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Drug efficacy of Khadiradi kashaya on Purishaj krimi.

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Abstract:

Background: In *Ayurveda*, various types, diagnosis & management of *Krimiroga* described in details in all *Samhitas*. There are two types of *Krimi* existing in human body– *Sahaj* & *Vaikarik Krimi*. Among them, *Vaikarik Krimi* is causative factor for disease in human being. Purishaja Krumi means "krumi born in the stools, which desire to migrate in the body from one organ or system to another, that which has the capacity to penetrate from one tissue to another and which gets nourishment from mansa." **Aims & Objective:** To study the efficacy of *Khadiradi Kashaya* – oral drug in *Purishaj krimi* (worm infestation). **Material & Methods:** Diagnosed total 30 patients of *Purishaj Krumi* were recruited in this clinical study from OPD Department of *Kayachikitsa*, Govt. *Ayurveda* Hospital, Nagpur. *Khadiradi kashay* (medicated Decoction) was prepared and given to the patients in the dose of 40 ml twice for seven days. **Results and Discussion:** *Khadiradi kashaya* could be a alternate choice Antihelminthic drugs in the management of *Purishaj krimi*; it has potential to cure the disease and also found relief in symptoms like *vidbheda*, *shool*, *agnisada* and *Jwar* of *Purishaj krimi* significantly. There was no any side effect of this drug observed during trial. **Conclusion:** *Khadiradi Kashaya* used in this study proves very good utility in the management of *Purishaj krimi*.

Keywords: *Purishaj krimi, Kushtha, Pandu, Grahani, Karshyata*

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Intestinal worm infestation is one of the major concerns in childhood health problems in developing countries. In *Ayurveda*, various types, diagnosis & management of *Krimiroga* described in details in all *Samhitas*. By etymology, *Krumi* may be defined as the one which causes sufferings.^[1] In Vedas also references have been cited regarding *Krimi*. In human body there are two types of *Krimi* – *Sahaj & Vaikarik Krimi*. Among them *Vaikarik Krimi* are harmful to human being. It is thought to be considered that *Krumi* is one of the causes for *Kushtha, Pandu, Grahani, Karshyata*. Children are more sufferer comparison to adult.^[2] Since worms are normally found in all human beings, mostly they are asymptomatic, symptoms observed with a few worms living inside the intestines. As per Indian study, Overall prevalence of intestinal worm

Introduction:

infection was found to be 49.38%. *Ascaris* was the most common parasite (46.88%), followed by *Taenia* (2.1%) and *Hymenolepis nana* (0.21%). Cure rate was found to be 66% for *Ascaris* and 100% in other cases.^[3]

Krimi Samanya Chikitsa: Acharya Charaka has narrated the basic principle in the treatment of *Krimi* in the *Vyadhita rupiya adhyaya* of *Vimana Sthana*.^[4] Consecutive adoption of the three methods of treatment has been stated which are *Apakarshana, Prakruti Vighata* and *Nidana Parivarjana*.^[5] Acharyas Charaka,^[6] Sushruta,^[7] Vagbhata^[8] and other Acharyas have given a systematic description of *Krimi rogas* including their classification, causative factors, signs and symptoms and treatment.

Table. 1 Types of Krumi:

Sr.no.	Name	BahyaKrumi	Abhyantara Krumi			
			Total	Kaphaja	Purishaja	Raktaja
1	Charaka	2	18	7	5	6
2	Sushruta	-	20	6	7	7
3	Vagbhata	2	18	7	5	6
4	Madhavkara	2	18	7	5	6
5	Bhavaprakash	2	18	7	5	6
6	Sharangadhara	2+1	18+1	7	5	6
7	Harita	7	6	-	-	-

Table No. 2 Types of Purishaj Krumi according to Bruhattraisamhita:

No	Charaka	Vagbhata	Sushruta
1	<i>Kakeruka</i>	<i>Kakeruka</i>	<i>Ajawa</i>
2	<i>Makeruka</i>	<i>Makeruka</i>	<i>Vijawa</i>
3	<i>Sausurada</i>	<i>Sausurada</i>	<i>Kipyra</i>
4	<i>Sasheluk</i>	<i>Saluna</i>	<i>Chipya</i>
5	<i>Leliha</i>	<i>Leliha</i>	<i>Gandupad</i>
6	-	-	<i>Churu</i>
7	-	-	<i>Dwimukhaha</i>

Krimi Lakshana (Symptomatology): In clinical signs and symptoms of *Abhyantara Krimi*, Acharya

Susruta and *Madavakara* have mentioned – *Ajeerna* (indigestion) and *Angnimandhya* (loss of digestive

power) *Jwara* (fever), *Vivarnata* (discolouration), *Shoola* (pain), *Hridroga* (diseases of the heart), *Bhrama*, *Bhaktadwasha* (disinterest towards food) (giddiness), *Atisara* (diarrhoea), *Sadana* (tiredness), *Chardi* (vomitting) and *Swasa* (breathlessness).^[9]

Objectives-

1. To study the efficacy of *Khadiradi Kashaya* – oral drug in *Purishaj krimi* (worm infestation).
2. To study *Purishaj krimi* & its co-relation with worm infestation through *Ayurvedic* & modern texts.

Material & Methods:

Diagnosed total 30 patients of *Purishaj Krumi* were recruited in this clinical study from OPD Department of *Kayachikitsa*, Govt. *Ayurveda* Hospital, Nagpur. Patients were selected as per selection criteria from OPD & IPD of the *Kayachikitsa* department of the hospital. *Khadiradi Kashaya* (*Khadir*, *Kutaj*, *Nimba*, *Triphala*, *Trikatu*) fresh 40 ml and *Gomutra* of healthy cow was given as an *anupan* prescribed by *Yog-Ratnakar* for the duration of 7 days. In case of unavailability of fresh *Gomutra*, *Gomutra-Arka* was used.

Criteria for Diagnosis:-

Diagnosis was mainly depending upon clinical features described in the texts of *Ayurveda* and at same time sign & symptoms mentioned in the modern aspects would be taken into consideration. After reviewing the literature, it was decided that any case that showed two or more *purvrupa* - *praseka*, *rhullas*, *agnimandya* and *vidbhed* - and one or more of the six *rupa* - *agnimandya*, *shul*, *praseka*, *vidbhed*, *gudakandu* and foul-smelling stools - were considered as positive for clinical diagnosis for *Purishaja Krumi Vyadhi*. Microscopic Stool examination were considered for confirmation of diagnosis.

Observations and Results:

In this study 30 patients of *Purishaj krimi* were studied. All collected data (Before Treatment & After Treatment) regarding patients has been analyzed statistically.

Table 3. Distribution of 30 Patients of Purishaj Krimi, Taking Dominant Guna in Diet

Sr. No.	Dominant Guna	Trial Group	
		No. of Patients	%
1	<i>Snigdha</i>	19	63.33
2	<i>Ruksha</i>	04	13.33
3	<i>Guru</i>	20	66.67
4	<i>Laghu</i>	04	13.33
5	<i>Ushna</i>	04	13.33
6	<i>Sheet</i>	09	30.00

Table 4. Distribution of Patients of Purishaj Krimi, Dominant Rasa in the Diet:-

Sr.No.	Dominant Rasa	Trial Group	
		No. of Patients	%
1	<i>Madhur</i>	25	83.33
2	<i>Amla</i>	21	70.00
3	<i>Lavan</i>	14	46.67
4	<i>Katu</i>	04	13.33

5	Tikta	08	26.67
6	Kashyay	03	10.00

Table 5. Percentage of Relief in Each Symptom of 30 patients of Purishaj Krimi

Sr. No.	Symptoms	Trial Group			
		BT	AT	Diff	% of Relief
1	Vidbheda	23	01	22	95.65
2	Udarshool	58	08	50	86.21
3	Vishatambha	37	9	28	75.68
4	Gudkandu	10	01	09	90.00
5	Parushata	10	02	08	80.00
6	Panduta	41	09	32	78.05
7	Romharsha	07	02	05	71.43
8	Agnisada	26	06	20	76.92
9	Karshyata	07	01	06	85.71
10	Jwar	14	00	14	100
11	Vivarnata	05	01	04	80.00
12	Hridroga	03	02	01	33.33
13	Bhrama	12	01	11	91.67
14	Bhaktadwasha	26	01	25	96.15

Table 6. Wicoxon Signed Rank Test on Symptom score of Purishaj Krimi.

Sr.No	Symptoms	Mean		± SD		P Value	Result
		BT	AT	BT	AT		
1.	Vidbheda	0.76	0.03	1.07	0.18	0.0001	***
2.	Shool	1.93	0.21	1.17	0.63	<0.0001	***
3.	Vishtambha	1.23	0.30	1.10	0.53	<0.0001	***
4.	Gudkandu	0.33	0.33	0.47	0.18	0.0039	**
5.	Parushata	0.33	0.06	0.47	0.25	0.0078	**
6.	Panduta	1.36	0.33	0.92	0.54	<0.0001	***
7.	Romharsha	0.23	0.06	0.43	0.25	0.0625	*
8.	Agnisada	0.86	0.20	1.04	0.48	0.0001	***
9.	Karshyata	0.23	0.03	0.43	0.18	0.0313	*
10	Jwar	0.46	-	0.50	-	<0.00010	***
11.	Vivarnata	0.16	0.03	0.37	0.18	0.1250	NS
12.	Hridroga	0.10	0.06	0.40	0.25	>0.9999	NS
13.	Bhrama	0.40	0.03	0.62	0.18	0.0020	**
14.	Bhaktadwasha	0.86	0.03	1.30	0.18	0.0020	**

* Considerably quite significant ,**very significant *** extremely significant NS- not significant.

Dominant Guna in Diet-

Out of 30 Patients of Purishaj krimi 20(66.67%) patients were taking diet which was dominant in Guru Guna while 19(63.3)% patients were taking diet dominant in Snigdha Guna and 09(30) % Patients were Dominant in Sheet Guna.

Out of 30 Patients of Purishaj krimi 25(83.3%) patients were taking diet which was dominant in Madhur Rasa while 21(70)% patients were taking diet dominant in Amla Rasa and 46.67%, 13.33 %, 26.67%, and 10% in Lavan, Katu, Tikta, Kashyay Rasa respectively.

Percentage of Relief in Symptoms Score:- In the present study of 30 patients of *Purishaj Krimi* in Trial Group, Percentage of relief was 95.65 % in *Vidbheda*, 86.21% in *Udarshool*, 75.68 % in *Vishtambha*, 90% in *Gudkandu*, 80% in *Parushata*, 78.05 in *Panduta*, 71.43 in *Romharsha*, 76.92 in *Agnisada*, 85.71, 100, 80, 33.33, 91.67, 96.15 in *Karshyata*, *Jwar*, *Vivarnata*, *Hridroga*, *Bhrama* and *Bhaktadwesa* respectively.

Discussion:

If there is additional and excess kled, and ama in the human body which results in agnimandya and simultaneously probability of production and development of *Purishaja Krumi* is increased because kled and ama itself acts as the basis for *Krumi Utpatti*. *Masha*, *Gud*, *Pishtma*, *Til*, *Sngidha* and *sheet ahar*, *Lavana rasatmak ahar*, *Anoop mansa*, *Madhura rasatmak ahar*, *Kusumbha sneh*, *Viruddha ahar*, *Avyayam*, *Paryushit ahar*, *Divaswap* and *Asatmya ahar* are considered the main causative factors for *purishaj krumi*. Eating outside food like fast food, bakery product, eating vada pav, samosa, pav bhaji, eating non veg foods, the properties of these food items are *ushna*, *tikshna*, *vidahi*, and *guru* (heavy for digestion).^[10] *Madhura ras* is heavy for digestion because it is having *pruthvi* and *jala mahabhuta pradhan*. This leads to aggravation of *Kapha*, which causes *agnimandya*. These give rise to *kshudhamandya*, thus aggravating *amotpatti* and ultimately resulting in excess *kled utpatti* which results into *krumi* in the stomach and intestine. *Khadiradi Kashaya* having properties like *krimighna*, *kandughna*, drug like *Nishottar* has laxative property while *triphla & trikatu* has *deepan* as well as *pachan* property. *Gomutra* has *lekhan and sara* property. Overall this formula was dominantly having *katu ,tikta and kashaya rasatmak guna* and having *tikshna guna* along with *ushna virya* which results in destruction of *samprati* of *Purishaj krumi*.^[11]

Conclusion: Helminthiasis is one of the most common paediatric problem faced world-wide especially in tropical and sub-tropical geographical area. *Khadiradi Kashaya* drug is useful and observed very effective in reducing signs and symptoms of *Purishaj krumi*.

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