Role Of Krimighna Basti On Purishaj Krimi: A Case Study

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Abstract-
Krimi is a very common health issue in a Pediatric age group and is widely prevalent in areas of low environmental quality and people of low nutritional status. In India, the problem is likely to be more common because of poor hygiene, lack of awareness, illiteracy, poverty and variety of allied factors. Krimi is an important disease described in ayurvedic science and is described in detail with respect to its etiology, clinical features and treatment. The term krimi is used to denote tiny organisms which reside in human body. Concept of krimi and their relation in the development of disease is described in almost all ayurvedic samhita. Acharyas also describe krimi as an etiological factor in various diseases. 8 year old female child, having complaints of abdominal pain, loose motions, vomiting, perianal itching associated with worms in stool was treated with krimighna basti and changes were noted in abdomen pain, perianal itching, loose motions and general appearance of the patient. The details of the findings are presented in this study report.

Key words: Krimi, Krimighna basti, worm infestation etc

Introduction-
Helminth infestation contributes to significant disease burden in children particularly in under privileged and in developing countries, of which Ascaris lumbricoides is the most common which affects 1/4th to 1/3rd of world’s population. Because of habits of children directly or indirectly they consume soil/mud and are commonly more heavily affected than adults. Intestinal worm infestation results in impaired nutrition. Many people neglect this condition as most of the times it may be asymptomatic. It may be associated with malnutrition, iron deficiency anaemia, repeated gastrointestinal disturbances and upper respiratory tract infection. So proper screening is needed. This condition should be taken seriously because Ascarisis infection contributes significantly to the burden of abdominal surgical emergencies. Krumi (worms) possess ability to breed in human intestine with the help of food and blood. Krumi are of various types on the basis of their origin; Kaphaj Krimi, Raktaj krimi & Pureeshaj Krimi. Hetu of Krumi Roga mainly involve Ahara Sambandi Hetu and Vihara Sambandi Hetu. Ahara Sambandi Hetu includes consumption of foods that leads to Kapha Utkleshan like; jaggery, sesameum, meat, unctuous, sweet & cold materials etc. Vihara Sambandi Hetu involves; Divaswapa, Asana, Avyayama & disturbed life style patterns.Jwara, Vivarnata, Shoola, Hridroga, Bhrama, Bhaktadwesha, Atisara,
Sadana, Chhardi and Shwasa are the main Krimi Lakshana (symptoms manifested in worm infections). The poor socioeconomic conditions, lack of personal hygiene, agricultural factors, lack of awareness and apathy aahara-vihara are the main causative factors of Purishaja Krimi infection. Ayurveda describes use of contemporary medicine along with preventive measures as a treatment protocol for the management of Purishaja Krimi infection. The shodhana therapy (purification methods) along with extraction procedure may also help in the management of Purishaja Krimi infection. According to Acharya Charaka, each krimi have its own specific habitat. Bahya krumi are usually found on the external part of the body such as hair, over the scalp and body, beard, eyelashes or clothes. Raktaja krimi dwells in the vessels carrying blood. Shleshmaja krimi usually resides in aamashaya and they have atendency to move upward or downward along the intestinal tract. Purishaja Krimi are seen in pakwashaya which usually migrates downward towards the rectum and anus. In rare Occasions they may travel towards the stomach resulting in fecal smelled belching and breathing.

Dosha – kapha predominant tridosha,
Dushyā – rasa, rakta,
Strotas – Mahastrotas, purishvaha strotas, raktavaha strotas

Adhisthana – Pakwashaya. According to Acharya Sushrut the vitiation of kapha and pitta dosha by any of the hetu of krimiroga, which results in the production of krimi. Most of the factors described in the etiology of krimiroga leads to agnimandya and aama uthpatti which works as the principle factor in the process of samprapti and leads to the production of krimi. Rupa of purishaja krimiroga-Vidbheda, udarshoola, chhardi, parushata, gudkandu, bhaktdwesha.

Chikitsa

- Apakarshana Chikitsa
- Prakruti Vighata Chikitsa
- Nidana Parivarjana Chikitsa
- Apakarshana Chikitsa (Extraction of the Krimi) by following methods:
  1. Hasta / Yantra (manual extraction): Krimi can be extracted manually using Yantras like; samdamsha etc.
  2. Bheshaja Apakarshana (therapeutic extraction): This method involves the use of Shodhana therapies alone or along with extraction procedure to cause forceful extraction of Krumi. These Shodhana therapies may involve Virechana, Asthapana basti & ShiroVirechana.
- Prakruti Vighata: It refers to creating an unfavourable environment or a medium which is exactly opposite to the habitat of the infested region (intestinal lumen).
- Nidana Parivarjana: Along with the termination of worms and therapeutic administration, avoidance of causative factors has also been emphasized in Ayurveda. Potent anti-helminthic drugs are available in the market, which has the risk of producing gastrointestinal disturbances, nausea and vomiting. There are limitations in the contemporary science to provide a comprehensive management for krimi without any side effects. Many ayurvedic anti-helminthic formulations mentioned in the classics are easily available and easy to administrate. Hence in this present case Apakarshan method is used for the study.

Case discussion- An 8 year old female patient was apparently healthy before 1 year, she gradually developed Gudkandu udarshoola, chardi, vidbheda, bhaktdwesha.
**Past history**: Same complaints present since 1 year Recurrent upper respiratory tract infection, unable to gain weight
No H/O any major illness
No H/O any drug allergy or any previous surgery

**On examination**-
*Udarshoola+ Chardi* 2-3 vega/day
*Drava malapavruti* 5-7 vega/day with *krumi Gudkandu++ Bhaktdvesha*
Patches on the face and hands
RS-clear
CVS-NAD
P/A-pain over umbilical region,
No signs of dehydration
Urine –Normal
Stool-*dravamal* with *krimi*
Anal examination- mild redness over anal region -*kandu++*
Diet history- Non –veg diet 2-3 times/week Diet includes Bakery products, cake, etc.

**Past treatment history**: T/t taken from private hospital Albendazole, Oflomac-m,for 2-3 times in last 6 month.

**Type of study**: A case study

**MATERIAL AND METHODS**
Vidaga churna, shigru beej churna, bhunimba churnna, haridra churna Kwatha+Karanj taila+Makshik+Lavana

**Criteria for assessment**-

<table>
<thead>
<tr>
<th>Sr.no.</th>
<th>Symptoms</th>
<th>Gradation</th>
</tr>
</thead>
<tbody>
<tr>
<td>1</td>
<td>Vidbheda(<em>dravamalpravrutti</em>)</td>
<td>Normal stool</td>
</tr>
<tr>
<td>2</td>
<td>Udarshoola(pain in abdomen)</td>
<td>Absent</td>
</tr>
<tr>
<td>3</td>
<td>Gudkandu(perianal itching)</td>
<td>Absent</td>
</tr>
<tr>
<td>4</td>
<td>Parushata(patches on skin)</td>
<td>Absent</td>
</tr>
<tr>
<td>5</td>
<td>Chhardi(vomiting)</td>
<td>Absent</td>
</tr>
<tr>
<td>6</td>
<td>Bhaktdvesha(loss of appetite)</td>
<td>Absent</td>
</tr>
</tbody>
</table>

**Pathya**
- **Rasa** – Tikta & Kashay
- **Dugdha** – Ghrita & Dugdha.
- **Drava** – Tila Taila, Kaanjika, Tushodaka,
- **Gomootra**, **Suraa & Sauveeraka.,madhu**
- **Phala** – Apakva Kadalee, Pakva Taalaphala & Nimbuka Rasa.
- **Kritaanna** – Taambula, Aasthaapana Basti, Dhoopa, Abhyanaga & Kaphaghna
Apathya
- Rasa – Amla & Madhura
- Guna – Drava
- Mamsa – Mamsa
- Dugdha – Dugdha, Dadhi & Ghrita
- Phala – Badara

DISCUSSION- In this present case on the basis of hetu and lakshana such as vidbheda, gudkandu, chhardi, bhaktdwesha, udarshoola this case was diagnosed as a purishaja krimi. Purishaja Krmi are kaphapitta predominant and resides in pakwashaya which usually migrate downward towards the rectum and anus, so apakarshan therapy was selected for the study. Apakarshana as the name indicates it refers to the extraction of krimi by two different ways, one is hasta/yantra another way is bhashaya apakarshana. As purishaja krimi are kaphapitta predominant and are in pakwashaya so basti was selected for the study. In this present case study patients bala is sukumar, mrudu kostiha and kaphapitta dominant hence decided to give Krimighna basti for 5 days. Probable mode of action of Krimighna basti is a technique of eliminating the Krimi from large intestine. The decoction of drug is introduced through anus with BastiNetra. In this particular process the active principles in the medicine will directly reach the Krimi whereas in oral administration the drug has to undergo the digestive phases, and hence becomes weak in directly attacking the organisms. In kaphapitta dominant disease three or five number of basti required for removal of dosha from its sthana. The contents of Krimighna basti has properties of katu, tikta, ushna veerya, and krimighna hence five basti and according to patient bala, agni and kostiha dose 250ml of Krimighna basti was decided.

Observations of Krimighna basti-

<table>
<thead>
<tr>
<th>Day</th>
<th>Bastidravya matra</th>
<th>Pratyagaman content</th>
</tr>
</thead>
<tbody>
<tr>
<td>1</td>
<td>250ml Kwatha</td>
<td>stool+worms4-5 with abdominal pain</td>
</tr>
<tr>
<td>2</td>
<td>250ml Kwatha</td>
<td>stool+worms4-5 with abdominal pain</td>
</tr>
<tr>
<td>3</td>
<td>250ml Kwatha</td>
<td>stool+worms2-3 with abdominal pain</td>
</tr>
<tr>
<td>4</td>
<td>250ml Kwatha</td>
<td>stool+worms2-3 with abdominal pain</td>
</tr>
<tr>
<td>5</td>
<td>250ml Kwatha</td>
<td>stool+worms1-2 with abdominal pain</td>
</tr>
<tr>
<td>+6</td>
<td>250ml Kwatha</td>
<td>stool+worms1-2 with abdominal pain</td>
</tr>
</tbody>
</table>

Probable mode of action of contents of Krimighna basti-

1) Vidanga- it has tikta and katu rasa and have vipaka katu and virya ushna with those properties vidanga helps to alleviate kapha dosha which is responsible for production of krimi in body and also according to some acharyas it is included in Krimighna gana, so that it has property of killing krimis.

2) Shigru beej- it has tikta and katu rasa and have vipaka katu and virya ushna with those properties shigru beej helps to alleviate kapha dosha which is responsible for production of krimi in body and also according to some acharyas it is included in Krimighna gana, so that it has property of killing krimis.

3) Haridra- it has tikta and katu rasa and have vipaka katu and virya ushna with those properties Haridra helps to alleviate kapha dosha which is responsible for production of krimi.
in body and also according to some acharyas it is included in Krimighna gana, so that it has property of killing krimis

4) Bhunimba- it has tikta and katu rasa and have vipaka katu and virya ushna with those properties Bhunimba helps to alleviate kapha dosha which is responsible for production of krimi in body and also according to some acharyas it is included in Krimighna gana, so that it has property of killing krimis

5) Karanja tail- Karanja has properties of katu, tikta, kashaya, ushna veerya and krimighna in nature. it relives kapha pitta dosha, abdominal flatulence, and krimi from the pakwashaya

Observation of parameters during therapy

<table>
<thead>
<tr>
<th>Sr.no</th>
<th>Parameters</th>
<th>Before treatment</th>
<th>Review after Basti</th>
<th>Follow up after 10 days</th>
</tr>
</thead>
<tbody>
<tr>
<td>1</td>
<td>Vidbheda</td>
<td>5-7 stools/day</td>
<td>Normal stool</td>
<td>Normal stool</td>
</tr>
<tr>
<td>2</td>
<td>Udarshoola</td>
<td>Present</td>
<td>Present</td>
<td>Absent</td>
</tr>
<tr>
<td>3</td>
<td>Gudakandu</td>
<td>Kandu+</td>
<td>Kandu+</td>
<td>Absent</td>
</tr>
<tr>
<td>6</td>
<td>Parushata</td>
<td>moderate</td>
<td>Moderate</td>
<td>Mild</td>
</tr>
<tr>
<td>5</td>
<td>Chhardi</td>
<td>3-5 veg/a day</td>
<td>Absent</td>
<td>Absent</td>
</tr>
<tr>
<td>6</td>
<td>Bhaktadwesha</td>
<td>Present</td>
<td>Absent</td>
<td>Absent</td>
</tr>
</tbody>
</table>

CONCLUSION
This study suggested that, Krimighna basti showed significant result after treatment in vidbheda, udarshoola, chardi, gudkandu, bhaktadwesha, and parushata and efficacy of the treatment was highly significant even during follow up. In this case study patient completed the full course of treatment without any adverse reaction to drug and therapy. Hence, it can be suggested that Krimigha basti can be used in patients suffering from purishaja krimi.

BIBLIOGRAPHY