	<i>Vataja Arsha</i> <i>Vatika Atisara</i> <i>Vataja Grahani</i>

**CHANGES IN CONSISTENCY:**

**Table 4:** Consistency of stool in various diseases

Consistency of stool	Diseases involved
<i>Sandra</i> (dense)	<i>Kaphaja Atisara And Sahaja Arsha</i>
<i>Baddha</i>	<i>Asadhya Pandu, Vataja Prameha</i>
<i>Vibaddha</i> (solid)	<i>Udara Roga Baddhodara, Purishavrita Vata, Ashuddha Dugdhapana Sevana, Tridosha Dushti, Tikshnagni, Vataja Atisara, Vataja Visarpa, Vataja Jwara, Sahaja Arsha, Vataja Arsha, Mahash-vasa and Malavirita Vata</i>
<i>Drava</i> (watery)	<i>Paittika Arsha, Vatika Grahani Asadhya Atisara and Mandagni</i>
<i>Bhinna</i> (loose)	<i>Paittika Arsha, Shlesmika Grahani, Kshayaja Kasa Kaphavirita Aanavayu, Pittaja Murchha, Ega Sandharanjanya Yakshma and Arsha Samanya Lakshana</i>
<i>Shushka</i> (dry)	<i>Vataja Grahani And Sahaja Arsha</i>

Bristol Stool Chart








	Type 1	Separate hard lumps, like nuts (hard to pass)	Very constipated
	Type 2	Lumpy and sausage like	Slightly constipated
	Type 3	A sausage shape with cracks in the surface	Normal
	Type 4	Like a sausage or snake, smooth and soft	Normal
	Type 5	Soft blobs with clear-cut edges	Lacking fibre
	Type 6	Fluffy pieces with ragged edges, a mushy stool	Inflammation
	Type 7	Liquid consistency with no solid pieces	Inflammation

Table 5: Bristol stool chart

**CHANGE IN ODOUR OF STOOL:** A foul odour is caused by the degradation of undigested protein and excessive carbohydrate intake. A Sickly-sweet odour is produced by undigested Lactose. The sour smell in lactase deficiency. [Table 6]

Table 6: Odour of stool in various diseases

Odour of stool	Diseases involved
<i>Durgandhita</i> (foul smell)	<i>Shleshmika Atiara, Paittika Pandu, Asadhya Sannipataja Chhardi, Ama Purisha, Purishavaha Srotodusti and Vid Vighata</i>
<i>Visragandhi</i> (smell of raw meat)	<i>Paittika Arsha And Shleshmika Atisara</i>
<i>Atidurgandhita</i> (extremely foul smell)	<i>Paittika Atisara and Paittika Arsha</i>
<i>Amagandhi</i> (smell of ama)	<i>Amatisara</i>
<i>Kunapagandhi</i> (smell of dead body)	<i>Chhidrodara And Sahaja Arsha</i>
<i>Kunapa, puya, ama, matsyagandhi</i> (smell of dead body, pus, ama and fish)	<i>Sannipataja Atisara</i>
<i>Mahatputigandhi</i> (putrefied smell)	<i>Jalodara</i>
<i>Nirgandha</i> or <i>Sagandha</i> (without or with odor)	<i>Agantuja Atisara</i>

## CHARACTERISTIC PAIN ASSOCIATED WITH DEFECATION:

**Table 7:** Characteristic pain associated with defecation

Type of pain	Diseases involved
<i>Sashula</i> (with pain)	<i>Amatisara</i>
<i>Sashula sadaha</i> (with pain and burning)	<i>Paittika Atisara</i>
<i>Parikartika</i> (gripping pain)	<i>Vataja Atisara</i>
<i>Pravahana</i> (tenesmus)	<i>Pravahika</i>
<i>Shula, gudasrava</i> (discharge from anus with pain)	<i>Jalodara</i>
<i>Chirat dukham</i> (passing with difficulty)	<i>Vataja Grahani</i>
<i>Sashula pravahana</i> (tenesmus with pain)	<i>Kaphaja Arsha, Kaphaja Atisara and Pravahika</i>
<i>Kunthana</i> (painful strain)	<i>Samatisara And Visamagni</i>

Painful defecation is seen in bacillary dysentery, tuberculosis, ulcerative colitis, diverticulitis, Inflammatory proctitis, irritable bowel syndrome, anal fissure and haemorrhoids.

## PRESENCE OF KRIMI:

Another important criterion while examining *Purisha* in modern and *Ayurveda* parlance is the presence of *Krimi* in the stool.[Table 8]

**Table 8:** Types of *Purishaja Krimi*

Sr.no	Type of <i>Krimi</i>	<i>CharakaSamhita</i> C.S. Vi. 7/10-13	<i>SushrutaSamhita</i> S.S.U.54/8,12,15
1	<i>Purishaja</i>	<i>Kakeruka, Makeruka, Leliha, Sashoolaka, Shausurada</i>	<i>Ajawa, Vijawa, Kipyra, Chipya, Gandupada, Churu, Dvimukha</i>

Among the 4 types, *Krimi*'s based on site of origin only *Kaphaja* and *Purishaja* are visible to the naked eye, and both originated from the gastrointestinal system as per all *Acharyas*. *Kaphaja* from *Amashaya* and *Purishaja* from *Pakwashaya*. And clinical features associated with *Purishaja Krimi* are as follows<sup>13</sup>. [Table 9]

**Table 9:** *Lakshana Of Purishaja Krimi*

<i>Krimi</i>	<i>Lakshana</i> according to <i>Charaka</i>	<i>Lakshana</i> according to <i>Susrutha</i>
<i>Purishaja</i>	Diarrhoea, emaciation, dryness, horripilation, when it reaches <i>Guda Mukha</i> produce pain and itching in the anal region	Abdominal pain, dyspepsia, anaemia, constipation, loss of strength, excessive salivation, anorexia and heart disease <i>Gandupada Krimi</i> : which is red and long, in specific cause abdominal pain, gurgling sound in the abdomen, itching in anus, diarrhoea and loss of digestive power.

- Bacterial agents which are responsible for diarrhoea
- 1. Gram-positive: (Staphylococcus aureus, Clostridium perfringens, Clostridium difficle, Bacillus cereus)
- 2. Gram-negative: (Vibrios (i) Vibrio cholera (ii) Vibrio parahemolyticus)
- (iii) Other halophlic vibrios, Escherichia coli (Enterotoxigenic Escherichia coli (ETEC), Enteropathogenic E. coli (EPEC), Salmonella (i) S. enteritidis(ii) S.

typhimurium, Shigella spp, Campylobacter jejuni, Yersinia enterocolitica

- Bacterial agents which are responsible for dysentery
- Shigella species (sh. dysenteriae, sh. flexneri, sh. boydii and sh. sonnei), Escherichia.coli (EIEC and EHEC), V. parahemolyticus, Campylobacter jejuni, Salmonella spp.

### Macroscopic examination

Various points which have to be noted are:

- Consistency: formed, unformed (soft), loose or watery.
- The presence of blood, mucus or pus.
- Colour (white, yellow, brown or black).
- Normal faeces appear brown and formed or semi-formed.

Infant faeces are yellow-green and semiformed

### Microscopic examination

- 1- Methylene blue preparation
- 2- Wet mount
- 3- Hanging drop preparation
- 4- Basic fuschin smear

These tests will help to evaluate the motility of the organism and with the staining character, we can identify the organism<sup>14</sup>.

### DISCUSSION

The word *Purisha Pariksha* gave a wide range of scope to assess the *Doshik* imbalance, *Ama Anubhandhadha*, Agni, Presence of *Krimi*, diagnosis and prognosis of a disease. The characteristic features of *Purisha* assessed to establish *Doshik* imbalance, *Roga* and *Agni* are its consistency, colour, odour and pain associated with defecation. *Ama Anubhandhadha* can be assessed by assessing characteristic features and *Jalanimanjana Pariksha*. *Jalanimanjana Pariksha* is a validatory method to assess ama in *Purisha* but it has to be standardized with the amount of stool, collection time, the quantity of water, nature of water and type of vessel to carry out the examination.

While going through the references regarding *Purisha Pariksha* it is clear that the vitiated *Dosha* have role in the colour, consistency, odour and nature of pain associated during defecation so it will act as a tool to assess the *Dosha* vitiation and *Ama* associated. For example, *Vata Prakopa* can be assessed by *Ruksha (Dry)*, *Krishna Varna (Black Colour)*, *Phena (Frothy)* *Stools* similarly *Kapha* and *Pitta* can be assessed.

*Ama Anubhandhadha* can be assessed by the *Dourgandhya/Ama Gandha* (foul smell), *Drava* (watery), *Pichilatha* (sticky) and it also gives an idea about *Agni Mandhya* as ama is an end product of *Agni Dushti*.

### CONCLUSION

*Purisha* is one among the *Sharirika Mala* that do the dharana of *Shareera*. One way is it will remove the toxic waste products like ammonia and at the same time, it will correct the functioning of *Apana Vayu* and maintain the Agni in *Koshta*. *Purisha* sometimes acts as *Bala* to the body as in *Rajayakshma*.

It is one among the *Adharaniya Vega* and its suppression symptoms can range from mild muscle cramps to heart disease due to the resultant *Dosha Dathu Mala dushti* in *Shareera*. So, if we assess *Purisha* we can prevent a lot of diseases before manifestation and can assess the prognosis of already manifested. If the physician accurately assesses the *Dosha*, *Ama Anubhandhadha* and *Lakshanas* treatment will be made easy so *Purisha Pariksha* can be taken as one of the criteria to assess the same as it shows characteristic changes in all these *Avasthas*.

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