

## AYURVEDIC VIEW ON KRIMI ROG AND THEIR CHIKITSA THROUGH THE PANCHKARMA THERAPY

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### ABSTRACT

Worm infestation is one of the most widespread ailments especially in pediatric population. The people of underdeveloped nations mainly suffer with such types of conditions due to the poor hygiene practices. In Ayurveda, infestation by worms is known as *Krimi Roga* and *Pureeshaja Krimi* is associated with helminthiasis. Ayurveda prescribes several treatment approaches to treat *Krimi Roga* such as *Apakarshana*, *Prakruti Vighata* and *Nidana Parivarjana*. *Panchakarma* therapies can also work in this condition; *Virechana* helps to cleanse the gastrointestinal tract through which worm can expel out from the body and *Basti* therapy aids in expelling parasites from the intestines from anal route. Considering this fact present article explores Ayurvedic view on *Krimi rog* and their *Chikitsa* through the *Panchkarma* therapy.

**KEYWORD:** Ayurveda, *Krimi rog*, *Chikitsa*, *Panchkarma*, Worm.

### INTRODUCTION

Parasitic infestation or worm's infection described as *Krimi Roga* in Ayurveda which mainly caused by the poor hygienic practices. Such organisms may either live externally or internally or interfere with the normal balance of the body. Ayurveda also mentioned role of *Dosha* vitiation and *Ama* in the development of *Krimi Roga*. Imbalance in the *Tridoshas* and toxins of improper digestion contributed towards the pathogenesis of *Krimi Roga*. Other contributing factors include consumption of contaminated food and intake of contaminated water. The condition of *Agnimandya* and poor digestive fire worsen the pathogenesis since it delay expulsion of worms by natural process. Apart from physical symptoms, Ayurveda stresses the overall effect of *Krimi Roga* on health that may result in dermatological conditions, systemic debility, mental derangements and digestive upsets, etc.

*Krimi*, or parasites, are classified by Ayurveda into different groups based on where they originate and where they infest (**Figure 1**). *Yuka* and *Pipilika* are two instances of *Bahya Krimi*, which infest bodily parts like hair, eyelashes, skin, and clothing. *Udarada*, *Antrada*, *Hrudayacara*, *Curu*, *Saugandhika*, *Mahaguda* and *Darbhapuspa* are examples of *Kaphaja Krimi*, which are caused by vitiated *Kapha* and primarily occur in the

*Amasaya*. The large intestine contains *Pureeshaja Krimi*, which are made from fecal impurities. Examples of these include *Makeruka*, *Kakeruka*, *Sasulaka*, *Leliha* and *Sausurada*. *Lomada*, *Kesada*, *Lomodvipa*, *Audumbara*, *Jantumatarah* and *Saurasa* are example of *Raktaja Krimi*, which are found in *Dhamani* and *Raktavahini*.

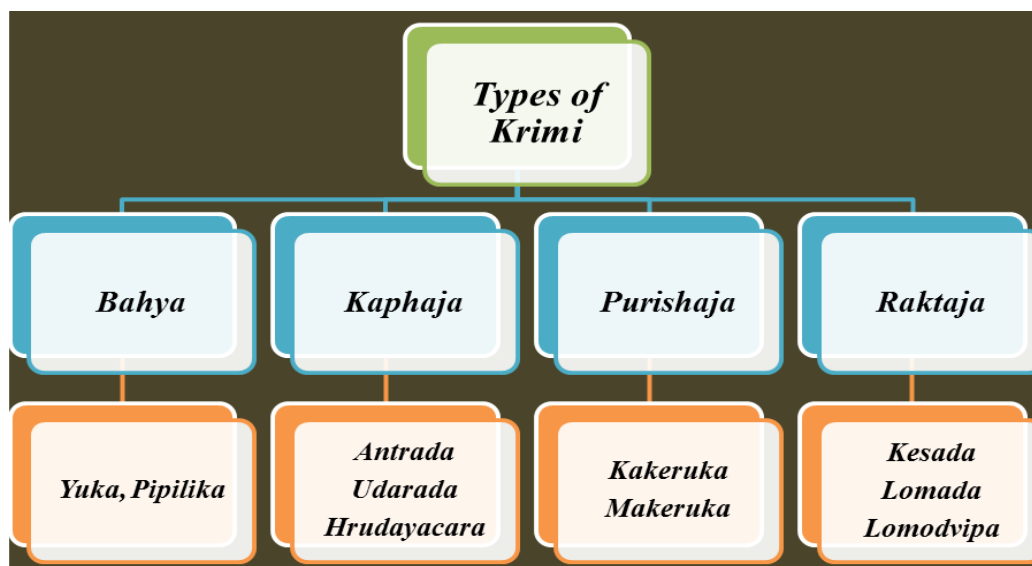


Figure 1: Types of Krimi.

**Signs and Symptoms of Krimi Roga**

- Discomfort or pain in the abdomen.
- Discomfort or diarrhea.
- Overproduction of gas and bloating.
- Decrease in appetite.
- Itching around the anus

**Krimi roga in pediatric (Bal krimi roga)**

*Bal Krimi Roga* refers to worm infestation in children, which is a very common problem amongst the pediatric population due to their weakened or immature digestive system. Classical texts define *Krimi* as *Sahaja* and *Agantuka* depending on their cause. *Krimi Roga* in children occurs due to their food habits of sweet and greasy foods, which creates the perfect environment for *Krimi* to grow. The *Raktaja Krimi* causes fever, anemia, itching and weakness. Coughing, nasal stuffiness and respiratory distress are the common symptoms of *Kaphaja Krimi*, while *Udaraja Krimi* interferes with digestion and causes vomiting, nausea and indigestion. *Nidana* for childhood *Krimi* includes weak digestive fire, consumption of unwholesome foods and prevalence of diarrhea or dysentery also increases such instances. The neurological symptoms of *Bal Krimi Roga* include mental fatigue, sleep disturbance and irritability, etc.

**Nidana parivarjana**

*Nidana Parivarjana* is essential in the prevention of *Krimi Roga*, *Agnimandya* and *Ama* is the conditions that allow the entry of *Krimi*, so by eradicating these factors, recurrence is prevented. Dietary adjustments involve taking freshly prepared, well-cooked foods and avoiding dirty water, heavy foods, too much sweet, oily and uncooked meat. *Viharaja Nidana Parivarjana* includes maintenance of personal hygiene, cleanliness of the environment and reduces the risk of infection. Excessive daytime sleep and suppression of natural urges also prevent *Ama* buildup. Psychological health is involved, as stress and irregular sleep compromise digestion and immunity. Other preventive strategies involve drinking

boiled water, administration of *Krimighna* and *Pachana* herbs.

**Treatment of krimi roga**

*Krimi Roga* can be relieved, according to Ayurveda, by using potent purgatives and *Asthapanavasti* made with *Surasadi Gana* herbs, *Kola*, *Kulattha* and *Yava*. Worms can also be expelled by *Anuvasana Basti*, *Sneha* containing *Vidanga* and the juice of *Shirisha*. Leaves of *Parabhadra* combined with honey can also be beneficial in this condition; honey mixed with *Pattura* and *vidanga* relieves symptoms of disease. *Vidanga* decoction and decoctions of *Triphala* can be recommended for improving *Agni*. *Amalaki*, *Aksha* and *Haritaki* prevent disease progression and improve digestive strength which helps to combat against *Krimi Roga*.

**Apakarshana for krimi roga**

*Apakarshana* means bodily expulsion or drainage of the parasites from the body through mechanical as well as curative processes. It is also one of the main line modes of treatment for *Krimi Roga*. Internally, *Apakarshana* is accomplished by *Vamana* and *Virechana* to remove intestinal parasites, particularly in situations of involvement of *Kapha* and *Pitta doshas* respectively as mentioned above. *Krimighna Dravyas* are administered to remove *Krimi* from the intestines. In severe infestation, *Basti* is given to clean the intestines and purge deeply seated *Krimi*. Externally, *Apakarshana* encompasses local applications and mechanical elimination in the case of *Bahya Krimi*. *Lepa* of *Haridra* and *Triphala* assist in ridding external infestations.

**Role of panchkarma in the treatment of krimi roga**

There are three basic methods of treating *Koshtagata Krimi* which includes; *Apakarshana*, *Prakriti Vighata* and *Nidana Parivarjana*. *Apakarshana* means physical expulsion of parasites by *Vamanadi Panchakarma* treatment. The process of *Apakarshana* is the forced evacuation of *Doshas*, *Mala* and groups of worms from

the body. This process involves both manual and instrumental removal where necessary. *Bahya Krimi* manually removed by external cleansing methods and *Abhyantara Krimi* removed by therapeutic purgation

techniques which includes *Vamana* and *Virechana*. **Table 1** depicted detail description of these techniques used in *Krimi Roga*.

**Table 1: Descriptions of panchakarma therapy used in krimi roga.**

Panchakarma Therapy	Indications	Dravya
Vamana Karma	Kaphaja Krimi	<ul style="list-style-type: none"> <li>✓ Madanaphala Churna: 6-12 g</li> <li>✓ Yashtimadhu Kwath: 50-100 ml</li> <li>✓ Saindhava Lavana: 1-2 g</li> <li>✓ Vacha Churna: 3-5 g</li> </ul>
Virechana Karma	Kaphaja & Pittaja Krimi	<ul style="list-style-type: none"> <li>✓ Trivrit Churna: 5-10 g</li> <li>✓ Aragvadha Phala Paka: 10-20 g</li> <li>✓ Eranda Taila: 10-30 ml</li> </ul>
Basti Karma	Vata-Kaphaja Krimi	<ul style="list-style-type: none"> <li>✓ Dashamoola Kwatha: 600 ml</li> <li>✓ Saindhava Lavana: 5 g</li> <li>✓ Eranda Taila: 50 ml</li> </ul>
Raktamokshana	Raktaja Krimi & Twak Vikara due to Krimi	<ul style="list-style-type: none"> <li>✓ Siravyadha</li> <li>✓ Jalaukavacharana</li> </ul>

### Vamana

*Vamana* is the expulsion of vitiated *Doshas* via the upper gastrointestinal tract. Since *Amashaya* is the principal location of *Kapha*, an imbalance causes *Kaphaja Krimi*, and this can be successfully destroyed by *Vamana Karma*.

### Virechana

This treatment is intended to bring out vitiated *Doshas* via the intestines. Drugs intended for *Virechana* must possess both *Krimighna* and purgative action. These herbs are either lethal for intestinal parasites, anesthetize them, or move them out through increased peristaltic movement of the gut. *Virechana* is very effective for the treatment of intestinal worm infestations.

### Shirovirechana

*Shirovirechana* utilizes medicinal agents which possess *Ushna Guna*, *Katu* and *Tikta* attributes. These characteristics encourage the body to expel toxins and *Krimi*.

### Asthapana basti

It is an herbal enema used for the elimination of parasites; *Asthapana Basti* is considered useful treatment option for getting rid of intestinal parasites, especially those in the large intestine. In this approach, the active ingredients in medication move to the infestation location and start working on the parasites. Here *Basti* can be performed in different ways as mentioned below:

- ✓ *Anuvasana Basti* is an enema made of oil.
- ✓ *Asthapana Basti* utilizes enema based on decoction.
- ✓ *Uttara Basti* is given via the vaginal or urine routes.

For the treatment of *Krimi Roga*, Ayurveda philosopher recommends *Asthapana Basti* rather than *Anuvasana Basti* since oleation-based treatments might encourage the proliferation of parasites. *Kashaya Dravya* with *Karshana Guna* of medicines used in *Asthapana Basti* formulations helps to suppress parasite activity and their

growth. Disrupting the parasite's growth environment with *Prakriti Vighata* is the process of changing the conditions that allow parasites to develop and survive. The purification therapy also contributed towards the *Prakriti Vighata* of *Krimi Roga*. Thus *Panchakarma* treatment not only directly expels out worms but also resists their pathological progression and limits their growth. The *Katu*, *Tikta*, *Kashaya* and *Ushna Guna* of *Panchakarma* drugs help to arrest worm infestation.

As *Kapha* and *Purisha* are considered as healthy environment conditions for parasites, thus it is advised to employ substances whose qualities are just the opposite of *Kapha* and *Purisha* in order to prevent parasites infestations. Additional purification measures such as *Anjana*, *Nasya* and *Avapida* are also imparts beneficial effects in treating worm infestations in the head, heart, mouth, and nose regions.

### Shamana chikitsa

- ✚ *Vidanga Churna* with honey in order to suppress intestinal worms.
- ✚ *Haritaki Churna* should be taken before bedtime.
- ✚ *Palasha Beeja Churna* along with *ghee* or honey to destroy the worms.
- ✚ *Ajwain Churna* facilitates digestion and *Krimi* expulsion when administered with warm water.
- ✚ *Pippali* and *Shunthi* increases digestive fire and inhibit formation of *Krimi*.
- ✚ *Krimighna Kashaya* (decoction of *Vidanga*, *Nimba*, *Triphala* and *Haridra*), recommended for efficient parasite expulsion.

### Classical ayurvedic preparations

- ✚ *Vidangarishta*
- ✚ *Krimighna Vati*
- ✚ *Vidanga Churna*
- ✚ *Palash Pushpa Churna*
- ✚ *Hingwashtak Churna*
- ✚ *Krumimudgar Rasa*

### Role of ayurvedic approaches in *prakruti vighata* of *krimi roga*

The *Prakruti Vighata* for *Krimi Roga* aims to shatter the natural habitat and favorable conditions that facilitate the proliferation of parasites. As *Krimi* grow in a condition of *Ama*, *Agnimandya* and dominance of *Kapha*, it is necessary to change these conditions for effective prevention and control. Balancing *Agni* with the help of *Deepana* and *Pachana* herbs such as *Trikatu*, *Pippali* and *Jeeraka* prevents *Krimi* growth. Removing excess *Kapha* and *Ama* through the selected foods and the addition of *Krimighna* herbs (*Haridra*, *Neem* and *Vidanga*) makes the internal environment of the body unfavorable for parasites. Gut flora maintenance with probiotics such as *Takra* and fermented foods further inhibits parasite growth.

### CONCLUSION

The existence and knowledge of *Krimi* and *Krimi Roga* exists since the time of the *Vedas*, yet more elaborate details were described in the *Samhita* period along with systematic treatment concept. Ayurveda suggested various types of *Krimi* and symptoms of *Krimi Roga* along with their causes. Importantly Ayurvedic scholars identified several therapeutic measures for treating *Krimi Roga* and *Panchakarma* is one of them. *Panchakarma* helps in treating *Krimi Roga* as it successfully eliminates parasites and does not allow their recurrences. *Apakarshana*, *Prakruti Vighata* and *Nidana Parivarjana* are the major treatment approaches. Treatments such as *Vamana* and *Virechana* bring about expulsion of *Doshas* and parasites, *Shirovirechana* and *Asthapana Basti* are beneficial for the elimination of *Krimi* from the body. *Panchakarma* procedure utilizes *Katu*, *Tikta*, *Kashaya* and *Ushna Guna* medicines which facilitate parasite expulsion as well as prevention of their growth. Since *Panchakarma* deals with the underlying cause as well as systemic influence of *Krimi Roga*, thus it prevents pathogenesis of disease and expels worms efficiently.

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