

CLINICAL AND PATHOLOGICAL CONSIDERATION OF *KRIMI*: AN AYURVEDA
REVIEW

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ABSTRACT

The Ayurvedic medical system is the oldest and has a wealth of information on therapeutic procedures. All *Acharyas* in Ayurveda uses the term "*Krimi*," and the majority of them discussed its classification, causes, symptoms, and treatments. Ayurvedic doctors were well-versed in the terms *Krimis* and *Krimirogas*. The term "*Krimi*" is used broadly in modern science to refer to all worms and microbes. The idea of *Krimi* is not new; its description dates back to the Vedic era. *Bahya* and *Abhyantara krimis* are the two groups into which *Krimis* are divided. *Raktaja*, *Kaphaja* or *Shleshmaja*, and *Purisaja* are the three subgroups of *Abhyantara*, also known as internal *Krimi*. Three different approaches to treating *Krimiroga* have been described by *Acharya Charaka* as *Apakarshana*, *Prakritivighata* and *Nidanparivarjana*.

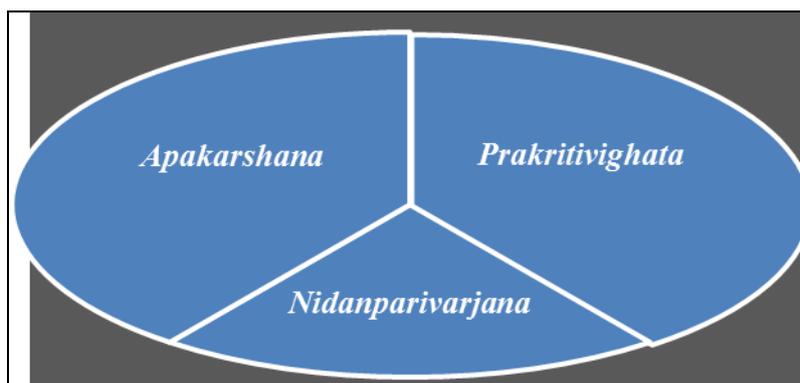
KEYWORDS: Krimi, Krimiroga, Microbes, Infections, Diseases.

INTRODUCTION

According to current science, the term "*Krimi*" in Ayurveda refers to all worms and microbes. The idea of *Krimi* is not new; its description dates back to the *Vedic* era. Ayurvedic literature gives descriptions of the macro and micro creatures, visible or invisible, that have an impact on both living and non-living entities in the biosphere. Ayurveda uses the term *Krimi* for all worms and microorganisms, unlike modern medical science, which has separate branches for helminthology and microbiology, respectively.^[1-5]

Acharyas in Ayurveda used the term "*Krimi*," and the majority of authors discussed its classification, causes,

symptoms, and remedies. The 20 different varieties of *Krimis* and their habitats in various body parts with varying shapes and sizes, as well as the locations of *Shleshmaja* and *Purisaja*, were well known to Ayurvedic doctors. They caused human beings to experience both local and systemic symptoms. The creature that invades our bodies, settles in one specific location, and causes a variety of ailments was wonderfully characterized by *Acharyas* as *Krimi*. There are some good microbes and some hazardous ones, according to modern science; nevertheless, there is no comprehensive description of any benign *Krimi* in the *Samhita* period.^[5-7] Three different approaches to treating *Krimiroga* have been described by *Acharya Charaka* as depicted in **Figure 1**.

Figure 1: Various approaches to treat *Krimiroga*.

Apakarshana refers to the forceful removal of the *Dosha*, *Mala* and *Krimi sanghata*. It contains *Vamana*, *Virechana*, *Shirovirechana*, and *Asthapana basti*, the most coercive *Shamshodhana*. *Nidan Parivarjana* intends to keep away from the cause. *Samshodhana* is regarded as the first line of defense against *Krimiroga*, whereas *Prakriti Vighata* and *Nidan Parivarjana* completely remove it.

The *Vedic* literature uses the word "*Krimi*" in a broad sense. There are descriptions of *Krimi* and *Krimiroga* throughout all three *Vedas*. In *Atharvaveda*, more information on *Krimis* is provided. Different varieties of *Krimi* have also been described including *Rakshasa*, *Pisacha*, and *Yatudhanas*. In the *Vedic* literature, harmful and nonpathogenic species are also referenced.

Many *Acharyas* have occasionally written descriptions of the classification, pathophysiology, and therapy of *Krimi Roga*. *Charaka Samhita* separated *Krimis* into two major categories including *Sahaja* and *Vikaraja*, and later as *Drishta* and *Adrishta*.

Vikaraja Krimis also known as *Abhyantara*, *Yuka* and *Pippalika* are the two varieties of *Bahya Krimis*, whereas *Purishaja*, *Shleshmaja* and *Rakataja* are the three forms of *Abhyantara Krimi*. *Vimana Sthana* provides a thorough account of *Krimi Roga* along with its three *Chikitsa*; *Apakarshan*, *Prakriti- Vighata*, and *Nidana Parivarjan*. Number, size, shape, categorization, and habitat of *Krimi* explained in the *Harita Samhita*. There are six different types of internal *Krimis* and seven different external *Krimis*. The *Sharangadhara Samhita* describes twenty-one different forms of *Krimis*, in this *Samhita*, *Snayuka* and *Vrana Krimis* are mentioned first time.^[7-9]

Krimi Types

Raktaja, *Kaphaja* or *Shlesmaja*, and *Purishaja* are the three subgroups of *Abhyantara*, also known as internal *Krimi*. *Bahya Krimi* is mentioned in the *Charaka Samhita* in reference to hair, eyelashes, and any other portion of the body or clothing.

Different *Brihatrayi* authors described *Abhayantara Krimi* and their location where internal *Krimis* are located.

Symptoms of Krimi

With the exception of *Charaka Samhita*, almost all *Ayurvedic* books have listed the common signs and symptoms of all *Krimis*, including fever, cramping discomfort, paleness of the skin, heart problems, vertigo, decreased appetite, lassitude, diarrhea and vomiting, etc.

Management of Krimi

Acharya Charaka outlined three fundamental approaches to treating *Koshtagata Krimi*, these approaches are *Apakarshana* and *Prakritivighata*. *Vamanadi*

Panchakarma and breaking of pathogenesis of infection can help to reduce microbial infections.

Nidana Parivarjana means to abrasively scratch the *Dosha*, *Mala*, and *Krimisanghata*. *Apakarshana* is the term used to describe any procedure used to remove or eliminate undesirable components from the body.

The *Bahya Krimi* can be removed manually, which is known as *Apakarsana*. *Apakarsana* of *Abhayantara Krimi*, who live in their natural habitat, ought to be carried out using an eradication technique like: *Vamana* which expel out vitiated *Doshas* through the top part of *Srotas*. When *Amashaya* becomes vitiated, it creates *Kaphaja Vikara* and *Kaphaja Krimi*, which are eliminated through *Vamana* therapy.

Amashaya is the location for the development of *Kapha*. *Virechana karma* is performed in order to purge the vitiated *Doshas* through the digestive system. Drugs employed in this *karma* should be *Krimighna* and have a purgative action, which can assist destroy the intestinal parasite or anaesthetize the worms and eliminate them through peristaltic motions of the intestine.

Shirovirechana and *Samshodhan* are the type of *Karma* in which the *Doshas* that are housed in the sinuses of the skull are expelled through the nose. The medications being administered should have *Ushna guna* and *Katu tikta rasa*, which act on the nasal mucosa to excite nerve endings and secrete contaminated material. This process eliminates these vitiated *doshas* and *Krimis*.

Asthapana Basti is also used to get rid of *Krimi* in the large intestine. During this procedure, the medication's active ingredients will immediately contact the site of the *Krimi* and affect the organism.

Prakriti Vighata aims to damage the environment that supports production of *Krimis*. The *Doshas*, *Mala Sanghata* and *Krimis* are undoubtedly removed from the body after doing *Samshodhan Chikitsa*.

Acharya Charaka advises using *Dravyas*, which have the opposing characteristics to the *Kapha* and *Purish*, for *Prakriti Vighata* since *Kapha* and *Purish* are the primary *Prakriti* of *Krimis*.

Nidana Parivarja refers to removing the root cause that stimulates *Krimi* germination and growth. This is the most crucial *Ayurvedic* principle since it highlights the significance of *Ahara*, *Vihara*, and lifestyle as well as treatment.

All factors that contribute to *Krimiroga*, such as *Kaphavardhaka Aahara Madhura*, *Snigdha*, *Guda*, *Dahi*, and *Mithya Vihara* like *Divashayana* that is stated in classic literature, should be avoided to prevent pathological effects of *Krimi*.^[8-10]

CONCLUSION

Although the concept of *Krimi* and *Krimi Roga* has existed since the *Vedic* era, detailed descriptions and a three-fold treatment of *Krimiroga* are only found in the *Samhita era*. Literature's depth fluctuates across time, with later periods having more detailed descriptions of *Krimiroga*. In the Ayurvedic literature, the word "*Krimi*" denotes every type of helminthes, protozoa, bacteria, and virus. *Krimi roga* management is well stated in Ayurvedic texts step by step which includes *Nidana Parivarjana*, *Shirovirechana*, *Samshodhan* and uses of medications possessing *Ushna guna* and *Katu tikta rasa*.

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