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**ABSTRACT**

Krumi is an important disease mentioned in Ayurvedic science and is described in detail concerning its aetiology, clinical features and treatment. The term Krumi is used to denote tiny organisms which reside in the human body. The concept of Krumi and its relation to the development of disease is described in almost all Ayurvedic Samhitas. Acharyas also describes Krumi as an etiological factor in various diseases. Krumi contributes significantly to the global burden of diseases. Overcrowding, contamination of water, and poor sanitation greatly favour transmission of parasitic infection resulting in high endemicity. Intestinal worm infestation results in impaired nutrition. Many neglect this condition as most of the time it may be asymptomatic. It may be associated with malnutrition, iron deficiency anaemia, repeated gastrointestinal disturbances and upper respiratory tract infections.

Keywords: Krumi; Organisms; Parasitic infection; Impaired nutrition; Gastrointestinal disturbances.**INTRODUCTION**

Krumi is a serious public health problem and is widely prevalent in areas of low environmental quality and people of low nutritional status. The term Krumi as mentioned in Ayurvedic classics has a broad

meaning. It includes all types of macros and micro, pathogenic and nonpathogenic organisms. In classical texts along with Vata, Pitta, Kapha, Sukshma Jantu is also supposed to be responsible for creating disease.

Description regarding the management of Krumi has been available since Vedic periods.

Nirukti of Krumi:

“Kramati Kramu Pada Vikshepaihi” (Halayudha Kosha)

The term “Krumi” is derived from the word Kramu meaning to step/ to roam/ or to walk.

Classification :

In Atharva Veda, Krumi is divided into Drishta and Adrishta type meaning visible and non-visible. Also, there is mention of Durnama and Sunama Krumi, which may be accepted as pathogenic and nonpathogenic.

The following table shows the total number and divisions of Krumi according to different Acharyas.

Name of Acharyas	Bahya Krumi	Abhyantara Krumi			Total
		Kaphaja	Purishaja	Raktaja	
Charaka	2	7	5	6	20
Sushruta	∞	6	7	7	20
Vagbhata	2	7	5	6	20
Madhavakara	2	7	5	6	20
Sharangadhara	2	7	5	6	20
Bhavaprakasha	2	7	5	6	20

Site of localization of Krumi:

All the Acharyas have mentioned almost the same areas for different Krumi.

Type of Krumi	Charaka	Sushruta	Vagbhata
Bahya	Hair, eyelashes, skin, clothing		Hair, clothing.
Kaphaja	Amashaya, from Amashaya spread up and down	Amashaya	Amashaya, spread everywhere.
Purishaja	Pakwashaya, spread towards anus and also towards Amashaya	Pakwashaya	Pakwashaya, spread towards anus and also towards Amashaya.
Raktaja	Raktavahini Dhamani	Dhamani	Raktavahi Sira.

Nidana Pachaka of Krumi:

Nidana: Mention of etiological factors for both Bahya and Abhyantara Krumi is there in Samhitas. The Bahya Krumi are produced due to ‘Mrija Varjan’ means unhygienic and dirty habits. Regarding Abhyantara Krumi some general and some specific etiological factors are mentioned. The common etiological factors include Ajeernabhojana, regular intake of Madhura and Amla Rasa, consumption of Drava substances, Guda, Viruddha Bhojana etc. Some physical factors are also mentioned in common Nidan like Diwaswapna and Avyayama. Vishishta Nidanas is separate for Kaphaja, Purishaja and Raktaja Krumi.

Kaphaja Krumi: Dugdha, Guda, Tila, Matsya, Anupa Mamsa, undercooked, incompatible and unwholesome articles.

Purishaja Krumi: Charaka has mentioned the same etiological factors as those described in Kaphaja Krumi. Apart from these Sushruta added Vidala, Parna shaka, Masha, Pishtanna etc. are responsible for production of Krumi.

Raktaja Krumi: The Acharyas have mentioned that the etiology of Kustha and Raktaja Krumi are the same. Incompatible food and vegetables, change from cold to hot and vice-versa, sudden change of diet, improper Santarpana and Apatarpana, excessive use of honey and molasses, fish, Lakucha, Chilichima fish with curd, sour berry, Kulattha, Masha, suppressing the urge of vomiting etc. helps the production of Raktaja Krumi.

All the above-said factors either individually or altogether predispose for worm or parasitic infestation i.e., they provide an appropriate environment for the worms to manifest and infest causing health hazards.

Samprapti:

1. Dosha- Kapha Pradhana Tridosha
2. Dushya- Rasa, Rakta
3. Srotas- Mahasrotas, Purishavaha Srotas, Raktavaha Srotas

4. Adhithana- Bahya Krumi: Kasha, Twak , Vastra
Kaphaja Krumi: Amashaya

Purishaja Krumi: Pakwashaya

Raktaja Krumi: Raktavaha Dhamani

According to Acharya Sushruta the vitiated Kapha Dosha and Pitta Dosha by any of the hetu of Krumi Roga may help in the production of Krumi. Most of the factors described in the etiology of Krimiroga lead to Agnimandya and Amotpatti which work as the principal factor in the process of Samprapti and lead to production of Krumi.

Rupa:

Both general and specific signs and symptoms of Krumi Roga are described in Samhitas.

The genera signs and symptoms include Jwara, Vivarnata, Shula, Hridroga, Bhrama, Bhaktadwesa, Atisara, Sadana and Chhardi.

Specific signs and symptoms:

Bahya Krumi- Itching and urticaria rashes in the body.

Kaphaja Krumi- Hrillasa, Aamsyasamsravanaam, Avipaka, Arochaka, Jwara, Murchha, Jrumbha, Kshavathu, Anaha, Angamarda, Chhardi, Karshya, Parusha, Kasa, Pinasa, Shula, Shwayathu, Hridroga, Pratishyaya, Shiroroga.

Purishaja Krumi- Purishabheda, Karshya, Parushya, Lomaharsha, Guda nishkramana, Gudakandu, Shula, Agnimandya, Pandu, Balakshaya, Praseka, Aruchi, Hridroga

Raktaja Krumi- Raktaja Vyadhi , Kesha Shmashru Nakha Loma Pakshma Dhwamsa, Harsha, Kandu, Toda, excessively grown Krumi eat away skin, vessels, ligaments, muscles, cartilages and tissues.

A person who is affected can experience any range of these symptoms, however complications happen

more often and more severely in older people, children and in people who are already suffering from other debilitating diseases.

Chikitsa:

Ayurvedic Samhitas have taken up treatment aspects elaborately along with preventive aspects. Almost all of them described three treatment methods- Apakarshana, Prakruti Vighatana and Nidana Parivarjana.

- **Apakarshana:** It is the first line of treatment. Apakarshana means to scratch the Dosha, Mala and Krumi sanghata forcefully. Krumi residing inside the body should be expelled out by Shodhana Karma- Vamana, Virechana, Shirovirechana, Asthapana Basti.
- **Prakruti Vighatana:** Prakruti Vighatana means destruction of the producing/ favourable environment. To counteract the factors responsible for production of Krumi, Dravya which are Katu, Tikta, Kashaya in taste; Kshara and Ushna in nature should be used along with other drugs having properties contrary to Purisha and Kapha. Any measures successful against the infestation and reinfestation of Krumi should be considered under Prakruti Vighatana.
- **Nidana Parivarjana:** Nidana Parivarjana means to eliminate the causative factors which help in producing, germinating and growing of Krumi. Nidana Parivarjana is the most important principle as Ayurveda gives more importance to Ahara, Vihara as treatment.

Probable mode of action of Vidangarishta :

Vidangarishta is an herbal Ayurvedic concoction used to treat bacterial infection in the body. It shows antibacterial and anthelmintic potential which helps eradicate the growth of bacteria. It works by causing paralysis and the death of worms. According to Ayurveda, Vidangarishta has Krimighna (anti-worms) property that provides efficient results in the case of worm infestation when consumed regularly. It also helps manage indigestion and reduce Ama by improving Agni. In addition to that, Vidangarishta act as a blood purifier due to its Shodhana (Purification) property. It also has Deepan (Appetizer) and Pachan

(digestive) properties which aid in managing problems related to the digestive system like loss of appetite, thirst, bloating, and flatulence. Worm growth is encouraged by low Agni (Weak digestive fire). Low digestive fire is a primary causative factor in creating an ideal host body for worms. Vindagarishata has a unique ingredient named Vidanga that has a strong Krimighna (Anti-worms) property that gives good results in the case of worm infestation when consumed regularly.

DISCUSSION

By going through the samprapti of Krumiroga, it is clear that Kapha Dosha plays an important role in it. Vidanga has Katu Tikta Rasa, Laghu Ruksha Tikshna Guna, Ushna Virya and Katu Vipaka. Katu Rasa does Deepan, Pachana, Kaphahara and is also mentioned as Krumighna. Due to its Ushna Guna, it does Agni Deepana, correction of Dushta Kapha and Ama. It also acts as Kapha Vatahara. The presence of Katu Vipaka and Katu Rasa also helps in Srotoshodhan. Thus, in total the drug stimulates the Agni, relieves Agnimandya, reduces Ama formation and thus relieves Srotorodha. Vidanga has Antihelminthic, astringent, carminative, alternative and stimulant action.

CONCLUSION

Krumi is broadly described as worms and microorganisms. Its existence was felt from Vedic period, but details found later in Samhita period. In the modern era due to invention of microscope the study of microbes becomes easy. Among the two types of Krumi Drishta and Adrishta, the Adrishta Krumi is Anumanagamyā. In Samhita classification, nomenclature, etiology, signs and symptoms and treatment is well described in Krumi. The infected microbes enter into the body through contaminated soil, water, food and also transmitted either by sexual intercourse, physical

contact with human or animals, through the expired contaminated air. The general symptoms can be divided into three categories like GIT manifestation, skin manifestation and anaemia as per modern literature. From their clinical features and habitat inside host these Krumi can be compared with various bacteria, viruses, fungi, and parasites described in modern science. Apakarshana, Prakṛiti Vighatana and Nidana Parivarjana are the principles of treatment applied to Krumi.

Vidanga is highly effective for the treatment of Krimi (intestinal parasite especially round worms). The drug is easily available so helpful in the treatment of Krimi. There are not many side effects observed in patients and so it is free from various drug hazards.

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