

**A REVIEW ARTICLE ON AYURVEDIC APPROACH OF PUREESHAJA KRIMI ROGA
AND IT'S MANAGEMENT W.R.TO WORM INFESTATION**

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ABSTARCT

The worm infestation is one of the most common paediatric problems in modern days of life style, socioeconomic plights environmental pollution etc. Ayurveda presents worm infections as krimi infestation. Worms are endoparasites residing in human beings, compared to helminthiasis. Poor children come across with helminthiasis. GIT is the abode of many helminths, some of them live in tissues if they migrate into tissues. In Ayurveda term *pureeshaja krimi* can be correlated to helminthiasis. *Acharya charaka* has put forth the basic principle in the management of krimi in *Vimansthan* as – *Apkarshan, Prakriti vighata, Nidan parivarjan*. This article presented by various Ayurveda perspectives of *Purishaja krimiroga and its management*.

INTRODUCTION

All the organism which are dependent for food and shelter upon human body can come under the title of 'Worms'. Hence worms are parasites and human body are host. Since worms live inside the body of their host, they are also biologically termed as endoparasites, mainly occur as intestinal infection.

Krimi's robe the digestive nutritive assets through intestinal wall, which leads the deficiency of *Rasdhātu*. On the basis of origin *Krimi* divided into – *Kaphaj krimi, Raktaj krimi and Pureeshaj Krimi*. *Nidan* of *Krimi* involve *aahar* as well as *vihar nidan*⁵. Main *krimi lakshanaj* are *Jwara, vivarnata, shula, hridroga, sadana, bhrama, bhakatdwesha, atisara*⁶. *Vaman, Virechana, asthapana basti, shirovirechana*, manual extraction of *krimi* and *bheshaj apkarshan* are some view towards management of *krimi roga*. *Acharya's* have described several effective remedies for all kinds of worm infestations. Because of various side effects of modern medication, use of herbal medications are increasing now-a-days. Also wide variety of plants possess broad spectrum antihelminthic property which is necessary for fruitful outcome.

Causes and transmission modes of intestinal worms are:

- 1) A contact with the faeces of an infected person, when human excreta used as fertilizer in farms or soiled diapers of children are washed. Child in contact with soil contains human feces, stand high chances of getting infected with intestinal worms.

- 2) Eating contaminated food with the worms and drinking contaminated water is one more reason.
- 3) Uncooked meat of beef pork & fish have live worms.

Roundworms mostly spread through consumption of contaminated solid and liquid foods.**Total number of *Pureeshaj krimi* mentioned in ayurveda according to different *aacharya***

1. *Charak (5) = kakeruk makeruk lelih, sashul, saasurad.*
2. *Sushrut(7) = ajava, bijawa, gandupad, kipyra, chipya, churu, dvimukh.*
3. *Madhav Nidan (5) = as like Charaka.*
4. *Aashtang hriday (5) = as like Charaka.*
5. *Harit Samhita (6) = mentioned internal krimi as*
6. *Prithmunda, dhanyankuranibha, suchimukha, kinchu ksannibh, anawah, sukshmah.*
7. *Sharangdhar Samhita = total no 20 mentioned.*

Site of *pureeshaj krimi* according to different *aacharya*

1. *Charak Samhita = Pakvashay.*
2. *Sushrut Samhita = Pakvashay.*
3. *Madhav nidan = Pakvashay.*
4. *Harit Samhita = malashay.*
5. *Shalandhar Samhita = not mentioned.*

Can be correlated

Pakvashay = small intestine + large intestine

Malashay = only large intestine

Nidana of pureeshaj krimi

Sr. no	Pureeshaj krimi	Charak	Sushrut	Vagbhat
1	Masha	-	+	-
2	Vidala	-	+	-
3	Pishtanna	-	+	-
4	Parnashak	-	-	+
5	Guda	-	-	-
6	Lavana	-	-	+

1. Charak Samhita = same as shleshmaja krimi.^[7]
2. Sushrut Samhita = kapha pitta prakop^[8]
3. Acharya Charak & Vagbhatta = same as kushta nidan.^[9]
4. Acharya Charak = mrujavarjana means

uncleanliness as nidana of bhaya krimi.

5. Dalhana=accumulation of faeces gives favourable environment for growth of krimis as they are originating from vapours of faecal matter.^[10]

Symptoms of pureeshaja krimi.

No.	Symptoms	Ch.	Su.	A.s.	M.N.	B.P.
1	Pureeshbheda	+	-	+	+	+
2	Karshya	+	-	+	+	+
3	Parushya	+	-	+	+	+
4	Lomharsh	+	-	+	+	+
5	Gudanirgamana	+	-	+	-	-
6	Guda kandu	+	-	+	+	+
7	Shoola	-	+	+	+	+
8	Agnisadan	-	+	+	+	+
9	Pandu	-	+	+	+	+
10	Vishtambha	-	+	+	+	+

Ch.= Charak Samhita.^[11] Su.= Sushrut Samhita.^[12]
 A.S.=Ashtang hriday.^[13]
 M.N. =Madhav nidana.
 B.P. = Bhavprakash.

in bhaeshajya ratnavali.^[15]

Treatment

1. Apkarshan
2. Prakruti vighat
3. Nidan parivarjan^[14]

Apkarshan

- Means to scratch the dosha and mala.
- Unwanted elements removed.
- Include manually and instrumental removal.

Instruments like =sandansha Therapeutic like = panchkarma includes virechana vaman, asthapan basti & shirovirechan.

Prakrutivighat: Prakruti = to produce Vighata = to pull down Countereaction of krimi by dravyas with bitter pungent Kashaya, kshara ,ushna guna using therapy that inhibit growth of krimi . Charaka advice to use drugs processing the opposite properties to kapha & pureesha for prakruti vighat.

Nidan parivarjan

Avoid the factor responsible to produce krimis. Shows important of aahar, vihara & life style as a part of treatment .Stress over hygiene & immunity. Explained

Complications of roundworms

Asthma, anemia insomnia & general discomfort during daytime. Rashes over body & pain in eye.

List of herbs beneficial for roundworms (pureeshaj krimi)

1. Hyoscyamus niger with jaggery –removal of krimi.
2. Mallotus phillippinesis –mild purgative helps for expulsion of krimi.
3. (Butea monosperma = seeds have lekhan ,bhedan property.

Taken with butter milk or rice water twice daily.

- Surasadi gana = Much effective in worms.
- Aegle marmelos = Antihelminthic kills worms. used in anti inflammatory condition of intestine .
- Embelia ribes = Antiflatulent with laxative.Taken with jaggary helps in removal of worms.

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