

Concept of Krimi in Ayurveda – A Progressive Review

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Abstract

Despite decades of dramatic progress in their treatment and prevention, infectious diseases remain a major cause of death and debility and are responsible for worsening the living conditions of many millions of people around the world. In spite of lot of advances in the field of microbiology, we are unable to answer challenges mentioned above. Hence, an effort has been made to compile the management strategies of Ayurveda to find answers for the above problems. Compilation of management strategies depicted in Charaka Samhita, Harita Samhita, Bhela Samhita and Bhaisajyaratnavali helps the researchers to plan study design and to find a solution for microbial management challenges. Extensive search of texts Charaka Samhita, Harita Samhita, Bhela Samhita and Bhaisajyaratnavali was done by the author while composing a book entitled Kala-azar in Ayurveda and the materials were segregated, consolidated and edited from that book. Charaka mentioned twenty varieties of krimi along with their management and they are broadly grouped under external (ectoparasite) and internal (endoparasite). Each krimi is described in respect to etiology, habitat, form, shape, color, type, clinical features and treatment. Many eliminative and alleviative therapies are described in Charaka Samhita for the effective management of krimi. Krimighna mahakasaya (aksiva, marica (piper nigrum), gandir, kebuka (costus speciosus), vidanga (embelia ribes), sindhuvara (vitex nigundo), kinahi (albizzia lebbeck), goksura (tribulus terrestries), vrsaparnika, musakarni (merremia emerginata), jambir, rasona, camel's milk, butter milk, yavaksara, etc. are useful in eradicating krimi. Embelia ribes acts as ascaricidal, anthelmintic, carminative, diuretic, astringent, anti-inflammatory, antibacterial and febrifuge. With the advent of antimicrobial agents, some medical leaders believed that infectious diseases would soon be eliminated and become of historic interest only. Nevertheless, we now

realize that as we developed antimicrobial agents, microbes developed the ability to elude our best weapons and to counterattack with new survival strategies.

Keywords Krimi, extraction of krimi, destruction of source and development, Krimighna



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INTRODUCTION^[1,2]

Since the Vedic period the Krimi are one of the oldest companions of the human beings. Ancient acharyas were well aware regarding the presence of the microorganisms. There are some indirect references in Vedas for microbes and infectious diseases in the name of Krimi & Krimi Rogas. Krimi are thought to be the causative factors of a number of diseases. Krimi enter into body and produces a number of diseases. In Vedas many indirect references are found which tells about Krimi, along with Vata, Pitta, Kapha. "Sukshma Jantu" is also supposed to be responsible for creating diseases. According to Rigveda there is a particular Krimi that affects the "Garbhyantra" and causes to "Grabhanasha" in the infections of vagina, otherwise the whole female reproductive system, sterility and premature deliveries is said to be complications of this infection. Yajurveda describes the Krimi causing headache and abdominal pain. It also refers to the development of diseases by the Krimi present in utensils after eating food. The word Krimi has mentioned by many synonyms as 'Rudra' which are most dangerous and cause serious infections in human, which make them cry.

LITERATURE REVIEW^[3-6]

1. Treatment of Krimi as per Samhitas

Charaka Samhita gives three methods for the treatment of Krimi

1. **Apakarshana** (Removed by Vamanadi Panchakarma procedures)
2. **Prakritivighata** (Breaking the pathogenesis) It can be done by giving Katu, Tikta, Kshaya, Kshara and Ushana Dravyas.
3. **Nidana Parivarjana** (Absence from cause). It means to avoid all those causes which are responsible for producing diseases like Mithya-ahara (eg. Kaphavardhaka Aahara, Dugdha, Dahi, Guda etc.), Mithya-vihara (eg. Divashayana).

In ancient Ayurvedic Grantha, the "Rakshoghna Gana" is described as group of plants possessing Krimighna properties. These Dravyas keep the environment free from Krimi. At ancient time Rakshoghna Dhoopana have been used for the sterilization of rooms, kitchen, Rasayanshala, Shastragara etc. Similar such references of Dhoopana Karma in the treatment of various diseases. It can be found in Charaka and Sushruta Samhita. Here the aim of

Dhoopan Karma is antiseptic, anti-inflammatory and bacteriocidal effect of the Krimighna drugs in the treatment of such diseases like Vrana, Arsho Roga, Shwasa Roga and Karna Roga.

2. Importance of Tridosha and Germ Theory

In 'Ayurvediya Anusandhana Paddhati Acharya P.V. Sharma says, "In Ayurveda, causative factors of diseases are analyzed quite efficiently. In the genesis of disease, Tridosha are Samavayi karana, Dosha-dushya samyoga is Asamavayi karana and improper diet and practices, and germs etc. are Nimittakarana. The disturbance in the Tridosha equilibrium leads to disease formation just like transformation of soil into a pot. But the especially Tridosha in the form of Samavayi karana is that Karya (disease) persists as it is whenever Nimittakarana exists. Therefore, in Ayurvedic line of treatment, there is not only important to maintain the homeostasis of doshas but also to destroy the germs and maintain proper diet and practices. By giving more emphasis on Tridosha equilibrium, so one should not ignore the Nimittakarana.

DISCUSSION^[7]

The word Krimi has very much potential in Ayurvedic literature. In the etiology of many diseases microbial relation played very important role. The term krimi has been used in broader sense i.e. it includes all pathogenic and non-pathogenic organisms covering wide range of infection and infestation. These infectious diseases caused by krimi are explained under the title of Oupasaigika rogas, which spread through contact with patients and through other routes. Here an effort has been to compile all scattered matter about krimi from various ayurvedic treaties. Infective pathologies can be efficiently managed by ayurvedic managements and medicaments also. Though it is evident that most of the herbal formulation fails to prove its efficacy on microbes in experimental studies, but it is observed since ages that they have disease curing action, which is by the action of these herbs or medicine on increasing body's action against disease. Here it may be clarified that the lack of technologies fails to prove the affectivity of herbal formulations in infective disease, newer

advanced technologies in future may prove them effective, but till that time as an Ayurvedist it is required to collect as many clinical evidence to prove ayurvedic medicine effective and safe in managing even infective diseases.

CONCLUSION

Description of Krimi and Krimi Roga available in Vedic period, Purana, Ayurveda and other literature but according to time era depth of literature varies. Many Ayurveda granthas and samhitas have lost in time era, which had more detail description regarding Krimiroga. Under the word Krimi one can include all microorganism helminthes protozoa, parasite, and virus bacteria. It is very difficult to correlate Ayurvedic terms regarding the Krimi with modern term due to lack of detail description and understanding of individual Krimi. To overcome from etiological factors, one can maintain personal hygiene, sanitation, housing condition, disincentive environment.

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kṛtsnē'rdhē'vayavē vā'pi yatrāṅgē
kupitō bhṛśam | dōṣō vikāraṁ
nabhasi mēghavattatra varṣati ||29||
nātyarthaṁ kupitaścāpi līnō mārgēṣu
tiṣṭhati| niṣpratyānīkaḥ kālēna
hētumāsādya kupyati||30||Su. Su.
21/29-30
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