

A CLINICAL REVIEW OF KRIMI ROG IN AYURVEDA

^{1*}Dr. Satyendra Songara, ²Dr. Umesh Dhaybar, ³Dr. Mayank Patle, ⁴Dr. Ruchi Bhargava, ⁵Dr. Diksha Sharma

^{1,5}P.G. Sch. Dpt. of Kaumarbhritya in Ranidullaiya Smt. Ayurved P.G. College and Hospital Bhopal.

²Professor and H.O.D. Dpt. of Kaumarbhritya in Ranidullaiya Smt. Ayurved P.G. College and Hospital Bhopal.

^{3,4}Assistant Professor Dep. of Kaumarbhritya in Ranidullaiya Smt. Ayurved P.G. College and Hospital Bhopal.



*Corresponding Author: Dr. Satyendra Songara

P.G. Sch. Dpt. of Kaumarbhritya in Ranidullaiya Smt. Ayurved P.G. College and Hospital Bhopal.

Article Received on 21/11/2024

Article Revised on 11/12/2024

Article Accepted on 31/12/2024

INTRODUCTION

Krimi Rog is a term in Ayurveda that refers to diseases caused by parasites or worms infesting the body. This ancient system of medicine describes **Krimi** as living organisms that can reside either externally (on the skin or hair) or internally (in the digestive tract, blood, or tissues), disrupting the natural balance of the body. Ayurveda, with its holistic approach, attributes the development of Krimi Rog to the imbalance of the **Tridoshas** (Vata, Pitta, and Kapha) and the presence of **Ama** (toxic waste due to improper digestion). Additionally, factors like poor hygiene, consumption of contaminated food or water, and weakened digestive fire (**Agnimandya**) are considered significant contributors. This condition is not merely limited to physical symptoms; Ayurveda emphasizes its connection to the overall health of the individual. Krimi Rog can lead to digestive issues, skin problems, systemic weakness, and even mental disturbances.

Types of Krimi

SN	Type of Krimi	Name of the Krimi	Site of the Krimi
1.	Bahya	Yuka, Pipilika	Hair, Eyelashes, Skin, Clothing
2.	Kaphaja	Antrada, Udarada, Hrudayacara, Curu, Darbhapuspa, Saugandhika, Mahaguda	Amasaya, from Amasaya spread up and down
3.	Purishaja	Kakeruka, Makeruka, Sausurada, Sasulaka, Leliha	Pakvashaya, spread towards anus and also towards Amasaya
4.	Raktaja	Kesada, Lomada, Lomodvipa, Saurasa, Audumbara, Jantumatarah.	Raktavahini, Dhamani

Ayurveda categorizes Krimi into three main types based on their origin and nature.

Causes of Krimi Rog

According to Ayurveda, **Krimi Rog** arises from

- Improper digestion (**Agnimandya** or weak digestive fire).
- Consumption of unhygienic or contaminated food and water.
- Poor personal hygiene.
- Imbalance in the Tridoshas (Vata, Pitta, and Kapha).
- Accumulation of Ama (toxins) in the body.

Symptoms of Krimi Rog

- Abdominal pain or discomfort.
- Diarrhea or constipation.
- Bloating and flatulence.
- Loss of appetite or unusual cravings.
- Itching around the anus (common with intestinal worms).

- Fatigue and weakness.
- Skin issues like rashes or irritation (in case of external parasites).

Ayurvedic Treatment for Krimi Rog

- **Apakarshana**: The extraction of Krimi by hand or with instruments. Bahya Krimi (external) is removed manually, while Abhyantara Krimi (internal) is removed by Virechana, Vamana, Sirovirechana, and Asthapana Basti.
- **Prakruti Vighata**: The creation of an unfavorable environment for Krimi growth by using Dravyas with Katu, Tikta, Kashaya, and Ushna Guna.
- **Nidana Parivarjana**: The avoidance of causative factors that promote Krimi growth.

Medicinal Treatment

Ayurvedic management focuses on balancing the doshas, strengthening digestion, and eliminating the parasites:

1. Herbal Remedies

- **Vidanga (*Embelia ribes*):** Known as a powerful anti-parasitic herb.
- **Neem (*Azadirachta indica*):** Has anti-bacterial and anti-parasitic properties.
- **Triphala:** Improves digestion and helps cleanse the gut.
- **Ajwain (Carom seeds):** Used for expelling intestinal worms.
- **Pippali (Long pepper):** Enhances digestive fire and acts as an anti-parasitic agent.
- **krimi kuthar ras**
- **vidangaristha**

2. Panchakarma Therapies

- **Virechana (Therapeutic purgation):** For cleansing the gastrointestinal tract.
- **Basti (Medicated enema):** To expel parasites from the intestines.

3. Dietary Modifications

- Include bitter-tasting foods like neem leaves and karela (bitter gourd).
- Avoid sugary, greasy, and fermented foods, which can promote parasite growth.
- Consume light and easily digestible meals.

4. Lifestyle Recommendations

- Maintain personal hygiene.
- Regularly deworm, especially in children.
- Practice yoga and pranayama to strengthen immunity and digestion.

Prevention of Krimi Rog

- Maintain cleanliness in food, water, and personal hygiene.
- Strengthen digestion through balanced eating habits.
- Avoid overindulgence in heavy, oily, or sweet foods.

CONCLUSION

Ayurvedic treatment for Krimi Rog is holistic, addressing not only the physical symptoms but also promoting overall health and immunity. It is advisable to consult a qualified Ayurvedic practitioner for a personalized treatment plan.

REFERENCES

- 1 Vaidya YT, editor. Charaka Samhita by Agnivesha, Sutra Sthana; Arthedashamahamuliyam Adhyayam: Chapter 30/28. Varanasi: Chaukhambha Prakashan, Reprint, 2009; 189.
- 2 Vaidya YT, editor. Sushruta Samhita of Sushruta; Uttara Tantram; Krimirogapratishedham Adhyayam: Chapter 54, Verse 7. Varanasi: Chaukhambha Surbharati Prakashan, Reprint, 2003; 773.
- 3 Vaidya YT, editor. Charaka Samhita by Agnivesha, Vimana Sthana; Vyadhitarupiyam Adhyayam: Chapter 7, Verse 10. Varanasi: Chaukhambha Prakashan, Reprint, 2009; 258(11): 257.
- 4 Vaidya YT, editor. Sushruta Samhita of Sushruta; Uttara Tantram; Krimirogapratishedham Adhyayam: Chapter 54, Verse 18. Varanasi: Chaukhambha Surbharati Prakashan, Reprint, 2003; 773.
- 5 Vaidya YT, editor. Charaka Samhita by Agnivesha, Sutra Sthana; Shadvirechanashatashritani Adhyayam: Chapter 4/11. Varanasi: Chaukhambha Prakashan, Reprint, 2009; 33.
- 6 Kliegman RM (edi), Nelson textbook of paediatrics, 18th Ed. New Delhi: Elsevier, a division of Reed Elsevier India private Limited; Reprint, 2008; 1155-1160, 896-907, 1064-1081.
- 7 Hotez PJ, Fenwick A, Savioli L, Molyneux DH, Rescuing the bottom billion through control of neglected tropical diseases, Lancet, 2009; 373: 1570-1575.
- 8 Hotez P, Hookworm and poverty, Ann NY AcadSci, 2008; 1136: 38-44. Ault SK, Intersectoral approaches to neglected diseases, Ann NY Acad Sci., 2008; 1136: 64-69.
- 9 ShastriSatyanarayana, Charakasamhita, reprint, ChaukhambhaBharati Academy, Varanasi, Viman Sthana, 2009; 7/31: 735.
- 10 Danga SK, Bombarde DT, Pinge CD, Gulhane CM, Petkar S, A Clinical Study of Khadiradikashaya in Purishajkrimi With special reference to Worm.