



Case Study

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AYURVEDIC MANAGEMENT OF KRIMI: A CASE STUDY WITH SPECIAL REFERENCE TO RAKTAJA KRIMI

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ABSTRACT

One of the most prevalent illnesses afflicting children in low- and middle-income nations continues to be worm infestation. While the majority of helminthic infections are mild and frequently asymptomatic, children from endemic locations are typically associated with growth retardation, nutritional compromise, anaemia, and poor academic achievement when they have moderate to heavy worm infestations. Case presentation: A 12-year-old male child was brought to Kaumarabhrithya OPD of Matrusri Davalba Ayurved Hospital, Vadodara, Gujarat, India, with symptoms of whitish patches on the face, trunk and both upper and lower limbs since 6 months associated with reduced appetite and severe constipation for 3 months. As per Ayurvedic classics, this condition can be correlated to Krimi (worms) and specifically Raktaja krimi (worms originating from vitiated blood) caused by Kushta samaana hetus (causative factors similar to skin diseases). The clinical characteristics of the illness were used to make the diagnosis. Anthelmintic drugs and hygienic practices were a part of the therapeutic strategy, including deepana (appetizer), pachana (digestive), apakarshana (to remove), prakruti vighata (destroying favourable environment) and nidana parivarjana (avoiding causative factors). Outcome: The disease's clinical manifestations significantly improved, and appetite increased. Discussion: Satisfactory outcomes were attained, oral medicine was taken upon discharge, and follow-up visits were made. This case emphasizes the use of Ayurveda in treating paediatric diseases, where effective outcomes can be achieved with accurate diagnosis, oral medication, and panchakarma treatments.

Keywords: Raktaja krimi, deepana, pachana, apakarshana, prakruti vighata and nidana parivarjana chikitsa

INTRODUCTION

Helminthiasis, another name for worm infestation, is a common disease that affects millions of people globally, especially in places with inadequate access to treatment and poor sanitation. These parasite infections may have serious health effects if they are not treated. To lessen the impact of worms on people and communities, it is essential to understand the many kinds of worms, their symptoms, prevention techniques, and available treatments. The human body's resident helminths, or worms, are a significant cause of disorders related to nutritional problems and general health problems beyond issues with the digestive system¹. Worm infestation is a substantial impediment to the growth and development of children. Children in preschool and school age are more likely to suffer from morbidity². Worm infestation is known in Ayurveda as "Krimi roga" or "Krimi dosha," where "roga" or "dosha" denotes illness or imbalance and "krimi" signifies worms. The traditional Indian medical system, Ayurveda, acknowledges that different kinds of worms can live in human bodies and offers comprehensive infestation treatment. Ayurveda states that worm infestation results from an imbalance in the body's doshas, which is mainly brought on by inadequate nutrition and weak digestion. This is particularly true in the case of Raktaja krimi, which is brought on by kushtha samaana hetus, with mithyahara (improper diet) and virudhahara (incompatible diet) being the main causes³. Weakened digestive fire (agni) fosters an environment ideal for developing and spreading parasites, including worms.

Aim: Management of krimi in children by Ayurvedic regimen and panchakarma.

Objectives: To study the efficacy of the Ayurvedic regimen and panchakarma in managing krimi.

Methodology

Consent: The present study was conducted under ethical principles following the International Conference of Harmonization - Good Clinical Practice (ICH- GCP). To fulfil the aim and objectives of the study, this work was carried out in the following phase-wise manner

Case study

A 12-year-old male patient reported the following complaints to Kaumarabhrithya OPD of Matrusri Davalba Ayurved Hospital, Vadodara, Gujarat, India, in January 2024.

- White patches over face, trunk, upper and lower limbs over past 6 months
- Severe constipation and loss of appetite for 3 months.

History of present illness

According to the patient's mother, he was healthy 6 months before. She started noticing white patches on his face, trunk, upper and lower limbs during the previous six months, along with symptoms of severe constipation and loss of appetite that had been present for the last three months. The patches worsened over time, starting on the face and moving to the torso, upper limbs, and lower limbs. Despite taking contemporary drugs for the problems above, the patient did not experience adequate relief. After taking medication for a week, the symptoms returned. Examinations of the abdomen and perianal area were unremarkable. The patient with the aforementioned clinical characteristics was diagnosed with krimi. Following admission,

the patient was treated at Kaumarabhrithya's in-patient department with oral medicines and Panchakarma treatment.

History of past illness: No history of any significant illness or any surgery

Drug history: Use of anthelmintic drug.

Family history: No history of consanguineous marriage.

Birth history

- 1) Antenatal - Nonspecific
- 2) Natal - Full-term normal delivery at the hospital. The baby cried immediately after birth, with a birth weight of 2.75 kg.

Treatment plan

3) Postnatal - No history of NICU admission, neonatal jaundice and seizures.

Immunization history: Regular. All vaccines are given according to age.

General examination: General appearance: Fair, Pulse: 78 per min, BP: 110/60 mmHg, Temperature: 98.8 °F, RR: 24/min, Height:132cm, Weight:29.7kg

Systemic examination: RS: AEBE clear, CVS: S1S2 normal, CNS: Conscious and oriented, P/A: hard and non-tender.

Diagnosis: Clinically based on signs and symptoms

Table 1: Panchakarma treatment

Name of treatment	Drugs used	Dose	Duration
Sarvanga snehana	Bala taila	Quantity sufficient	20 min
Sarvanga nadi sweda	Jala		20 min
Matra basti	Tiktaka ghrita	20 ml	14 days

Table 2: Oral medication

Drug formulation	Anupana	Dose	Duration
Abhayarishta		10 ml morning and evening after food	14 days
Krimikuthar rasa	Lukewarm water	1 BD	7 days

RESULT AND DISCUSSION

Children often get Krimi roga, which is primarily an intestinal illness. These krimi can breed in the human intestine via food and blood. Vamana (emesis therapy), Virechana (purgative therapy), Asthapana basti (medicated enema), Shiro Virechana (Nasya drops), manual extraction of krimi & bhesaja apakarshana are some important traditional approaches for managing krimi roga⁴. Deepana pachana and anulomana were first achieved through Abhayarishta, which is a mild laxative with srotoshodhaka action, thereby enhancing the digestive and absorptive capacity of the GIT. The majority of medications in Abhayarishta contain laghu (light), ruksha (dry), teekshna guna (sharp), katu vipaka (pungent), and ushna virya (hot potency), which create unfavourable environmental conditions that are incompatible with those needed for krimi growth and impede it⁵. It was continued for a month following discharge. Krimikuthar rasa is a classical herbomineral Ayurvedic medicine which acts as bhedana, deepana and krimighna (destroy worms). It works for all types of worms, parasites, and microbes, whether visible or invisible. It helps with skin diseases, rashes and inflammation in the body⁶. Matra Basti is a type of Sneha Basti. According to Charaka Samhita, it is said to be balya, srustapuresha, brimhana and Vatarogahara.⁷ Ashtanga Samgraha also had a similar opinion; they stated it as varnya and doshaghna. Commentator Hemadri, commenting on the word sukha, says it is devoid of complications and hence can be safely given to children⁸ as Charaka has described that Matra Basti acts according to the properties of the content apart from being Vatahara. Therefore, a drug with content effective in the treatment of krimi was taken. Hence, Tiktaka ghrita was used for Matra Basti in this case⁹. When medicines are given through the rectum, it helps in their easy absorption into the bloodstream as there is an abundant supply of blood and lymph in the rectum, and drugs can penetrate the mucosa, just like any other layer of lipids. Due to the drug's water-soluble nature, short-chain fatty acids need not convert into triglycerides and thus are directly absorbed into portal blood circulation because of diffusion from epithelial cells directly into villi capillaries¹⁰. Acharya Vagbhata explained Tiktaka ghrita in

Kustha prakarana. Most of the ingredients of Tiktaka ghrita have tikta rasa, ushna virya madhura and katu vipaka with dipana, pachana and krimighna properties, which counteracts the growth of krimi by providing a negative atmosphere¹¹. After 14 days of treatment, the patient was assessed for the symptoms, and there was remarkable relief from the white patches over the face, trunk, and upper and lower limbs; constipation was relieved, and there was a good improvement in appetite. After 30 days of treatment completion, follow-up was done, and no recurrence of any of the complaints and no white patches in the skin were observed. Infact, the skin texture itself changed to a better condition.

CONCLUSION

By observing the above-treated case and pharmacological properties, the combined action of Abhayarishta and Krimikuthar rasa along with Matra Basti with Tiktaka ghrita have proved to be effective in treating Raktaja krimi in children.

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