

## Basic concept of krimi in ayurveda

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### ABSTRACT

The term “*Krimi*” is frequently used in ancient *Ayurvedic* classics .From the Vedic period to *Samhita* period description of *Krimi* is found.. In the etiology of many diseases microbial relation played very important role and it is a causative factor for various pathological conditions like weight loss, anemia, vomiting, headache etc. The *Krimi* may be external or internal in nature. Their mode of transmission, sign and symptom are almost same as worm and microbes in contemporary science. They had given description of structure, naming of *Krimis* far as possible. The *Krimi* described in ancient texts are more or less similar to microbes or *helminths* mentioned in present time. 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. Ayurveda has advised specific drugs for specific *Krimi*. Here an effort has been to compile all scattered matter about *krimi* from various *ayurvedic* treatises.

**KEYWORDS:** *Krimi*, Worm, Microbes, *Helminths*..

### INTRODUCTION:

*Krimi* in *Ayurveda* in broad sense is all worms and microbes. Even in the Vedic period the knowledge of *Krimi* is well known and comprehended. There are some indirect references in Vedas for microbes and infectious diseases in the name of *Krimi* & *Krimi Rogas*. The word *Krimi* by etymology means as the “one which causes sufferings and ill health”[1]. *Krimi* has been used in *Ayurveda* in broader sense i.e. it includes all the microbes and worms (both pathogenic & non pathogenic) covering a wide range of infections and infestations. It is also found that the Infectious diseases are also mentioned in *Samhita Granthas* as *Sankramaka*, and *Upsargaja roga*. Here an attempt has been made to critically analyze the various *Krimi* in Our pioneer texts Brihatrayee (*Charaksamhita*, *Sushrutasamhita*, *Ashtanghrudya*) and *Laghutrayee*

(*Bhavaprakash samhita, Madhavidana, Sharangdharsamhita*)

**ETYMOLOGY:** The word Krimi is derived from *dhatu* 'Kujna Himsayam' (*sidhanta kaumudi*) which means to kill or to yield harmful effect. *Acharya Yashka* has given the meaning of *Krimi* in the following way.

1. Which means those organisms which grow on raw flesh
2. That which moves with legs

### ORIGIN OF KRIMI

As per the text *Ashtangahridaya*(2), krimi are present all over the biosphere. Their *Utpatti Sthanas* are told as *parvata* (mountain), *vana* (forest), *oushadhi* (plants), *pashu* (animals), *apsu* (water).

### DESCRIPTION OF KRIMI

Factors responsible for the growth of Krimi are intake of food in indigested state, excess use of *madhura* and *amla rasa*, *pishtanajaggery*, milk, *kusumba oil*, *til oil*, fish, *anoopmamsa*, sedentary life style, excess day sleeping and use of dietetic incompatibilities[3,4]etc. Almost

all the Acharyas has mentioned 20 types of Krimi which are further classified under different groups which are as follows:

#### 1. According to site of the body

- a. *Bahya* or External Krimi e. g. *Liksha* & *Yuka*
- b. *Abhyantara* or Internal Krimi e. g. *Antrada*, *Udumbar* etc.

#### 2. According to effect on the body

- a) *Sahaja* (Non Pathogenic)
- b) *Vaikarika* (Pathogenic)

#### 3. According to source of origin [5]

- a. *Malaja* – originated from *bahya mala* like sweat
- b. *Raktaja* – originated from blood vessels (*Dhamani*)
- c. *Kaphaja* – originated from *Amashaya* (Stomach)
- d. *Purishaja* - originated from *Pakvashaya* (Large Intestine)

**Table No.1:** Showing the Total number of Krimi according to their Sites as mentioned in different Ayurvedic classics

No.	Name of the Text	<i>Bahya or Malaja Krimi (External)</i>	<i>Abhyantara Krimi (Internal)</i>			Total No. of Krimi
			<i>kaphaj</i>	<i>Raktaja</i>	<i>Purishaja</i>	
1	<i>Charaka Samhita</i>	2	7	6	5	20
2	<i>Sushruta Samhita</i> [6]	-	6	7	7	20
3	<i>Bhela Samhita</i>	-	-	-	-	20
4	<i>Harita Samhita</i> [7]	7	6	-	-	13
5	<i>Astangahridya</i> [8]	2	7	6	5	20

**Table No.2:** Showing the site of Krimi as mentioned in Brihatrayi (Charakasamhita Vimanasthana 7/11)

Sl. No.	Text	Malaja	Raktaja	Kaphaja	Purishaja
1.	Charaka samhita	Kesha, Shmasru, Loma,	Rakta– VahiniDhamani	Amashaya	Pakvashaya
2.	Sushruta Samhita	–	–	Amashaya	Pakvashaya
3	Ashtanga Hridaya	Kesh, Loma	Rakta- VahiniSira	Amashaya	Pakvashaya

**Table no. 3 - Nomenclature of Krimi in Samhitas**

Sr. No.	Types of Krimi	CharakaSamhita C.S.Vi. 7/10-13	SushrutaSamhita S.S.U.54/8,12,15
1	BahyaKrimi	Yuka, Liksha	-
2	KaphajaKrimi	Antrada, Udarada, Hridyachara, Mahaguda, Churu, Darbhapushpa, Sugandhika	Darbhapushpa, Mahapushpa, Praloona, Chipita, Pippalika, Daruna
3	RaktajaKrimi	Keshada, Lomada, Lomadvipa, Saurasa, Udumbara, Jantumatra	Keshada, Romada, Nakhada, Dantada, Kikkisha, Kushtaja, Parisarpa
4	PurishajaKrimi	Kakeruka, Makeruka, Leliha, Sashoolaka, Shausurada	Ajawa, Vijawa, Kipyra, Chipya, Gandupada, Churu, Dvimukha

Kaphaja and Purishaja krimis are visible to naked eyes while Raktaja krimis are invisible.

In present scenario the Krimi are categorized in two groups

1. SamanyaKrimi (General worms).
2. VishishtaKrimi (Specific worms) like Spheetkrimi (Tape worm), GandupadKrimi

(round worm), Ankushmukhikrimi (hook worm), Sutra krimi (thread worm) etc.

### MANAGEMENT

Ayurvedic Treatment of (Krimi Roga) [9]  
Acharya Charaka in Vimansthana in Vyadhitarpriyaadhyaya mentioned Trividh Chikitsa for Krimi Roga

### 1. *Apakarshana* –

Means extraction of *Krimi*, two ways of extraction mentioned

#### 1. *Hasta/Yantra* (manual extraction)

*Krimi* which are visualized can be extracted manually by using *Yantra* or by bare hands

#### 2. *Bhesaja Apakarshana*– (therapeutic extraction)

It includes *Shodhana* 1. *vaman* 2. *virechana* 3. *Asthapana* 4. *Shiro-Virechan* that are sequentially carried out same day for expulsion of *Krimi* from body.

### 2. *Prakrutivighata* –

It means creating unfavorable conditions, which are exactly opposite to the habitat of the *Krimi*.

### 3. *Nidan Parivarjan*–

*Nidan Parivarjan* plays very important role in *Krimi* roga along with *Nidan parivarjan* and *Prakruti Vighata*, *Nidan Parivarjan* means removal of causative factor like avoid undigested food, uncooked food, polluted food.

From the principle of *Nidan parivarjanam Ayurveda* is giving distinct scope for both prevention and cure.

**Table no. 4 - Medicinal Plants used for the treatment of *Krimi***

Sr. No.	<i>Bahya Krimi</i> (Insecticide)	<i>Samanya</i> (General) <i>Krimi</i>	<i>Vishistha (Specific) Krimi</i> [10]
1	<i>Nimba</i>	<i>Aranya jeerak</i>	<i>Gandupada</i> – <i>Chauhar</i> , <i>Palash beej</i> , <i>Vidanga</i> , <i>Paribhadra</i> , <i>Indrayava</i>
2	<i>Vacha</i>	<i>Ingudi</i>	<i>Spheeta</i> – <i>Kampilaka</i> , <i>Puga</i> , <i>Dadimtwak</i>
3	<i>Dhatura</i>	<i>Yavani</i>	<i>Tantu</i> – <i>Kumari</i> , <i>Chirayata</i> , <i>Nimba</i>
4	<i>Katphala</i>	<i>Aphsantin</i>	<i>Ankusha</i> – <i>Yavanisatva</i> , <i>Bhallatakataila</i>
5	<i>Lahsuna</i>	<i>Barbari</i>	<i>Sleepada</i> – <i>Shakhotaka</i>
6	<i>Karanja</i>	<i>Nimba</i>	<i>Snayu</i> – <i>Nirgundi</i> , <i>Shigru</i>

**Table no 5:** Table showing list of *Kalpa* used in *Krimi Roga*

Type of Preparation	Name of Preparation
<i>Asava/Arishta</i>	<i>Khadiradi Arishta</i> , <i>Vidanga Arishta</i> , <i>Deva Darya Arishta</i> , <i>Vidangaasav</i>
<i>Bhasma/Kashaya</i>	<i>Loha Bhasma</i> , <i>Vanga Bhasma</i>
<i>Choorna</i>	<i>Vidanagadi Choorna</i>
<i>Ghrita</i>	<i>Bimbi Ghritam</i> , <i>Vidanagadi Ghritam</i>
<i>Rasa</i>	<i>Krimikaalanala Rasa</i> , <i>Kurmi Mudgarasa</i> , <i>Kurmikuthara Rasa</i>

**DISCUSSION:** The word *Krimi* broadly described for worms, microbes. From the *Vedic* period its existence

was felt. But details of it is somewhat found in later period.

The treatment principle of *Krimi* is *Apakarshana* (Expulsion of harmful substances through *shodhan chikitsa*), *Prakritivighata* (counteracting/ modalities) and *nidana parivarjan*. The drug having *katu*, *tikta*, *kashaya*, *kshara* and *ushna* properties and the opposite qualities of *kapha* and *purish* are used for *prakritivighata*.

### CONCLUSION:

The concept of *Krimi* is not new. From the period of Veda its existence was felt. *Ayurveda* the science of life has elaborately described about the worms as *Krimi Roga*. *Sushruta* described *Ahara Sambandi Nidan* and *Vihar Sambandi Nidana* for *Krimiroga*. *Acharyas* has described *Krimi* in various *Samhitas* in detail they also believe that *Krimi* can be etiological factors for various disease like *Krimi Hridroga* and *Krimi Shiroroga* etc.

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