

## AYURVEDA PERSPECTIVE OF KRIMI ROGA W.S.R. TO PUREESHAJA KRIMI: A LITERARY REVIEW

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Article Received on 22/07/2017

Article Revised on 11/08/2017

Article Accepted on 01/09/2017

### ABSTRACT

The worm infection is one of the most common paediatric problems especially in developing countries due to the poor hygiene. The most common parasitic infections is infection caused by *Ascaris Lumbricoides*. The Ayurveda described worm infection as *Krimi Roga*. The ayurveda term *Pureeshaja Krimi* can be correlated to the helminthiasis. The ayurveda prescribe various treatment approaches for the management of *Krimi Roga* such as; *Apakarshana*, *Prakruti Vighata* and *Nidana Parivarjana*. This article presented various ayurveda perspectives of *Krimi Roga* & its management.

**KEYWORDS:** Ayurveda, Helminthiasis, *Pureeshaja*, *Krimi*, *Ascaris lumbricoides*.

### INTRODUCTION

*Krimi Roga* is very common in children which mainly occur as intestinal infection. These *Krimi* (worms) possess ability to breed in human intestine with the help of food and blood. The *Krimi* may be various types on the basis of their origin; *Kaphaj Krimi*, *Raktaj krimi* & *Pureeshaj Krimi*. *Nidana* of *Krimi Roga* involve *Ahara Sambandi Nidana* and *Vihara Sambandi Nidana* mainly.<sup>[1-4]</sup> *Ahara Sambandi Nidana* includes consumption of foods that causes *Kapha Utklesham* like; jaggery, sesamum, meat, unctuous, sweet & cold materials etc. *Vihara Sambandi Nidana* involves; *Divaswapna*, *Asana*, *Avyayama* & disturbed life style pattern.<sup>[2-6]</sup> *Jwara*, *Vivarnata*, *Shoola*, *Hridroga*, *Bhrama*, *Bhaktadwesa*, *Atisara*, *Sadana*, *Chardi* and *Swasa* are main *Krimi Lakshana* (symptoms of worm infections). *Vamana*, *Virechana*, *Asthapana basti*, *Shiro Virechana*, manual extraction of *Krimi* & *Bhesaja Apakarshana* is some important traditional approaches for the management of *Krimi roga*. This article described the ayurveda perspective of *Krimi roga*.<sup>[3-5]</sup>

Malaja	Raktaja	Kaphaja	Pureeshaja
<ul style="list-style-type: none"> <li>• Keshha</li> <li>• Shmasru</li> <li>• Loma</li> <li>• Pakshma</li> <li>• MalinVastra</li> </ul>	<ul style="list-style-type: none"> <li>• Vahini Sira</li> <li>• Vahini Dhamani</li> </ul>	<ul style="list-style-type: none"> <li>• Amashaya</li> </ul>	<ul style="list-style-type: none"> <li>• Pakvashaya</li> </ul>

Figure 1: *Krimi* as per their site & their major sthana as mentioned in *Brihatrayi*.

### Classification of *Krimi* (habitat basis)

- **Bahya Krimi (External worms)**  
These worms originated externally, mainly occurs in the hairy parts of the body. They may be considered responsible for the urticaria, furunculosis and lymphadenitis.
- **Abhyantara Krimi (Internal worms)**  
This type of infection may occur due to the production of *Ama*, excessive consumption of sweet and sour diet & *virudhh ahaar*.

### Etiological factors for *Krimi Roga*

1. Poor unhygienic condition.
2. Lack of awareness.
3. Consumption of flesh, flour, sour and salty substances.

4. *Kapha* vitiation due to excessive intake of meat, milk, yoghurt and other dairy products.
5. *Virudhahaar* which may leads production of *Ama*.
6. *Divaswapna*, *Asana*, *Avyayama* & disturbed life style pattern.

#### Clinical symptoms of worm infestations

1. Fever
2. Malaise
3. Anorexia
4. Diarrhoea
5. Stomach cramp
6. Nausea & vomiting
7. Itching in anal part
8. Fainting

#### Chikitsa

- *Apakarshana Chikitsa*
- *Prakruti Vighata Chikitsa*
- *Nidana Parivarjana Chikitsa*

#### Apakarshana Chikitsa

Extraction of the *Krimi* by following methods:

1. *Hasta / Yantra* (manual extraction): *Krimi* may be extracted manually using *Yantra* like; *sandamsha* etc.
2. *Bhesaja Apakarshana* (therapeutic extraction): this involves use of *Shodhana* therapies alone or along with extraction procedure to cause forceful extraction of *Krimi*. These *Shodhana* therapies may involve *Virechana*, *Asthapana basti* & *Shiro Virechana*.

#### Prakruti Vighata Chikitsa

The use of *krimigna* drugs which possesses *Katu*, *Tikta*, *Kashaya*, *Kshara* & *Usna* properties causes adverse environmental conditions which are contrary to the conditions which require for the growth of *krimi*. The therapy thus inhibits growth of *krimi*. The *Prakruti Vighata* also suggests guideline for food, drinks, washing & proper hygienic environmental condition. The *krimigna* drugs which may be used in *Prakruti Vighata Chikitsa* such as; *Maricha*, *Gandira* & *Vidanga* etc. *Danti*, *Dravanti*, *tilvaka* and *udallaka* also offer beneficial effects in *krimigna*.

#### Nidana Parivarjana

This approach involves taking care of causative factors. The therapy suggests avoidance of *virudha-ahara*, maintenance of hygienic conditions; avoid eating over undigested food and consumption of sweet & sour food stuffs. The therapy focuses more towards the preventive approaches rather than treating.

#### Pureeshaj Krimi

*Pureeshaj Krimi* are faecal worms originate in the intestine and later on may travel downwards. It is correlated with *Ascaris lumbricoides* of modern science. Prolong infection of *Pureeshaj Krimi* causes eructation and breathing associated with faecal smell. Thick, round

& thin size with blue, yellow, white or black colour. The *Pureeshaj Krimi* causes abnormal conditions such as; loose motions, constipation, emaciation, pallor and itching in the anal region.

**Sthana:** intestine between Ileocecal junction and sigmoid colon.

**Akruty:** Sookshma, Vriitha, Deergha, Sthoola, Prithavapucksa and Tanu.

**Varna:** Shweta, Shyava, Neela, Harita & Peeta.

*Pureeshaja Krimi* may also possesses different characteristics such as; *Kakeruka* (motile), *Makeruka* (*Mudrika* shape), *Sausrada*, *Leliha* (licks/*Dhatus Nashak*) & *Sashoolika* (causing pain). The poor socio-economic conditions, lack of personal hygiene, agricultural factors, lack of awareness and *apathya ahara-vihara* are the main causative factors of *Pureeshaja Krimi* infection. Ayurveda described use of contemporary medicine along with preventive measures as treatment protocol for the management of *Pureeshaja Krimi* infection. The *shodhna* therapy (purification methods) along with extraction procedure may also help in the management of *Pureeshaja Krimi* infection.<sup>[6-10]</sup>

#### General Management of Krimi through Ayurveda

As per ayurveda use of strong purgative and *Asthapana-vasti* prepared with *Yava*, *Kola*, *Kulattha*-pulse and *Surasadi* drugs may offer relief in *Krimi Roga*. *Anuvasana-vasti* followed by *Sneha* prepared with *Vidanga* along with juice of *Shirisha* and *Kinihi* relief in *Krimi Roga*.

- *Palasha* seeds with the rice.
- *Paribhadra* leaves with honey.
- *Pattura*, *Vidanga* with honey.
- *Sesamum*-seeds soaked in the decoction of *Vidanga*.
- *Svavidh* soaked in decoctions of *Tri-phala* and of *Vidanga* with honey.
- Juice of *Amalaka*, *Haritaki* and *Aksha*.
- Drugs such as; *Anjanas*, *Nasyas* and *Avapidas* help to manage worms of the regions of head, heart, mouth and nostrils.
- Drugs which possess *Surasadi Gana* offer relief in *Krimi Roga*.

#### Pathya

- *Rasa* – *Tikta* & *Kashaaya*.
- *Dugdha* – *Ghrita* & *Dugdha*.
- *Drava* – *Tila*, *Taila*, *Kaanjika*, *Tushodaka*, *Gomootra*, *Suraa* & *Sauveeraka*.
- *Phala* – *Apakva Kadalee*, *Pakva Taalaphala* & *Nimbuka Rasa*.
- *Kritaanna* – *Madhu*, *Taambula*, *Aasthaapana Basti*, *Dhoopa*, *Abhyanaga* & *Kaphaghna*

**Apathya**

- *Rasa – Amla & Madhura*
- *Guna – Drava*
- *Maamsa – Maamsa*
- *Dugdha – Dugdha, Dadhi & Ghrita*
- *Phala – Badara*

**ACKNOWLEDGEMENT**

Authors are highly thankful to Dr. Mayuri Bodke (Associate Professor) Department of Kaumarbhritya, S.M.B.T. Ayurved College and Hospital Dhamangaon, Igatpuri, Nashik, Maharashtra, India.

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