



## Review Article

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## A REVIEW ON AYURVEDIC CONCEPT OF KRIMI &amp; ITS MANAGEMENT

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Received on: 13/07/18 Accepted on: 18/09/18

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DOI: 10.7897/2277-4343.095147

## ABSTRACT

Ayurvedic medicinal system is oldest in origin with treasures of knowledge about practices. In Ayurveda all acharyas mentioned the term Krimi and most of the authors described the classification, causes, symptoms and treatment of the Krimi. Ayurvedic physicians were well aware about Krimis and Krimirogas. Word 'Krimi' is used as broad sense for all worms and microorganisms perspective of modern science. Concept of krimi is not new its description is found since Vedic period. Krimis are classified into two groups, Bahya and Abhyantara krimi. Abhyantara or internal krimi are further sub-classified into three groups i.e. Raktaja, Kaphaja or Shleshmaja and Purisaja. Acharya Charaka has described three folded treatment of Krimiroga viz. Apakarshana, Prakritivighata and Nidanparivarjana. Samshodhana is considered as a basic treatment of Krimiroga in Ayurveda.

**Keywords:** Krimi, Microorganism, Krimiroga, Samshodhana.

## INTRODUCTION

In Ayurveda the word 'Krimi' is used as broad sense for all worms and microorganisms perspective of modern science. Concept of krimi is not new its description is found since Vedic period. The visible or invisible i.e. macro or micro organisms that affect the living & non living things of biosphere are described in Ayurvedic literature. In modern medical science there is separate branch for worms and microbes i.e. helminthology and microbiology respectively but in Ayurveda the word Krimi is used for all worms and microbes. In Ayurveda all acharyas mentioned the term Krimi and most of the authors described the classification, causes, symptoms and treatment of the Krimi. Ayurvedic physicians were well aware about Krimis and Krimirogas, they have described 20 types of krimis and their habitat of the different part of the body having various shape and size, the location of Shleshmaja and Purisaja Krimis are gastrointestinal tract. They produced local as well as general symptoms in human being.

Acharyas described Krimi very beautifully which lives in our body in different site means the organism invading in our body and locate in some particular site and produced various diseases. Modern science is said that there are some beneficial microorganisms and some are harmful, this is previously mentioned in Samhita period but there is no broad description of beneficial Krimi. For this they are using the word Sahaja Krimi<sup>1</sup> which means avakarika (non-pathogenic).

Ayurvedic medicinal system is oldest in origin with treasures of knowledge about practices. It works with the purpose of perfect health of human being i.e. physically or mentally free from diseases and has no pain. Acharya Charaka has described three folded treatment<sup>2</sup> of Krimiroga viz. Apakarshana, Prakritivighata and Nidanparivarjana. Apakarshana means to eliminate the dosha, mala and krimi sanghata forcefully. It contains most forcible shamshodhana viz. Vamana, Virechana, Shirovirechana and Asthapana basti. Prakriti vighata means destruction of susceptible environment of krimi. Nidan Parivarjana means to avoid the causative factor. Samshodhana is considered as a basic treatment of Krimiroga while Prakriti vighata and Nidan

parivarjana eradicate Krimiroga from the base. After Samsodhana if any ova and cyst remain in Kostha than this Prakriti Vighata and Nidana Parivarjana are suppress the growth of Krimi and prevent recurrence of Krimiroga. But Samshodhana in children is not desirable so keeping this in mind Samshamana treatment is used by physicians of Ayurveda with suitable krimighana drug which are described in classics.

## CONCEPT OF KRIMI IN VEDIC PERIOD

The word 'Krimi' mentioned in Vedic literature has broad based meaning. There are four Vedas viz. Rigveda, Samaveda, Yajurveda & Atharvaveda. Description of Krimi & Krimiroga available in three Vedas except Samaveda. More details about Krimis are available in Atharvaveda. In Atharvaveda the existence of krimi is mentioned in trees, water, mountains and in living being which cause various diseases<sup>3</sup>, in other words we can say that presence of bacteria in environment has been mentioned very clearly. Some other types of krimis which cause disease in eyes, nose, and teeth are also mentioned<sup>4</sup>. Different types of krimi and its particular names eg. Rakshasa, Pisacha, Yatudhanas have also been used in various places. Visible-invisible and pathogenic-nonpathogenic organisms also mentioned in Vedic literature.

Table 1: Classification of Krimi according to their specific karma

Synonyms of Krimi	Karma
Rakshasa	Which drinks blood
Pishacha	Eats raw meat
Yatudhana	Which causes pain
Asura	Which destroys life
Gandharva	Makes noise
Sarpa	These possess the properties of movement
Krimidin	Eat other smaller organisms

## CONCEPT OF KRIMI IN SAMHITA PERIOD

Descriptions about the classification, pathogenesis and treatment of Krimi Roga have been done by various Acharyas at time to time. **Charaka Samhita** mentions the total number of twenty Krimi. It has divided Krimis into two broad groups Sahaja (non-

pathogenic) and Vikaraja (pathogenic)<sup>1</sup> and further as Drishta and Adrishta in “Vyadhirupiya Vimana”. Further classification of Krimis is only concerned with Vikaraja Krimis, as Abhyantara (Internal) and Bahya<sup>6</sup> (External) Krimi. Bahya Krimis are told of two types as Yuka and Pippalika while Abhyantara krimi is further sub-classified into three type viz. Purishaja, Shleshmaja, and Rakataja.<sup>7</sup> Detailed description of Krimi Roga is mentioned in Vimana Sthana with its three fold Chikitsa i.e. Apakarshan, Prakriti- Vighata, and Nidana Parivarjan. **Harita Samhita** explains number, size, shape, classification and habitat of Krimi. Aetiology, pathogenesis, symptoms and treatment of Krimi are explained in a nice way. In this text, Krimi is divided as internal and external Krimi with seven types of external krimis and six types of internal krimis<sup>8</sup>. Descriptions relevant to survival of Krimi in Kostha are also mentioned. **Bhela Samhita** mentions only twenty type of Krimi with their names<sup>9</sup>.

### KRIMI IN SANGRAHA PERIOD

**Ashtanga Sangraha** and **Ashtanga Hridaya**, supposed to compiled the Charaka and Sushruta Samhitas and explains the Nidana (causes), Classification and Lakshanas (symptoms) of Krimi in Nidana Sthana<sup>10,11</sup> and treatment of the Krimi in Chikitsa Sthana<sup>12,13</sup> respectively. **Madhava nidana** mentioned the twenty types of Krimis according to the origin and habitat with the treatment of Krimi borne diseases in “Krimi Nidana”.<sup>14</sup> **Sharangadhara Samhita** has explained twenty one types of Krimis according to etiology. References of Snayuka and Vrana Krimis are first told in this Samhita<sup>15</sup>.

### TYPES OF KRIMI IN AYURVEDA

Though most of the authors have given the total number as twenty, however there exists some difference of opinion as regards their location in the body. Abhyantara or internal krimi are further sub-classified into three groups i.e., Raktaja, Kaphaja or Shleshmaja and Purisaja. Exact number of krimis of these sub-classification varies according to different authors as given in table.

**Table 2: Total number of Krimi and their types as mentioned in different Ayurvedic classics-**

Sl. No.	Name of the Text	Bahya or Malaja Krimi (External)	Abhyantara krimi (Internal)				Total No. of Krimi
			Kaphaja	Raktaja	Purishaja	Shlesmaraktaja	
1.	Charaka Samhita <sup>16</sup>	2	7	6	5	-	20
2.	Sushruta Samhita <sup>17</sup>	-	6	7	7	-	20
3.	Vagabhata	2	7	6	5	-	20
4.	Bhela Samhita	-	-	-	-	-	20
5.	Harita Samhita	7	6	-	-	-	13
6.	Madhava	2	7	6	5	-	20
7.	Sarangdhara	2	7	6	5	1	21
8.	Bhava Prakasha <sup>18</sup>	2	7	6	5	-	20
9.	Yoga Ratnakara <sup>19</sup>	2	7	6	5	-	20

### HABITAT OF KRIMI

Almost all the authors have located Krimis similarly as site Bahya and Abhyantara.

### Bahya Krimi (External)

Charaka Samhita refers their presence in hair, eyelashes, and any other part of the body and clothing. Other texts like Ashtanga Hridaya, is of the same opinion about the habitat of external krimis (Malaja).

**Table 3: Site of Bahya Krimi (Malaja krimi)**

Site	Ch. S.(Ch.V.7/10)	A. H. (A.H.Ni.14/44)
Hair	+	+
Shamashru	+	-
Loma	+	-
Eyelashes	+	-
Skin	-	+
Clothing	+	+

### Abhayantara Krimi (internal)

The authors of Brihatrayi differ in describing location of internal krimis, subsequent authors have followed one of the author of Brihatrayi.

**Table 4: Site of Krimi as mentioned in Brihatrayi**

Sl. No.	Text	Malaja	Raktaja	Kaphaja	Purishaja
1.	Charaka Samhita	Kesha, Shmasru, Loma, Pakshma, Malin Vastra	Rakta-Vahini Dhamani	Amashaya	Pakvashaya
2.	Sushruta Samhita	-	Dhamani	Amashaya	Pakvashaya
3.	Ashtanga Hridaya	Kesh, Loma	Rakta-Vahini Sira	Amashaya	Pakvashaya

**NOMENCLATURE OF KRIMIS MENTIONED IN DIFFERENT CLASSICS**

Various names used by different authors for bahya krimi and abhyantara krimis are summarized as table form.

**Table 5: Names of Bahya and Abhyantara krimi as mentioned in different classics**

Sr. no.	Charaka	Sushruta	Vagbhata	Harita
A	<b>BAHYA</b>			
1.	Yuka	-	Yuka	Krishna(yuka)
2.	Pipilika	-	Leeksha	Sweta (leeksha)
3.	-	-	-	Charmdi
4.	-	-	-	Charmyukika
5.	-	-	-	Binduki
6.	-	-	-	Vartula
7.	-	-	-	Matkuna
B	<b>ABHYANTARA</b>			
B I	<b>Shleshmaja Krimi</b>			Prithumunda
1.	Antrada	Dhanyankuranibha	Antrada	Dhanyankuranibha
2.	Hridayada	Suchimukha	Hridayada	Suchimukha
3.	Udarad	Chipita	Udaravestha	Kinchuksannibha
4.	Churu	Pipilika	Kuru (Churu)	Anawah
5.	Mahaguda	Daruna	Mahakuha	Sukshmah
6.	Saugandhika	Darbhapushpa	Sugandha	-
7.	Darbhakushma	-	Darbhakusuma	-
B II	<b>Purishaja Krimi</b>			-
1.	Kakeruka	Ajwa	Kakeruka	-
2.	Makeruka	Vijya	Makeruka	-
3.	Sausurada	Kipyra	Sausurada	-
4.	Sasulaka	Chipya	Saluna	-
5.	Leliha	Gandupad	Leliha	-
6.	-	Churu	-	-
7.	-	Dvimukha	-	-
B III	<b>Raktaja Krimi</b>			-
1.	Keshad	Keshada	Keshada	-
2.	Lomada	Romada	Lomavidhvansa	-
3.	Lomadwipa	Nakhad	Lomadwipa	-
4.	Saurasa	Dantada	Udumbara	-
5.	Udumbara	Kikkisha	Saurasa	-
6.	Jantumata	Kushthaja	Matraha	-
7.	-	Parisarpaja	-	-

It is not possible to give exact explanation of various name of krimis mentioned by the different authors, however on the basis of etymological derivation or verbal meaning few krimi can be explained in following way-

**Table 6: Explanation of Krimis according to their name**

Name of krimis	Explanation
Antrada	Which eats intestine or which produces ulceration in lower bowels
Udarada	Worms which occupy upper portion of the abdomen and make ulceration in mucosa of duodenum and jejunum
Udaravestha	Worms which are so big in size and cover whole abdomen (intestine)
Chipita	Plate worms
Hridayada	Krimi which licks the heart
Hridayachara	Worms which passes through the heart
Churuvo or churu	Krimis which produce sound
Darbhapushpa or Darbhakushuma	Krimi resembles with flower of darbha in appearance
Mahapushpa	Krimi like big flower in shape
Saugandhika or sugandha	Krimi which produce peculiar smell
Mahaguda	Krimi having large anus or fully developed gastrointestinal tract
Praluna	Worms which breaks in pieces as group of taenias
Pipilika	Krimi similar to ant in shape and size
Daruna	Krimi hard or rough in touch and produce pain and discomfort
Makeruka	Krimi having rough ridges like crocodile on dorsal surface of the body
Leliha	Krimi having snake like movement of the tongue
Sashulaka	Which produce pain
Sausurada	Which produces fermentation in lumen and survives on the same
Gandupada	Similar to earthworm
Dvimukha	Krimi having double mouth or mouth like structure on both the ends of the body
Ajava	Without segment
Vijava	With segment
Prathumunda	The krimi having wide flat head
Kanchukasannibha	Similar to earthworm
Dhanyankura	Similar to fresh paddy sprout
Suchimukha	Krimi which possesses pin pointed needle like mouth
Sukshma	Smaller in size
Anvaha	Smallest in size

## GENERAL SYMPTOMS OF KRIMI

Almost all the Ayurvedic texts except Charaka Samhita have described common signs and symptoms for all Krimis viz. fever, paleness of skin, cramping pain, heart trouble, lassitude, vertigo, reduced appetite, diarrhoea, vomiting and gurgling sound in the

intestine. Other clinical picture of human infected with Krimi are suddenly falls down on the ground, malaise and dyspnoea. The description of Krimija pandu is available in Charaka and other Samhitas. Some specific sign and symptoms are also described in Ayurvedic texts caused by individual and specific Krimi.

Table 7. Samanya Rupa (general symptoms) of Abhyantara Krimi

Sr.no.	Symptoms	Su. S. <sup>20</sup>	M.N. <sup>21</sup>	B.P. <sup>22</sup>	H.S. <sup>23</sup>	Y.R. <sup>24</sup>
1.	Jwara (fever)	+	+	+	+	+
2.	Vivarnata (depigmentation)	+	+	+	+	+
3.	Shoola(pain)	+	+	+	+	+
4.	Hridroga (heart trouble)	+	+	+	+	+
5.	Bhrama (vertigo)	+	+	+	+	+
6.	Bhaktadwesa (anorexia)	+	+	+	+	+
7.	Atisara (diarrhoea)	+	+	+	+	+
8.	Sadana (malaise)	+	+	+	-	-
9.	Chhardi (vomiting)	-	-	-	-	+
10.	Swasa (dyspnoea)	-	-	-	-	-
11.	Vami	-	-	-	+	-
12.	Jathara garjanam	-	-	-	+	-
13.	Mandagni	-	-	-	+	-
14.	Pipasa	-	-	-	+	-
15.	Pitanetra	-	-	-	+	-

## TREATMENT OF KRIMI

Acharya Charaka described three basic methods for the treatment of Koshtagata Krimi<sup>2</sup> such as-

- 1) Apakarshana (Removed by Vamanadi Panchakarma procedures)
- 2) Prakritivighata (Breaking the pathogenesis)
- 3) Nidana Parivarjana (Absence from cause)

### (I) APAKARSANA

The word Apakarshana means to scratch the dosha, mala and krimisanghata forcefully. Any process by which the unwanted components are removed or eliminated from the body is considered as Apakarsana. Apakarsana of Krimis includes the manual and instrumental removal of them where it is applicable. Apakarsana or removal of the Bahya Krimi (external) should be done by manual method. Apakarsana of Abhayantara Krimi, which reside in their usual habitat should be done by the elimination method such as :

#### (i) Vamana

Vitiated doshas eliminated through the upper part of Srotas is called Vamana. Amashaya is the site for production of Kapha and when it is vitiated, it produces Kaphaja Vikara as well as Kaphaja Krimi, these are eliminated out through Vamana therapy in Ayurveda.

#### (ii) Virechana

This karma is done for eliminating the vitiated doshas through gastrointestinal tract. Drugs used in this karma should be krimighna as well as having purgative effect which can be help to killing the parasite in the intestine or to anaesthetise the worms and to remove out by peristaltic movements of intestine. This karma is most relevant in intestinal worm infestation in which worm will die or get lost its consciousness and eliminate out from the gut.

#### (iii) Shirovirechana

Samshodhan Karma in which the doshas seated in head (in the sinus) are eliminated through the nose is called shirovirechana. In this administered drugs should be having katu tikta rasa and ushna guna which effecting over the nasal mucosa, to stimulate the nerve ending and secreting the vitiated matter. These vitiated doshas and krimis are thrown out by this procedure.

#### (iv) Asthapana Basti

This is also a technique of eliminating the Krimi from large intestine. In this process, the active principles of the medicine will directly reach at the site of Krimi and effect the organism. The Basti is divided into three types (1) Anuvasana Basti (2) Asthapana Basti (3) Uttara Basti. Acharya has given importance to Asthapana Basti in Krimi than Anuvasana Basti because the oleative preparation favour the Krimi whereas contents of Asthapana Basti i.e Kashaya Dravya which has the Karshan Guna and they inhibit the growth of Krimi and its activities.

### (2) PRAKRITI VIGHATA

Prakriti which is able to produce Utpadaka Karana and Vighata means to be destroyed i.e, Vinasha. Therefore overall Prakriti Vighata means to destroyed the producing environment. After doing Samshodhan Chikitsa (with the help of Apakarshan) the doshas, Mala Sanghata and Krimis are no doubt eliminated out of the body but if their Prakriti is not altered, the anubandha of disease will occurs. Prakriti Vitghata are inhibiting factors which responsible for the inhibition of growth and production of Krimis by dravyas having Katu, Tikta, Kasaya and Ushana Guna. Kapha and Purish is the main prakriti of Krimis so Acharya Charaka advices to make use of Dravyas which possess the opposite properties to the Kapha and Purish for Prakriti Vighata.

### (3) NIDANA PARIVARJANA

Nidana Parivarja means to eliminate the causative factor which promote the germinating and growing of the Krimi. This is most important principle of Ayurveda because it emphasizes on importance of Ahara, Vihara and life style as same as treatment. In this all causes should be avoided which is responsible for causing krimiroga like kaphavardhaka aahara madhura, snigdha, guda, dahi, dugdha and mithya vihara like divashayana which mentioned in classics.

## DISCUSSION

It is well known that the word krimi has broad meaning in Ayurveda for worms and microorganisms. Since the Vedic period its existence was found but in Samhita period detail study about the type of krimi, its morphology, pathogenesis, clinical features and management was found very clearly. There are two types of krimi – drishya and adrishya. Adrishya krimi was recognized with

the help of Anumana pramana by the analysis of sign and symptoms. Now a days, it become easy to identified with the help of microscope. Krimis which can be visualized may be compared with adult worm and which never visualized through naked eye may be considered as microbes and larval stage of worm. Different texts of Ayurveda described the various types of krimi viz. Raktaja Krimi, Kaphaja Krimi and Purishaja Krimi. In case of Raktaja Krimi they mentioned the word Adrashantor which denote the invisible worm or adrishya krimi but these term did not used for Kaphaja Krimi and Purishaja Krimi. Although now a days some microbes are resides in intestine, stomach, respiratory system which cannot be visualized through naked eye, are considered as Purishaja Krimi and Kaphaja Krimi.

## CONCLUSION

Concept of Krimi and Krimi Roga are available since Vedic period, but detailed descriptions are found in samhita period along with three fold treatment of krimiroga. According to time era depth of literature varies which had more detail description regarding Krimiroga. Krimi word shows the all microorganism helminthes, protozoa, bacteria and virus in the Ayurvedic literature. So it is very difficult to understand the correlation between the term krimi and modern science because of lack of detail description of individual krimi. Although management of krimi roga described by text of Ayurveda are step by step in proper way but it is not well established practically because it is difficult to follow the all steps of management especially in children.

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## Cite this article as:

Saliha Siddiqui and Kalpana Patni. A review on Ayurvedic concept of Krimi & its management. Int. J. Res. Ayurveda Pharm. 2018;9(5):19-23 <http://dx.doi.org/10.7897/2277-4343.095147>

Source of support: Nil, Conflict of interest: None Declared

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