



Krimi Chikitsa Of Samhita– A Boon To Treat Mridbhakshanajanya Pandu

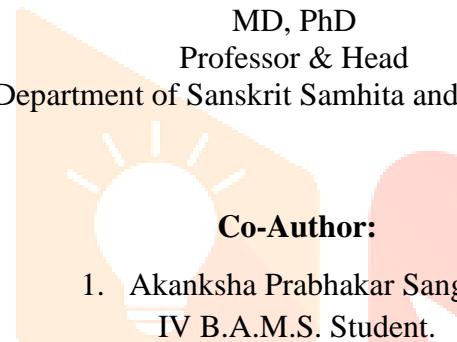
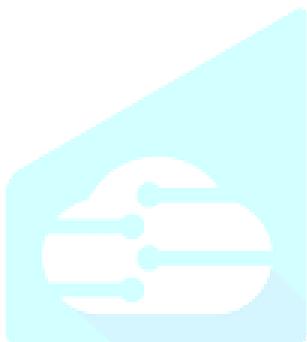
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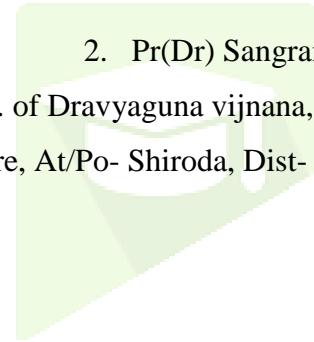
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Abstract:

Ayurveda is the most ancient system of medicine. Pandu Roga is one of the diseases mentioned in Ayurveda characterised by changes in skin colour to hite[Shweta],yellowish[Peeta],greenish[Harita].etc. Most of the Acharyas have described 5 types of Pandu Roga i.e Vatika, Paitika, Kaphaja, Tridoshaja, Mridbhakshanajanya Pandu. Acharya Charaka, A. Vaghbata & Madhava Nidana have mentioned about Mridbhakshanajanya (soil eating)Pandu. At least one of the Doshas of the individual who has a habit of eating soil gets aggravated, due to dry nature of the soil, it makes the tissues of the body dry. Pica is the eating of, or craving to eat things that are not food. Mridbhanakshanajanya Pandu is a condition that alters gut health, weakens digestion, and predisposes individuals to Krimi. In Krimi Chikitsa through Nidana Parivarjana[elimination of causative factors],Prakriti Vighata [modification of favorable conditions for Krimi] and Apakarshana[expulsion of parasites].Understanding this relationship can help formulate effective Ayurvedic interventions for better management.

Key words : Pandu Roga, Krimi, Doshas,Pica ,Mridbhakshanajanya Pandu

Introduction:

Pandu Roga is a disease described in Ayurveda generally famous as anemia. Mrut means clay or earth. Bhakshanjanya means consumption or eating. Mridbhakshanjanya Pandu likely refers to a condition where eating clay or earth leads to anemia or pallor. According to *Sabdarnava Pandustupeetabhagardha Ketaki Dhulisannibham*- Which is like the color of pollen grains of Ketaki flower which is whitish yellow. Most of the Acharyas accepted the disease under 5 categories :Vataja, Pittaja, Kaphaja, Sannipatata & Mridbhakshanajanya Pandu.

Acharya Sushruta has mentioned 4 types of Pandu. Mridbhakshanajanya Pandu is replaced by the term Vatadi Doshaja Pandu. Madhavanidana has tried to clarify the classification given by Acharya Sushruta by explaining that Dosha Prakopa in the body occurs according to the Rasa of Mrittika & thus may be included in that particular type. Acharya Charaka &A. Vaghbhatta separately mentioned Mridbhakshanjanya Pandu and advised the special treatment for it. Acharya Charaka has not included Pandu in the symptoms of Krimi Roga while Sushruta has done Purishaja Krimi Lakshana. In Krimi Chikitsa, Mridbhakshanajanya Pandu is considered a type of worm infestation. Intestinal worms absorbing nutrients, leading to deficiency. Worms causing inflammation, damaging intestinal lining. Krimi -worm or parasite & Chikitsa treatment or therapy. In Ayurveda, Krimi Chikitsa focuses on. Identifying type of worms (e.g intestinal external).

Understanding their causes (e.g poor hygiene, contaminated food)

Treating infestation using herbal remedies, dietary modification & cleansing procedures.

Krimi Chikitsa explore the :1) Efficiency of Ayurvedic treatments for parasitic infestations.

Pharmacological studies on anti -parasitic herbs.

Comparison with conventional treatments.

Material &Methods:

Mridbhakshanajanya Pandu develops in one who eat soil. Many times soil is eaten by young children & by elderly too due to ignorance. If the mud is of astringent taste, then it aggravated Vayu, if is saline with alkaline as subsidiary taste the Pitta gets aggravated.

Related to three Doshas, the soil is eating in the most predominant causative factors of this type of Pandu.

Harita has referred to this type of Pandu Rogas as a presentation of Ruksha Guna abnormalcy. It refers to the main pathogenesis occurring in it is dryness in the body. He has also described the qualities of 5types of Bhoomi in the chapter on Jala Varna. He has described that Krishna Bhoomi is Madhura & Ruksha in quality while Peeta Varniya is Kashaya in Rasa, Rakta Varna Bhoomi is Tikta in Rasa & Shweta Bhoomi is Madhura and Neela Bhoomi is Katu is Rasa.

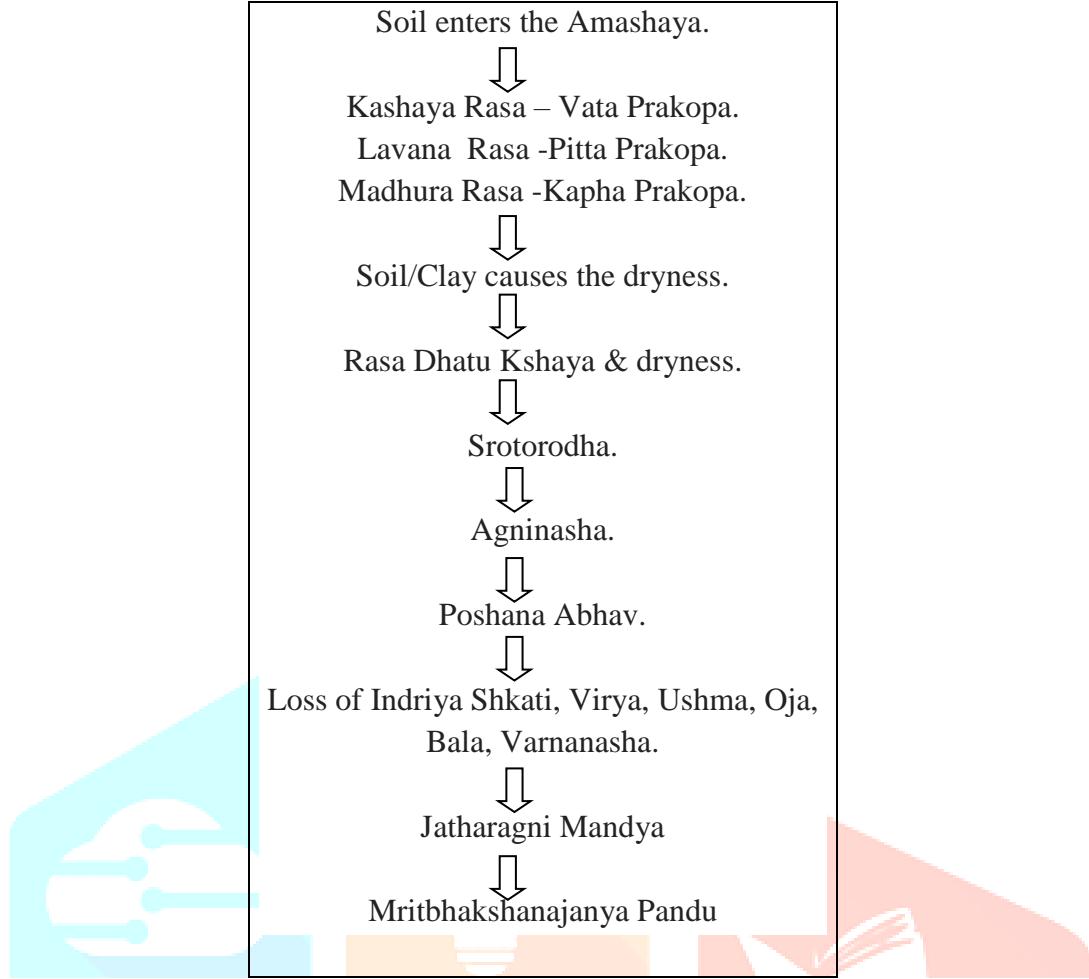
Gangadhar roy says that astringent earth aggravated not only Varna but also due to specific nature aggravate Tridosha with predominance of one of the Doshas.

Sushrut mentioned the type caused by earth eating is included in Doshaja types.

Samprapti:

Soil through food enters the Amashaya, the clay causes dryness in the Rasa Dhatu, & ingredients of food.

The undigested clay, ie in its crude form, fills up the channels of circulation & blocks them. It afflicts the sharpness of senses, luster, energy & Ojas which results in the loss of strength, complexion & Agni.



Poorvarupa :

- Twak Sphutana.
- Sthivana.
- Angasada.
- Mritbhakshana.
- Prekshanam Kuthashotha.
- Vitmutra Pitatwa.
- Avipaka.

Rupa:

- Shuna Ganda Akshikuta Bhru.
- Shuna Pannabhimehanah.
- Krimi Koshta.
- Sakapha,Sarakta,Drava Malapravrutti.

Features of Mridbhakshajanya Pandu in various texts:

Charak Samhita	Vagbhatta	Madhava Nidana
Asya Shotha.	Asya Shotha	Akshikuta Shotha.
Bala Kshaya.	Ganda Shotha	Asya Shotha.
Ganda Shotha.	Sakapha Purisha	Arsha.
Krimi Kostha.	Pada Shotha	Atisara.

Nabhi Shotha.	Mehana Shotha	Sakapha Purisha.
Sakapha Purisha.	-	Ganda Shotha.
Pada Shotha.	-	Mehana Shotha.
Mehana Shotha.	-	Pada Shotha.
Udarakrimi Utpatti.	-	-

This type of Pandu Roga mainly relates to development of oedema in the various body parts & worms in the gastrointestinal tract.

Mridbhakshanajanya Pandu is compared with pica disorder.

Pica is the eating of Or craving to eat things that are not food. It is classified as an eating disorder but can also be the result of an existing mental disorder. The ingested or craved substance may be biological, natural or manmade. Risk of eating soil is the ingestion of animal faeces & accompanying parasites which causes severe bacterial infection which occurs in patients diagnosed with pica.

Chikitsa: Depending upon the Dosha aggravated, different types of treatment is given to the patient suffering from Mridbhakshanajanya Pandu.

- For Vatika type of Pandu ,the therapy is dominated by unctuous drugs.
- Paittika type of Pandu, is dominated by Tikta Rasa &Shita Virya Aushadha
- Kaphaja type of Pandu, is dominated by Katu , Tikta &Ushna Virya.
- In Sannipatika type of Pandu , the above mentioned ingredients are combined. Tridosha Samshodhan Aushadha is used to remove the swallowed mud from his body. After Samshodhana, patient is given different types of medicated ghee for the promotion of his strength.
- Give the Vyoshadaya & Keshoradhyा ghrīta.
- Causing aversion for mud :
- If the patient is unable to give up his clay swallowing habits he is given clay with:
- Vidanga, Ela , Ativisha, Neem, Patha, Vartaka, Katu Rohini, Kutaja, Murva.

These drug contract the adverse effects of clay swallowing. In Mridbhakshanajanya Pandu; there is occurrence of Krimi. So that in Mrutbhakshanajanya Pandu ,Krimipatana & Krimighna medicine should be used.

- According to Acharya Kashyapa:
- Application of lukewarm mustard oil +Saindhava in Guda Pradesha, followed by Anguli Sweda gives immediate relief to the child.

Krimi Chikitsa is divided into 3 parts:

- 1 Apakarshana.
- 2 Prakriti Vighata.
- 3 Nidana Parivarjana.

1 Apakarshana -Removes the Dosha, Mala & unwanted elements forcefully from the body. It is manual method of removing Bahya Krimi. Give Vamana, Virechana, Asthapana Basti.

2 Prakriti Vighata-Utpadaka Karana.

Vighatana- To destroy.

That means any measures which will be successful against the infestation & reinfection of Krimi.

After doing Samshodhan Chikitsa, if their prakriti is not altered, the disease will occur again.

Churna-Vidanga, Yavani, Ativisha, Nimba, Vachadi.

Kalka – Nimba Kalka, Vidanga Kalka, Pippali Kalka.
 Asavaaristha-Vidangaaristha, Khadiraristha.
 Taila-Sursadi Taila, Vidangadi Taila, Dhattura Taila, Bhalltaka Taila
 Khanda-Haridra Khanda

3 Nidana Parivarjana-

It is followed after Prakriti Vighata. Pathya & Apathya should be followed. Kashaya, Katu, Tikta Rasatmaka.

According to **Acharya Sushruta**:- Pradhaman Nasya should be advised used in Krimi present in Mastishka to use Sursadi Gana Dravya.

Discussion:

Worms are developed in the abdomen & stools associated with mucous and blood.

Eating of soil or ingestion of articles contaminated with soil has been scientifically accepted as the cause of anemia due to worm infestation. Most important group of intestinal worms is soil transmitted Helminthiasis infection, which are responsible for 27% of entire school -aged & pre -school aged children population in the world that need anthelminthic treatment. In the last year, use of herbal medicine in the treatment of worm infestation has been growing because of fewer side effects as compared to molecular medicines. Women with pica have also been associated with vitamin deficiency of folate & B12 along that of iron.

Depending upon the Doshas, different types of treatment should be given to the patient suffering from Mrudbhakshanajanya Pandu. However, because of the specific nature of that causative factor, this type of Pandu needs special type of treatment. Physician should give Tikshna Shodhana to the patient keeping in view the strength of the patient in order to remove the patient's soil from the body. After the body is cleansed, the patient should be given different types of medicated ghee for the promotion of strength.

Conclusion:

Ayurvedic management has been effective to treat Mridbhakshanajanya Pandu Roga. By addressing Agnimandya, correcting nutritional imbalances, and restoring gut health, Ayurvedic therapies not only help eliminate Krimi but also prevent recurrence. By integrating Nidana Parivarjan, Prakriti Vighata, Apakarshna, Ayurveda offers a systematic and sustainable approach to managing Krimi in Mridbhakshanajanya Pandu.

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