



Case Study

www.ijrap.net

(ISSN Online:2229-3566, ISSN Print:2277-4343)



AYURVEDIC MANAGEMENT OF PURISHAJA KRIMI ROGA: A CASE STUDY

Soumya EA¹, Poornasri Jagani^{2*}

¹ Assistant Professor, Department of Kayachikitsa, Sri Jayendra Saraswathi Ayurveda College and Hospital, Nazarathpet, Chennai, Tamil Nadu, India

² PG Scholar, Department of Kayachikitsa, Sri Jayendra Saraswathi Ayurveda College and Hospital, Nazarathpet, Chennai, Tamil Nadu, India

Received on: 19/11/22 Accepted on: 06/01/23

*Corresponding author

E-mail: poornajagani@gmail.com

DOI: 10.7897/2277-4343.14013

ABSTRACT

Introduction: Worm infection is the most common problem in developing countries and occurs as an intestinal infection. Pinworm infection is an intestinal infection that occurs due to poor hygiene, sanitization, poverty and improper washing. Krimi roga is an important disease in Ayurveda and is used to denote tiny organisms in the human body. **Case presentation:** A 44-year-old female was admitted with the following complaints of anal itching, bloating of the abdomen, itching on hands, reduced appetite and discolouration on the hand. A thorough clinical examination and investigations like sputum microscopy confirmed the worm infection. The Ayurvedic aspect of this disease can be considered as krimi and specifically as purishaja krimi. **Diagnosis and management:** The diagnosis is based on the clinical features of the disease, and the management approach of worm infection includes anthelmintic medications and hygienic measures. In Ayurveda, the diagnosis is based on signs and symptoms along with dosha involvement. The treatment approach includes agni deepana, ama pachana, apakarshana, prakruti vighata and nidana parivarjana chikitsa and procedures like kashaya dhara and krimighna basti. **Outcome:** There was a marked improvement in the disease's clinical features, increased appetite, and decreased worm infection. **Discussion:** Satisfactory results were obtained, discharged with oral medications, and follow-up was done. This case highlights the role of Ayurveda in managing the disease, and proper diagnosis of the disease, along with oral medications and panchakarma procedures, can be given for significant results.

Keywords: intestinal worm, krimighna basti, krimihara churna, krimimudgara rasa, pinworm, purishaja krimi

INTRODUCTION

Pinworm infection, also called *Enterobius vermicularis*, is a common helminthic infection. The incidence rate of pinworm infection is more than a billion people¹. The infection is common in children, but anyone is susceptible to this infection. The frequency of male to female ratio is 2:1². The only host of this infection is humans³. The primary infection symptom is anal pruritus, which occurs primarily at night, due to which the affected individual may have sleep disturbances. Genitourinary complaints along with abdominal pain can also occur⁴. Tiny thread-like worms may be visible in the anal area.

In Ayurveda, the word krimi is defined as Krinathi himsathi ithi Krimi, which means worms that cause suffering and is known as Krimi⁵. In Ayurveda, there are various types of krimi, one of which is purishaja krimi. The nidana of krimi roga includes intake of ahara like madhura rasa, cold items, kshira, tila, jaggery and unctuous food items, and that which causes kapha utklesha should be avoided⁶. The symptoms of purishaja krimi are pain in the abdomen, impaired appetite, emaciation, itching in the anal region and when excited worms come out of the anus, anaemia, constipation and eructation⁷. Acharya Charaka has also quoted vishesha symptoms such as purishabheda karshya, lomaharsha etc⁸. The general management of krimi includes apakarsha (manual or therapeutic extraction), prakruti vigata (creating an unfavourable environment) and nidana parivarjana (avoiding causative factors)⁹. Along with the above treatment, ama pachana, deepana and basti with krimighna dravyas were given.

Case history

A 44-year-old female patient came to our hospital, Sri Jayendra Saraswathi Ayurveda College and Hospital, Nazarathpet, Chennai, India. The patient was normal three years back. Then gradually, she complained of pain in the abdomen, mainly in the umbilical and hypogastric region, bloating of the abdomen after food intake, a vomiting sensation, which reduced after some time and complaints of worms coming out from urine and anal region. The pain aggravated while having sweet food items, and relieving factor was a hot water bag. For this same, she consulted an allopathic doctor where she underwent many tests like stool examination, but it was normal, and in the macroscopic examination, pinworm infection was detected; she took medicines for the same but found no relief. For the past year, she has had itching in the anal region and her right leg along with slight discolouration, which was reduced on its own then she observed itching and blackish brown discolouration in her left hand along with burning micturition, loss of appetite and constipation, and for the same, she approached at Sri Jayendra Saraswathi Ayurveda College and Hospital on 27/10/2022 for Ayurvedic management.

Declaration of patient consent: The authors certify that they have obtained all patient consent forms. In the form, the patient has given her consent for her images and other relevant clinical information to be used in the journal.

History of past illness: She is a K/C/O bronchial asthma since the age of 5 years

Examination and Clinical findings

General examination

Bowel: Constipated, worms visible
 Appetite: Loss of appetite initially and then irregular
 Micturition: Burning, alpa
 Sleep: Disturbed
 Pallor: Paleness in conjunctiva and nails
 Weight: 45 kg

Respiratory system examination

Wheeze: Positive at the lower lobe and middle lobe region of the lung
 Congestion: Absent

GIT system examination

P/A examination: Hard abdomen
 Tenderness: Positive in umbilical and hypogastrium area
 Constipation: Present

P/R examination: Not done

Stool examination

Macroscopic examination

Colour of stool: Brown
 Consistency: Semisolid
 Frank blood: Absent
 White colour pinworm: Present

Microscopic examination

Pus cells: 1-3
 Protozoa: Absent
 Flagellates: Absent
 Macrophages: Absent
 Yeast cells: Absent

Test	Value	Ref. Range
STOOL EXAMINATION		
Macroscopic:		
Color	Brown	Brown
Form & Consistency	Semi solid	semi solid
Mucus	Absent	Absent
Frank Blood	Absent	Absent
Microscopic:		
Protozoa	Absent	Absent
Flagellates	Absent	Absent
Parasites	Absent	Absent
Macrophages	Absent	Absent
Mucus Strands	Absent	Absent
Fat globules	Absent	Absent
Pus cells	1 - 3	Absent
Rbc	Absent	Absent
Yeast Cells	Absent	Absent
Undigested particles	Absent	Absent

Treatment given

Internal medication

Nirgundiyadi kashaya: 15 ml-0-15 ml with 45 ml warm water (Before Food)
 Vaishwanara churna: 1 tsp with buttermilk at 11.30 a.m.
 Krimimudgara rasa: 2-0-2 (After food)
 Krimihara churna: 1 tsp-0-0 with warm water (Before food)
 Dhanwantaram gutika: 0-0-2 with Jeeraka water at bedtime

External treatments

Table 1

Treatment procedure	From	To	No. of days
Panchatikta kashaya dhara	27/10/2022	5/11/2022	10 days
Krimighna basti	28/10/2022	5/11/2022	6 days
Matra basti	31/10/2022	4/11/2022	3 days
Abhyangam	31/10/2022	5/11/2022	6 days

Krimighna Basti

Saindhava: 10 gm
 Vidanga kalka: 30 gm
 Krimihara churna kashaya: 200 ml
 Murchita tila taila: 100 ml

Matra basti: Murchita tila taila 80 ml

Discharge medicines

Follow up medicines
 Vaishwanara churna: 1 tsp with warm water at 11.30 a.m.
 Krimihara churna: 1 tsp-0-0 with warm water (Before food)
 Krimimudgara rasa: 2-0-2 with warm water (After food)
 Dhanwantaram gutika: 0-0-2 with Jeeraka water at bedtime
 Murchita tila tailam: 0-0-1 tsp at bedtime
 Triphala churna for prakshalana

The outcome of the treatment

Patient assessed outcome

No itching
 No abdominal pain
 Increased appetite

Clinician assessed outcome

From 2nd day: worm infection slightly reduced
 From 6th day: abdomen pain reduced
 From 7th day: itching reduced
 From the 10th day:

- Abdomen pain reduced
- Worm manifestation is much reduced
- Itching reduced
- Discolouration on left hand slightly reduced
- The smell in urine reduced

DISCUSSION

The life span of pinworm infection is long, and there are chances of recurrent infection. Intestinal worms are common trouble in humans. Many acharyas have mentioned that krimi can give rise to different diseases. In krimi, kapha dosha plays a vital role along with vata dosha. Rakta, purisha and annarasa plays as dushya in krimi roga. In this case, deepana, pachana, agnivardhaka and krimighna line of treatment along with proper pathya is followed. In this purishaja krimi, the patient complained of less appetite (agnimandhya), constipation or vibandha and boating of the abdomen, which can be considered ama present in the body.

Vaishwanara churna is given to reduce abdominal bloating and increase hunger, as the term suggests it increases agni (vaishwanara). It contains lavana, Ajamoda, Jeeraka, Pippali, Shunti and Haritaki¹⁰. Vaishwanara churna is given along with takra as anupana possessing katu tikta rasa and has dipana, pachana and vata anulomana properties; due to its drugs, it can help in removing amatva in the body, thereby increasing appetite and relieving vibandha.

Nirgundyadi kashaya is mentioned in sahasrayoga in krimi prakarana containing ingredients which are kapha hara in nature and is indicated as keetana vidwamsayetha, which means removing all worm infestations¹¹. Nirgundyadi kashaya acts in abhyantara rogamarga and helps reduce kapha and ama, thereby increasing agni and relieving abdomen pain.

Krimimudgara rasa is rasa preparation given due to its tikta rasa, krimighna and shula prashamana property. Shulagna property of Vidanga and Ajamoda makes the worms immobile and expelled from the body. It contains chemical constituents like strychnine and embelin, which have anti-helminthic property, strengthens the abdomen muscles and expels the worm from the body¹².

Dhanwantaram gutika was given to reduce nausea and vomiting as it is vata and kapha dosha shamaka. It acts on the level of rasa, rakta, mamsa and meda dhatu and due to its ingredients like Shunti, Ela, and Jeeraka, it does ama pachana. Drugs like Lavanga and Kiratatikta reduce nausea, containing Haritaki and Jaypala acting as anulomana and mala shodhana.

Krimihara churna has ingredients like Palasha beeja, Udumbara, Musta, Dadima twak, Ajamoda, Vidanga, Devadaru, Kramuka and Shigru beeja. All these are krimighna in nature.

Krimighna basti in the form of yoga basti was given. Charaka has mentioned shatprasrutika krimighna kashaya basti in Siddhi sthana¹³. This modified form of krimighna basti is taken where madhu was not included due to its madhura rasa property, as it can increase the worm manifestation. Vidanga kalka used has katu rasa and does dipana panchana kapha hara property and is krimighna in nature¹⁴. Ushna virya of Vidanga helps in agni deepana and sroto shodhana. Murchita tila taila has been used as matra basti and sneha dravya. Murchana of any taila removes ama dosha and durgandha and increases the potency of taila¹⁵. Vikasi guna of tila taila helps in better absorption of the medicine. The main action of tila taila is sroto shodhana, krimighna, varnakara, twak prasada kara, brimhana, garbhashaya sodhana and vrishya¹⁶.

CONCLUSION

The effect of the treatment was seen in reducing the abdomen pain along with a reduction in itching and worm infestation. By administering krimighna basti and kashaya dhara, the results showed marked improvement. The treatment effectively decreased the manifestation of worm infection, reduced the smell of urine, and increased appetite.

REFERENCES

1. Wendt S, Trawinski H, Schubert S, Rodloff AC, Mössner J, Lübbert C. The Diagnosis and Treatment of Pinworm Infection. *Dtsch Arztebl Int.* 2019 Mar 29;116(13):213-219. DOI: 10.3238/arztebl.2019.0213. PMID: 31064642; PMCID: PMC6522669
2. Rawla P, Sharma S. *Enterobius vermicularis*. [Updated 2022 Oct 9]. In: StatPearls [Internet]. Treasure Island (FL): Stat Pearls Publishing; 2022 Jan. Available from: <https://www.ncbi.nlm.nih.gov/books/NBK536974>
3. Ediriweera ER, Rajapaksha RP, Rathnayaka RL, Premakeerthi WM, Premathilaka S. Clinical study on the effect of decoction of Pavetta indica Linn. in treatment of Purishaja Krimi with special reference to Enterobius vermicularis infestation. *Ayu.* 2013 Jul;34(3):254-8. DOI: 10.4103/0974-8520.123110. PMID: 24501518; PMCID: PMC3902589.
4. Rawla P, Sharma S. *Enterobius vermicularis*. [Updated 2022 Oct 9]. In StatPearls [Internet]. Treasure Island (FL): Stat Pearls Publishing; 2022 Jan. Available from: <https://www.ncbi.nlm.nih.gov/books/NBK536974>
5. Radha Kantadev. *Shabdhakalpadruma*. Varanasi: Chaukhamba Sanskrit Series Office, 3rd ed, Vol I, 1967; p 178
6. Vaidya YT, editor. *Sushruta Samhita of Sushruta; Uttara Tantram; Krimiro- gapratishedham Adhyayam: 54th chapter, Verse 3-6*. Varanasi: Chaukhamba Surbharati Prakashan, Reprint 2003; p 772
7. Dr. PS Byadgi, A Textbook of Kayachikitsa, Chaukhamba publications, Vol 2, 60th chapter, Reprint 2021; p 938
8. Vaidya YT, editor. *Charaka Samhita by Agnivesha, Vimana Sthana; Vyadharupiyam Adhyayam:7th chapter, Verse 13*. Varanasi: Chaukhamba Prakashan, Reprint 2009; p 258
9. *Charaka Samhita, Ayurveda Dipika Ayushi Hindi Commentary, Chaukhamba Orientalia, 1st part, vimana sthana, Vyadharupiyam adhyaya, 7th chapter, verse 28; p 654*
10. Kaviraj Govind Das Sen, Bhaishajya ratnavali, edited siddhiprada Hindi commentary, by Prof. Siddhinandan Mishra, Chaukhamba Surbharati Prakashan, Varanasi, Amavata Adhikari, 29th chapter, 2021; p 499-500
11. Dr R Vidyath & Dr K Nishteshwar, Sahasrayogam, text with English translation, Chaukhamba Sanskrit series office, Kashaya prakaranam; p.42
12. Neenu V. Kuzhikandathil, Sreejith Satheesan, Sudharmini S. A clinical study to evaluate the effect of krimimudgara rasa in management of krimiroga with reference to intestinal helminthiasis. *Int. J. Research Ayurveda Pharm.* Sep - Oct 2016;7(5):64-69. DOI: <http://dx.doi.org/10.7897/2277-4343.075197>
13. *Charaka Samhita, Ayurveda Dipika Ayushi Hindi Commentary, Chaukhamba Orientalia, 2nd part, siddhi sthana, prasrutayogiya siddhi adhyaya, 8th chapter: p 1042-43*
14. Abhilasha, Vijay Shankar Dubey, Study of Vidanga on Krimi Roga w.s.r. to Round Worms. *J Ayurveda Integral Med Science* 2017; 4:57-62. DOI: <http://dx.doi.org/10.21760/jaims.v2i04.9448>
15. Kaviraj Shri Govindadas sen, Bhaishajya Ratnavali, edited with Siddhiprada Hindi commentary, by Prof. Siddhinandan Mishra, Chaukhamba Surbharati Prakashan, Varanasi; reprint 2015, 5thchapter, Verse 1264, p 206
16. Jawanjal DP. Til taila-A Review. *World Journal of Pharmaceutical and Medical Research.* 2018;4(10):76-8.

Cite this article as:

Soumya EA and Poornasri Jagani. Ayurvedic management of purishaja krimi roga: A Case Study. *Int. J. Res. Ayurveda Pharm.* 2023;14(1):7-9 DOI: <http://dx.doi.org/10.7897/2277-4343.14013>

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

Disclaimer: IJRAP is solely owned by Moksha Publishing House - A non-profit publishing house, dedicated to publishing quality research, while every effort has been taken to verify the accuracy of the content published in our Journal. IJRAP cannot accept any responsibility or liability for the site content and articles published. The views expressed in articles by our contributing authors are not necessarily those of IJRAP editor or editorial board members.