



A CLINICAL STUDY ON THE ROLE OF KRIMIGHNA VATI AND KAMPILLAKA CHURNA IN THE MANAGEMNT OF UDAR KRIMI IN CHILDREN

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ABSTRACT

Ayurveda is a system of Indigenous medicine that systematizes and applies the knowledge about health and disease. Health is the supreme foundation of virtue, wealth, enjoyment and salvation. The utility of Ayurvedic science is to maintain health of a healthy individual and to cure the disease of a patient. The utility of Ayurvedic science is to maintain the health of a healthy individual and to cure the disease of a patient. Physician well versed in science ascertain all aspects of disease and examine it by employing all the methods. They seldom err in administering correct therapies. A large proportion of mankind harbours helminths (worms) of one species or the other. In some cases these infections result mainly in discomfort. Human beings are primary hosts for most of the helminth's infections. In other words, most worms reproduce sexually in the human host. Anthelmintic are medicines act against parasitic worms. To be an effective Anthelmintic, a drug must penetrate the cuticle of the worm or gain access to its alimentary tract . Anthelmintic drug can act by causing paralysis of worm or by damaging its cuticle leading to partial digestion or to rejection by immune mechanisms. In the market, many anti helminthic drugs are available. They have one or the other side effect like anorexia, vomiting, giddiness, headache, shock, sensory disorder, Steve Johnson syndrome. So, to overcome these side effects there is the necessity of a potent anthelmintic ousadhi which when administered will be minimum in dose and will be efficient

KEYWORDS – Ayurveda, Anti-helminthic, Krimi, etc.

INTRODUCTION

In Ayurveda the word 'Krimi' is used as broad sense for all worms and microorganisms' perspective of modern science. Concept of Krimi is not new its description is found since Vedic period. The visible or invisible i.e. macro or microorganisms that affect the living & non living things of biosphere are described in Ayurvedic literature. In modern medical science there is separate branch for worms and microbes i.e. helminthology and microbiology respectively but in Ayurveda the word Krimi is used for all worms and microbes. In Ayurveda all acharyas mentioned the term Krimi and most of the authors described the classification, causes, symptoms and treatment of the Krimi. Ayurvedic physicians were well aware about Krimis and Krimirogas, they have described 20 types of Krimis and their habitat of the different part of the body having various shape and size, the location of Shleshmaja and Purisaja Krimis are gastrointestinal tract. They produced local as well as general symptoms in human being. Acharyas described Krimi very beautifully which lives in our body in different site means the organism invading in our body and locate in some particular site and produced various diseases. Modern science is said that there are some beneficial microorganisms and some are harmful, this is previously mentioned in Samhita period but there is no broad description of beneficial Krimi. For this they are using the word Sahaja Krimi which means avakarika (non-pathogenic). Ayurvedic medicinal system is oldest in origin with treasures of knowledge about practices. It works with the purpose of perfect health of human being i.e. physically or mentally free from diseases and has no pain. Acharya Charaka has described three folded treatment of Krimiroga viz. Apakarshana, Prakritivighata and Nidanparivarjana. Apakarshana means to eliminate the dosha, mala and Krimi sanghata forcefully. It contains most forcible shamshodhana viz. Vamana, Virechana, Shirovirechana and Asthapana basti. Prakriti vighata means destruction of susceptible environment of Krimi. Nidan Parivarjana means to avoid the causative factor. Samshodhana is considered as a basic treatment of Krimiroga while Prakriti vighata and Nidan parivarjana eradicate Krimiroga from the base. After Samsodhana if any ova and cyst remain in Kosta than this Prakriti Vighata and Nidana Parivarjana are suppress the growth of Krimi and prevent recurrence of Krimiroga. But Samshodhana in children is not desirable so keeping this in mind Sanshamana treatment is used by physicians of Ayurveda with suitable Krimighana drug which are described in classics.

AIMS AND OBJECTIVES

1. To evaluate the action of Krimighana Vati and Kampillaka churna on Udara Krimi.
2. To assess which drug has a better effect on Udara Krimi.
3. To study theoretical aspect of Udara Krimi according to modern and Ayurvedic literatures.
4. To study the complication if any occurs during the course of treatment.
5. Follow up study after completion of duration of treatment.

CONCEPT OF KRIMI IN VEDIC PERIOD

The word 'Krimi' appeared first in Rigveda, which is regarded as the first written record of Indian culture. Thereafter, Atharva Veda contains elaborate description about the morphology, pathology and treatment of Krimi roga. Reviewing references found sporadically in the Vedic literature, one could draw the following inferences. The Krimis are divided into two groups as Durnama and Sunama. They might be Drishta and Adrishta. These Krimis infect human beings and caused various diseases. Their portal of entry into the human body was through air, water or food. They are considered to be present in trees, mountains, water, animals and other living beings. In living beings, they are present in Antram, Shirshanyam etc. They may be anavaha having trikukoda, trishirasi or may be viroopa and Vishamaroopa. Their colour was considered to be arjuna, babhruh, rohitah, or may be sarangah. Krimis perform movements which may be slow or rapid and in different direction.

They produce sound like kashkashaha and nawnimah. There are few words in Atharva Veda describing the nature of Krimis like kravyada, asrik pava etc. It is said that Krimi roga is more prevalent in children. "Kumarasya Krimin dhanapatejahi". Sunrays are described as capable in destroying the Krimis. "Udyanaadityah Krimin hantu rashminbhihi". Agni is also described as Krimighana. Among the Krimighana dravyas mentioned in Vedic literature; sarshapa, apamarga, guggulu, palasha, peelu, ashwatha are a few examples. Thus, on the basis of available description it is evident that there was wide knowledge about Krimi during Vedic period but that appears to be a primitive phase.

CONCEPT OF KRIMI IN SAMHITA PERIOD

Descriptions about the classification, pathogenesis and treatment of Krimi Roga have been done by various Acharyas at time to time. Charaka Samhita mentions the total number of twenty Krimi. It has divided Krimis into two broad groups Sahaja (non-pathogenic) and Vikaraja (pathogenic) and further as Drishta and Adrishta in "Vyadhirupiya Vimana". Further classification of Krimis is only concerned with Vikaraja Krimis, as Abhyantara (Internal) and Bahya (External) Krimi.

AYURVEDIC REVIEW

In the classical literatures of Ayurveda, a further elaborate and scientific description regarding Krimis is available collectively in one single context namely Krimi Nidanam. The references found in various treatises can be compiled under different headings as follows.

Krimi nirukti

Various Sanskrit scholars have given the following different niruktis. The word 'Krimi' is derived from the root "Kram". 'kram pada vikshepe', 'kramayati sarpati'. "One that moves on its feet". The nirukti given by Yaksacharya is "kravye medasi kramate va syat sarana karmanah kamteva". This means those which thrive on flesh and perform some movement. This definition appears scientific and worth acceptable with reference to the word meaning of Krimi as they are parasites by nature and they thrive on body nutrients. The term is spelt in two ways i. Krami ii. Krimi. According to Paniniya vyakarana, both of these words are the same but there is only difference of 'En' pratyaya, which is used in the sense of movement.

PRATYATMA LAKSHANA: -

When Pureeshaja Krimis get aggravated move towards anal orifice and cause pricking pain and intense itching. An inference can be drawn from the above description that both Shleshmaja and Pureeshaja Krimi dwelling in Mahasrotas are the intestinal helminths as most of the criteria told for these two simulate with those of intestinal worms. For example, guda kandu-pruritis ani, udarashoola – abdominal pain, anaha – abdominal distention and soon.

KRIMI ROGA CHIKITSA: -CHIKITSA SUTRA –

Charaka while explaining the treatment of Krimi roga has described the three main theories of treatment.

- Nidana parivarjana.
- Apakarshana.
- Prakriti vighathana.

NIDANA PARIVARJANA–

Avoidance and /or elimination of cause or causes, which help in germinating and developing the Krimis is nidana parivarjana. This is regarded as the most important one as it fulfils the basic principle of treatment viz; prevention is better than cure. By avoiding the cause, body will be absolutely free from any of the diseases. Even after manifestation of the disease this measure is a must as this helps to treat the patient and relieve him of the disease early and easily.

APAKARSHANA –

Apakarshana means removal, expulsion or extraction of Krimis out of the host's area of inhabitation. This is the fundamental principle for treatment of Krimi. The Krimi dwelling inside the intestine will absorb the essential nutrients from the host and cause hazards like malnutrition, weight loss, anemia, etc. These hazards persist as long as Krimis are present and may fulminate in favourable condition. Hence, expulsion of such Krimis is the first and foremost important line of treatment. Apakarshana denotes the removal of Krimis by any means from their habitat through nearest Srotas or opening. Worms can be removed manually i.e. with hand or by using forceps if they are seen or present on superficial site. Other mode of removal of Krimis is by Sanshodhana therapy. The Krimis that are located inside should be driven out with the help of oushadhi and later are carried out by any one of the following four- Purificatory procedures.

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

These four methods are helpful not only for removal of parasites but also for changing the internal environment that was previously favourable for development of Krimis.

PRAKRITI VIGHATHANA –

This means making the natural habitat of parasites inside the koshta unsuitable for their formation and development. The drugs having opposite properties to Krimi such as katu, tikta, kashaya, ushna, tikshna etc.

dravyas will change the internal environment such that there after no further formation or growth of Krimi. Thus, the Prakriti favourable for proliferation of Krimis will be destroyed in this Prakriti vighathana method. Krimi roga samanya chikitsa: - The therapeutic remedies are narrated by various classics under two headings: Samshodhana chikitsa. Sanshamana chikitsa.

SAMSHODHANA CHIKITSA –

The patient with Udara Krimi is first subjected to Snehana for 6-7 days by using ghee processed with Surasadi gana drugs. Then, he is subjected to Swedana karma. These two-procedure come under Poorva karma. On the day before Samshodhana, the patient is given a special diet containing sweet substances like dugda, dadhi, guda, kheer etc. This special diet will cause Krimi utklesha so that the koshtagata Krimi will be provoked and get detached from their habitat. On the next day patient is given samshodhana preferably by using teekshna dravyas and those having anthelmintic property. For vamana, Madanaphala churna with madhu, for virechana Trivrit churna or Icchabhedi rasa, for Aasthapana Surasaadi gana siddha kwatha. All these procedures should be done under strict supervision of a specialist. Rogibala is a vital factor to be noted at each step with utmost priority.

SANSHAMANA CHIKITSA –

For this purpose, a long list of medicines are available in all the classical texts of Ayurveda. The compound preparations specially designed and used for the treatment of Krimi roga are enlisted according to their kalpana like swarasa, kalka etc., as follows; Swarasa – i) Paribhadra swarasa (S.ut 54-26), Palasha beeja swarasa. (Sut 54-25), Karanja swarasa (Su.ut 54-32), Surasaadi gana swarasa (S.ut 54-26), Swarasa extracted from paribhadra, apamaraga and shirisha (A.S.chi 22/28). Kalka – i) Trivrittadi kalka, Jambeeradi kalka (H.S 5/32). Kwatha – i) Surasaadi kwatha (C.D), Dadima twak kashaya, Bhoonimbaadi kashaya, Mustaadi kashaya

DISCUSSION

Krimiroga hampers the growth and development of the child, decreases immunity and creates many allergic phenomena and cause recurrent cough and cold and other systemic diseases. There are numerous herbals and herbo- mineral compound formulations, advised in the management of Krimiroga in classics which possess their own therapeutic values. Krimighana vati and Kampillaka churna was chosen to study though anti helminthic activity of both drugs was chosen to study the Krimighana property of compound, mentioned in Ayurveda classics. The present clinical study was planned in a single group (30 children), aimed to assess the clinical efficacy of trial drug with the aid of microscopic findings of intestinal parasites, ova/cyst in stool and to evaluate the trial drug effect after completion of trial. Intestinal worm infestation is commonly occurring problem in day-to-day life. mostly infection occurring in childhood and poverty class of society. Acharyas also had the knowledge of Krimi and it considered as main causative factor of so many diseases.

According to shape, size, habitate, causes and symptoms of Krimis in classic texts can be similar to intestinal worms of contemporary science. Most of Ayurvedic drug with the help of their properties effect on Agni and then correct the imbalance of Dosha, Dhatu, and Mala and clear srotodusti and ultimate does Sampraptivighatan and Samprapti Vighatan is a synonym of Chikitsa. In the present study, eradication of the Krimi is main aim, So two drugs were selected for this study, Krimighana vati & Kampillaka Phalraja Churna. By going through the

Samprapti of Krimiroga, it became evident that the Kapha Dosha plays an important role in it. It is a Kapha predominant Vyadhi, with the involvement of Vata and Dusya involved are Rasa, Annarasa, Purisha and Rakta. The Srotodusti “Sanga” is seen here. Considering all these, a drug which opposes the Kapha and Ama does Shodhana of Ruddha Srotas and corrects the status of Agni should be ideally prescribed to cure the Krimi Roga.

CONCLUSION

Having analysed the result on statistical parameters, we can conclude that Krimighana vati and Kampillaka Churna are highly effective for the treatment of Krimi (intestinal parasite). The drugs are easily available so helpful in the treatment of Krimi. Both drugs i.e. Krimighana vati and Kampillaka Churna positively worked on intestinal parasite. There was no side effect observed in patients registered and so it is free from various drug hazards

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