

**CLINICAL EVALUATION OF KRIMI ROG AND ITS MANAGMENT IN CHILDREN****Dr. Roshni Bele* and Dr. Sanjay Khan**

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ABSTRACT

Kaumarabhritya is one of the most important parts of Astanga Ayurveda. Definition of Kaumarabhritya is given by Acharya s in different forms. The Krimi Roga is one of the most common disease found in paediatric practice. Udara Krimis (Intestinal parasites) have been considered a major public health problem throughout the world. In our country also this problem is more important because it adversely affects the nutritional status of a person but neglected due to poor socio-economic status. It affects the children more frequently than adults Number of incidence runs into millions and in tropical countries like ours, percentage of affected cases is estimated to exceed 80% yet surprisingly, large number of cases affected with Krimi Roga are asymptomatic. Its eradication becomes difficult as people continue to harbour Krimis without seeking medical help. That is why it seems that Charaka, in the section which precedes Krimi Roga, has warned that a person afflicted with a major disease may appear as if suffering from a mild malady.

KEYWORDS: Krimi, Udar Rog, Management.**INTRODUCTION**

Kaumarabhritya is one of the most important parts of Astanga Ayurveda. Definition of Kaumarabhritya is given by Acharya s in different forms.

The Krimi Roga is one of the most common disease found in paediatric practice. Udara Krimis (Intestinal parasites) have been considered a major public health problem throughout the world. In our country also this problem is more important because it adversely affects the nutritional status of a person but neglected due to poor socio-economic status.

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Krimis are the unsuspected and undetected villains responsible for exposing the victims to a large number of diseases by robbing them of their hard earned nutrients, thus lowering their body defence. Hookworm, suck 0.4

ml of blood per worm per day, there by cause anaemia and make them physically weak, remain unhealthy throughout their life span.

According to Charaka Samhita krimi rog divided in two group.

1. Sahaja Krimi.
2. Vaikarika Krimi.(Su. U. 54/7), (A. H. Ni. 14/42), (A. S.Ni. 14/45).

1. Sahaja Krimis

It constitutes that group of Krimis which normally reside in the human body right from the birth until death. It appears that by Sahaja Krimis are referred to those organisms, which constitute normal bacterial flora in the buccal cavity and alimentary tract, as well as in the vaginal canal in females. In Charaka their presence is described not to be harmful to humans.

2. Vaikariaka Krimis

It consists of those Krimis which are harmful to human body. According to Charaka, this Vaikarika group includes two subgroups of Krimis classified according to their site of invasion in human body, namely BAHYA AND ABHYANTARA, which literally means external and internal respectively.

Those Krimis, which reside in external surfaces of our body are termed as Bahya Krimis while those Krimis

which reside inside our body are termed as Abhyantara Krimis. Charaka and Vagbhata both have mentioned two types of Bahya Krimis while Sushruta has not mentioned Bahya Krimis. Another important classification is according to the media in which they grow and survive, according to which, Charaka and Vagbhata have shown Krimis are of four kinds viz. those born of Purisha (faeces), born of Kapha, born of Rakta (blood) and born of Bahya mala are Bahya Krimis, while internal Krimis are those which are born of Rakta (blood), Shleshma (Kapha) and Purisha (Faeces)

All Acharyas agree on total number of Krimis to be 20.

Nomenclature of Bahya Krimis

Charaka has described the Bahya Krimi i.e. Yuka and Pipilika; where as Vagbhata has mentioned Yuka and Leeksha. Harita has described Krishna, Shweta, Charmayukika, Binduki, Matkuna, Sukhme Romani and Tanuplavangika. Sushruta has not mentioned.

Nomenclature of Abhyantra Krimis

1. Shleshmaja krimis: According to acharya charaka 7 type of Shleshmaja krimi have

1. Antrada
2. Hridayada
3. Udarada
4. Churu
5. Mahaguda
6. Saugandhika
7. Darbhakusuma

The Shleshmaja variety of Krimis in the opinion of Charaka and Vagbhata consists of seven Krimis, whereas according to Sushruta they are six in number. There appears uniformity of thoughts of Charaka and Vagbhata regarding the nomenclature of Shleshmaja Krimi and this is evident from the name attributed to these seven varieties of Shleshmaja Krimis by them. Sushruta not only differs about their number (6), but accepting one Darbha Kusuma, has mentioned his own different names for these Krimi. As mentioned earlier, Madhavakara, Sarangadhara, Bhavamishra, Vangasena and others have followed the number, nomenclature and description of these internal Shleshmaja Krimis as mentioned by Charaka and followed by Vagbhata. As concerned about the nomenclature it is apparent that the terms Antrada (Destroyer of intestines) Udarada (destroyer of stomach) and Hridayada (Destroyer of heart) denote their destructive effect. On the organs Antra (Intestine), Udara (Abdomen) and the Hridaya (Heart) respectively. Where as the term Mahaguda (having large intestine), Darbhakusuma (like the flower).

2. Purishaja Krimis: According to acharya charaka 5 type of Shleshmaja krimi have -

1. Kakeruka
2. Makeruka
3. Sausurada
4. Sashulka

5. Leliha

While naming the Purishaja Krimi Vagbhata has followed both number and terms given by Charaka. Sushruta has given not only seven number instead of five of Charaka but has given different names to these Purishaja Krimi.

The Churu variety of Shleshmaja Krimi of Charaka and Vagbhata has been mentioned by Sushruta as Purishaja Krimi. The five names mentioned by Charaka and Vagbhata include Kakeruka, Makeruka (means like a crocodile), Sausurada, Sashulka / Saluna (with pain) and Leliha (constantly licking). The terms for these Purishaja Krimis mentioned by Sushruta include Ajawa (having slow movement), Vijawa (having rapid or fast movement), Chipya (tape like flat), Kipyaa, Churu (having rapid or fast movement), Gandupada (Earth worm like) and Dwimukhah (having two mouths). The term Makeruka signifies its morphology.

3. Raktaja Krimis: According to acharya charaka 6 type of Shleshmaja krimi have -

1. Keshada
2. Lomada
3. Lomadwipa
4. Saurasa
5. Udumbara
6. jantumatara

Vagbhata has followed Charaka both in regard to their number and nomenclature. Sushruta as usual has mentioned his own names for these Raktaja Krimis and at some place has more or less followed Charaka while doing so. The term Keshada (destroyer of hair), Lomada (destroyer of body hair), Saurasa (insect infecting the hair) indicate that these Krimis destroy hair. The Lomadwipa denote that these inhabitant the hair follicle, where as the Udumbara means having colour like the fruit of Ficus religiosa. The Jantumatara (mother of some germs) of Charaka mentioned as Matara by Vagbhata signifies their maternal pattern.

Charaka has mentioned the habitat of these Krimi s
Raktaja Krimi – Raktavahi Dhamani,
Shleshmaja Krimi – Amashaya
Purishaja Krimis – Pakwasaya.

Sign symptom of krimi roga according to acharyas

Hrillasa (nausea), Asyasanshravan (salivation), Avipaka (indigestion), J wara (fever), Arochaka (anorexia), Moorchha (fainting), Jrimbha (yawning), Kshavathu (sneeze), Anaha (tempenitis), Angamarda (body ache), Chhardi (vomiting), Karshya (emaciation), Parushya (dryness of skin), Kasa (cough), Pinasa (chronic rhinitis), Shula (acute pain), Shwayathu (oedema), Hridroga, Pratishtyaya, Shiroroga

Samanya Siddhanta

General principles in treatment of Krimi Charaka while explaining the treatment of Krimi has given the attention to explain minute things also, in 7th chapter of Vimana Sthana

he described the three main theories regarding the treatment.

- A. Apakarshana
- B. Prakriti vighata
- C. Nidana parivarjana

A. Apakarshana

The word Apakarshana derived as “Krush Vilekhane Dhatu”, it means to scratch the Doshas, Mala and Krimisanghata forcefully. It also denotes the removal of parasite by any means from the body it is easy to remove it from near Srotas or according to gravitation laws etc.

This line of treatment is carried out with the device or Yantra or with hands. The Krimis which are located in Swasthana, they should be driven off with the help of Aushadhi or Bheshaja. This Bheshaja Apakarshana is carried out briefly in the following four ways.

1. Vamana
2. Virechana
3. Asthapana
4. Shirovirechana

1. Vamana

Doshas eliminated through the upper part of Srotas is called Vamana. Amashaya is the seat for products of Kapha and when it is vitiated it produces Kaphaja Vikara as well as Kaphaja Krimi. For this, to eliminate out Vamana therapy is applied. the principle of Vamana one of the cause in removing the Krimi .

2. Virechana

This term is having the broad meaning of eliminating the Doshas vitiated, but here it denotes the vitiated Doshas will be let out through gastro-intestinal tract by the effect of the drug ingested. This can be done by killing the parasite in the intestine or to anaesthetize the Krimi to move out by parasite movements. Most relevant and nearest mode of technique is Virechana Karma in intestinal worm infestation. The worm will die or get lost its consciousness and thrown out from gut. This Virechana Karma keeps relation with worm infestation. Krimi seated at Pachyamanashaya or Pakvashaya the method of Apakarshana is Virechana. The drug directly affecting the worm to die and it also stimulates the intestinal wall to promote movements, which result into purgation. Pachyamanashaya is the main seat for acting Virechana drug.

3. Asthapana Basti

This is also a technique of eliminating the Krimi from large intestine. The Bastiputa as the bag which contain the decoction of drug or oily preparation (Sneha) etc. is introduced through anus with Netra. In this the particular process the active principles in the medicine will directly

reach the Krimi whereas in oral administration the drug it has to under go the digestive phases, and hence weak in directly attacking the organisms. Acharyas have given importance to Asthapana Basti in Krimi than Anuvasana Basti. Because the oleative preparation is in favour of Krimi where as the curative type viz. Kashaya Dravyas are contents of Asthapana which are giving the Karshan guna and they inhibit the growth of Krimi and its activities.

4. Shirovirechana

A type of Samshodhana or purification Karma in which the Doshas or Krimis are located in Shira (Brain and nasal passage), they are excreted out with this theory (through the nose). The drug is administered in the form of Churna Pradhama (fine powder to be blown in nostrils), medicated oil (to be used as nasal drops) or Swarasa Nishpidana (to put expressed juice of the various parts of the plants in nostrils). Administering the medicine through the nasal cavity, effecting over the mucosa to stimulate the nerve endings in secreting the viscid matter is called the act as Shirovirechana. With the Katu – Tikta Rasa and Ushna Guna the Krimis as well as Doshas are driven off by this Shirovirechana.

B. Prakriti Vighata

Prakriti = Prakaroti iti Prakriti, which can produce is the Prakriti i.e. causative factor and Vighata = Vinasha, means which is to be destroyed, get effected etc., means the Prakriti or the producing factor to be destroyed is the Prakriti Vighata.

With the help of Katu, Tikta, Kashaya, Kshara, Ushana Dravyas and the Dravyas which are opposite to property of Kapha and Purisha, performs the function of Prakritivighata.

C. Nidana Parivarjana: (Avoiding The Causative Factors)

This is the third principle in the treatment of the Krimi as “Prevention is better than cure”. Avoidance and or elimination of cause or causes, which help in germinating and developing the Krimi. Hence, all the factors listed as Aetiological factors of the Krimi Roga and Aphyas should be avoided. It is most useful from three points.

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