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A Review on *Krimi* with special reference to *Udara Krimi*

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ABSTRACT

Krimi is one of the most common disease. *Krimi* word has wide meaning. All the organism which are dependent for food and shelter upon the human body can come under the title of *Krimi*. Our Acharyas described different classification of *Krimi*. This classification concludes all the micro organism, bacteria, virus, protozoa and helminths, which totally depend upon human body. *Acharya Charaka* has described three folded treatment of *Krimi* viz. *Apakarshana*, *Prakritivighata* and *Nidanparivarjana*. *Apakarshana* means to scratch the *Dosha*, *Mala* and *Krimi Sanghata* forcefully. It contains most vigorous *Shamshodhan* viz. *Virechana*, *Vamana*, *Shirovirechana* and *Asthapana*. *Prakriti Vighata* means destruction of susceptible environment of *Krimi*. *Nidan Parivarjana* means to avoid the causative factor. *Shamshodhan* is considered as a basic treatment of *Krimi* while *Prakriti Vignata* and *Nidan Parivarjana* eradicate *Krimi* from the base. After *Samsodhan* if any ova and cyst remain in *Koshta* than this *Prakriti Vighata* and *Nidana Parivarjana* suppress the growth of *Krimi* and prevent recurrence of *Krimi*. Hence this present article reviews about *Krimi* with special reference to *Udara Krimi*.

Key words: *Krimi*, *Udarakrimi*, *Intestinal parasites*.

INTRODUCTION

The *Krimi Roga* is one of the most common disease found in paediatric practice. *Udara Krimis* (Intestinal parasites) have been considered a major public health problem throughout the world [WHO, 1967].^[1] In our country also this problem is more important because it adversely affects the nutritional status of a person but neglected due to poor socio-economic status. It affects the children more frequently than adults (CCRAS, 1987). Number of incidences runs into

millions and in tropical countries like ours, percentage of affected cases is estimated to exceed 80% yet surprisingly, large number of cases affected with *Krimi Roga* are asymptomatic. Its eradication becomes difficult as people continue to harbour *Krimis* without seeking medical help. That is why it seems that *Charaka*, in the section which precedes *Krimi Roga*, has warned that a person afflicted with a major disease may appear as if suffering from a mild malady.^[2]

Children cannot take their care. There are so many epidemic diseases, which can interrupt their growth and development. *Krimi Roga* is one of them. India is a developing country where thousands of children suffer from epidemics due to atmosphere, social problems and economic problems.

Krimis produce a variety of symptoms. It is rather easy, when encountered with symptoms related to *Mahasrotas*, to have stools investigated and have *Krimi* identified as a causative factor. But *Krimis* also must be thought of at the first instance in a child, showing unexplained nervous excitement, or in a child

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provided with adequate nutrients yet not gaining weight. An average child doing poor at school, harmful antibiotics are poured in unnecessarily to the child suffering from cough and fever than suspected of manifestations of larvae of *Krimis* migrating through the lungs.

Krimis are the unsuspected and undetected villains responsible for exposing the victims to a large number of diseases by robbing them of their hard-earned nutrients, thus lowering their body defense. Hookworm, suck 0.4 ml of blood per worm per day, there by cause anemia and make them physically weak, remain unhealthy throughout their life span.

Acharya *Charaka* has beautifully described threefold *Chikitsa* for *Krimi Roga* viz. *Apakarshana*, *Prakritivighata* and *Nidan Parivarjana*. Remarkably, in *Apakarshana* of *Krimis*, most vigorous *Samshodhana* viz. *Virechana*, *Vamana*, *Shirovirechana* and *Asthapana* all of the four *Karmas* have been advocated. But *Samshodhana* in children is not desirable, So, this article reviews the *Krimiroga* and the possible treatment modality that can be incorporated in children.

AIMS AND OBJECTIVES

To compile the scattered material regarding *Krimiroga* and arrange them according to sequence.

METHODOLOGY

All available Ayurvedic classical texts, journals and research papers were referred and the collected references were critically studied to fulfill the objectives.

Etymology

The word *Krimi* is unclear term used to denote tiny living being in Vedic and Ayurvedic literatures. Even though a few views regarding the derivation of the word *Krimi* are available in various texts, it doesn't cover the entire group of living being referred to as *Krimis*.

Popular Sanskrit dictionaries *Amarakosa*, *Halayudhakosa* and *Vacchaspathyam* stated that the

word *Krimi* is derived from the root "*Kramu*" which means to step or to walk.

"*Kramati Kramu Pada Viksepe*", means those which move with the legs are termed as *Krimi*.^[3]

Classification

The *Krimis* dwell as parasite upon the human body were classified into different groups since vedic period. Acharya *Charaka* classified *Krimis* into two broad groups i.e., *Sahaja* and *Vaikarika*.

Sahaja Krimi

Which live in human body right from birth until death. They are also called as *Avaikarik Krimi*. The name itself indicate that they are not harmful but helpful to human body. They are numerous in number and live in the buccal cavity, alimentary tract as well as in Vaginal canal of female as a normal bacterial flora. From the modern physiological views, there is a bacterial flora in the intestine which induce the formation of Vit. B₁₂.

Vaikarika Krimi

They are exactly opposite to the above-mentioned *Sahaja Krimi*. Because they are harmful or cause disease or deformity in body i.e., pathogenic in nature. According to Acharya *Charak* under *Vaikarika Krimi* two sub groups are classified as *Bahyakrimi* and *Abhyantara Krimi* which literally means external and internal respectively.

Those *Krimis* which live on the skin outside the body are *Bahya Krimi* and those live inside the body are *Abhyantara Krimis*, *Charaka* and *Vagbhatta* had mentioned *Bayha Krimis* while *Sushruta* had not mentioned *Bahyakrimi*. Acharya *Sushruta* classified *Abhyantar Krimi* i.e., 20 in two groups (i) *Drushya* (ii) *Adrushya*. According to him *Sleshmaja* and *Purishaja Krimi* are *Drushya* and *Raktaja* are *Adrushya*. Among the *Raktaja Krimi Keshada* and *Romada* are *Asadhya*.^[4]

Another classification is according to media in which *Krimi* grows and survives. According to which *Charaka* and *Vagabhatt* had classified *Krimi* as *Raktaja* - *Kaphaja*, *Purishaja* and *Malaja*.

Table 1: Showing total number of Abhyantara Krimis and their variety.

S N	Name	Abhyantara Krimi				Total
		Total	Kaphaja	Purishja	Raktaja	
1.	Charaka	18	7	5	6	20
2.	Harita	6	-	-	-	13
3.	Bhela	-	-	-	-	20
4.	Sushruta	20	6	7	7	20
5.	Vagbhatta	18	7	5	6	20
6.	Madhavakara	18	7	5	6	20
7.	Sharangadhara	18+1	7	5	6	22
8.	Bhavamishra	18	7	5	6	20

As per the above table all Acharyas agreed on total number of Krimis to be 20, except Acharya Harita and Acharya Sharngdhara. Acharya Harita describes 6 type of Abhyantara Krimis specifically. Acharya Sharngdhara increased the total number Krimi to twenty two with the addition of two Krimis, Snayuka and Vrana Krimi in Abhyantara Krimi group. Acharya Charaka Vagabhatta, Madhava and Bhavamishra described same number of Abhyantara Krimi while Acharya Sushruta described total 20, Abhyantara Krimis.

Table 2: Showing nomenclature of Krimis given by different Scholar.

S N	Charaka ^[5]	Vagbhatta ^[6]	Sushruta ^[7]	Harita
Bahya				Bahya
1	Yuka	Yuka	-	Krishna
2	Piplika	Leeksha	-	Sweta

Abhyantara				Charma Yutika
1.	Antrada	Antrada	Mahapushpa	Binduki
2.	Hridayada	Hridayada	Praloona	Matkuna
3.	Udarada	Udarvestha	Chipita	Yastika
4.	Churu	Churu	Pipilika	Plavangika
5.	Mahaguda	Mahakuha	Daruna	
6.	Saugandhika	Sugandha		Abhyantara
7.	Darbhakusuma	Darbhakusuma	Darbhapushpa	Prithumunda
Purishaja Krimi				Dhanyankurnibha
1.	Kakeruka	Kakeruka	Ajawa	Suchimukha
2.	Makeruka	Makeruka	Vijawa	Kinchuka sanibha
3.	Sausurada	Sausurada	Kipyra	Anavaha
4.	Saushulka	Saluna	Chipya	Sukshmaha
5.	Leliha	Leliha	Gandupad	
6.			Churu	
7.			Dwimukha	
Raktaja Krimi				
1.	Keshada	Keshada	Keshada	
2.	Lomada	Lomavidhava	Romada	
3.	Lomadwipa	Lomadwipa	Nakhada	
4.	Saurasa	Saurasa	Dantada	
5.	Udumbara	Udumbara	Kikkisha	
6.	Jantumatra	Matraha	Kushtaja	
			Parisarpaja	

Nidana (Etiological factor)

Similar to each and every disease, the etiology of *Krimiroga* two types - *Viprkrusta Nidan* and *Sannikrusta Nidan*. A continuous use of unwholesome diet or regimens may act as their *Viprkrusta Nidan*. In *Krimiroga* the vitiated Dosha depending upon Purisa, Kapha and Rakta are responsible for onset of disease. There for the *Sannikrusta Nidan* of *Krimiroga* include Purisa, Kapha and Rakta vitiated by Dosha.

Table 3: Showing *Samanya Nidana of Abhyantara Krimi*.

SN	<i>Samanya Nidan</i>	<i>Sushruta</i>	<i>Harita</i>	<i>Madhavakara</i> ^[8] <i>Sarangadhara</i> ^[9] <i>Bhavamishra</i> ^[10]
Physical factors				
1.	<i>Avyayam</i>	+	-	+
2.	<i>Diwaswapna</i>	+	+	+
Diet articles				
3.	<i>Godhuma</i>	-	+	-
4.	<i>Masha</i>	+	-	-
5.	<i>Vidala</i>	+	-	-
6.	<i>Pishtanna</i>	+	+	+
7.	<i>Prithuka</i>	+	-	-
8.	<i>Bisa</i>	+	-	-
9.	<i>Shaluka</i>	+	-	-
10.	<i>Kasheruka</i>	+	-	-
11.	<i>Patrashaka</i>	+	-	-
12.	<i>Kshira</i>	+	+	-
13.	<i>Dadhi</i>	+	-	-
14.	<i>Guda</i>	+	+	+
15.	<i>Sura</i>	+	-	-

16.	<i>Sukta</i>	+	-	-
17.	<i>Palala</i>	+	-	-
18.	<i>Pishita</i>	+	-	-
19.	<i>Anupamamsa</i>	+	-	-
20.	<i>Ikshu</i>	+	-	-
Taste & Quality of Diet				
21.	<i>Madhura</i>	-	+	+
22.	<i>Amla</i>	+	-	+
23.	<i>Ruksha</i>	-	+	-
24.	<i>Guru</i>	+	-	-
25.	<i>Pichhila</i>	+	+	-
26.	<i>Drava</i>	+	+	+
27.	<i>Shitala</i>	+	-	-
28.	<i>Tapodaka</i>	-	+	-

Table 4: Showing *Vishishta Nidana of Abhyantara Krimi*.

S N	Habitat	Charaka	Sushruta	Vagbhata	Bhav.	M.N.
1.	<i>Sleshmaja Krimi</i>					
	<i>Kshira</i>	+	+	+	+	+
	<i>Guda</i>	+	+	+	+	+
	<i>Tila taila</i>	+	+	-	+	-
	<i>Mamsa</i>	-	+	+	+	+
	<i>Masha</i>	-	+	+	+	-
	<i>Matsya</i>	+	-	-	-	+
	<i>Anupmamsa</i>	+	-	-	-	+
	<i>Pistamma</i>	+	-	-	-	-

Paramanna	+	-	-	-	-
Kusumbha	+	-	-	-	-
Bhojana					
Snehajeerna	+	-	-	-	-
Putikrinna	+	-	-	-	-
Shankirna	+	-	-	-	-
Viruddha	+	-	-	-	-
Asatmya	+	-	-	-	-
Dadhi	-	+	+	+	+
Sukta	-	-	-	+	+
Saktu	-	-	+	-	-
Odana	-	-	+	-	-
Madhuranana	-	-	+	-	-

2.	Purishaja Krimi	Charaka	Sushruta	Vagbhata	Bhav.	M.N.
	Masha		+	-	+	+
	Vidala		+	-	-	-
	Pishtanna		+	-	+	+
	Parnashaka		+	+	+	+
	Guda		-	-	+	+
	Amla		-	-	+	+
	Lavana		-	-	+	+
	Dhanya-Bahumalkara		-	+	-	-
	Ulaka		-	+	-	-

3.	Raktaja Krimi	Charaka	Sushruta	Vagbhata	Bhav.	M.N.
	Virudha Bhojan	-	+	-	+	+
	Ajeerna	-	+	-	+	+
	Shak	-	+	-	+	+

Rupa of Krimi Roga

Acharya Sushruta, Madhava, Bhavamishra and Vangasena described general symptomatology of Krimiroga first and then the specific symptoms. In Harita Samhita and in Yogaratanakara only general symptomatology are available while Acharya Charaka and Vagabhatta described only specific symptomatology of Sleshmaja, Raktaja, Purishja and Bhaya Krimi.

Table 5: Showing Samanya Rupa of Abhyantara Krimi.

SN	Symptom	Su.	Harita	M.N.	B.P.	Vangasena Y.R.
1.	Jwara	+	+	+	+	+
2.	Vivarnata (discolouration)	+	+	+	+	+
3.	Shoola (acute pain)	+	+	+	+	+
4.	Hridroga	+	+	+	+	+
5.	Bhrama (vertigo)	+	+	+	+	+
6.	Bhaktadwesa	+	+	+	+	+
7.	Atisara (diarrhea)	+	-	+	+	+
8.	Sadana (malaise)	+	-	+	+	-
9.	Vami (vomiting)	-	+	-	+	+
10.	Jathargarjanam	-	+	-	-	-

11.	<i>Mandagni</i>	-	+	-	-	-
12.	<i>Pipasa</i>	-	+	-	-	-
13.	<i>Pitanetra</i>	-	+	-	-	-

Samprapti of Krimiroga

Due to the *Nidan seven* Agnimandya create. It vitiates *Dosha*. *Doshita Dosha* create *Dusti* of *Rasa*, *Purisha* and *Rakta* and it leads to *Srotodusti*. Due to the *Dusti* of *Srotasa Krimi* takes place in their particular habitat and rob sizable portion of the nourishment available to the host and produced *Samanya* and *Vishishta Lakshana* of *Krimiroga*. This live organism further lead to *Agnimandya* and *Amotapati* and this vicious circle keeps on continuing.

Krimiroga Chikitsa

Acharya *Charaka* described *Samanya Shidhanta* of *Krimiroga* in three fold.

1. *Apakarsana*
2. *Prakriti Vighata*
3. *Nidana Parivarjana*

Apakarsana

Apakarshana means to scratch the *Dosha*, *Mala* and *Krimisanghata* forcefully. Any process by which the unwanted elements are removed or extracted from the body is consider as *Apakarsana*. *Apakarsana* of *Krimis* includes the manual and Instrumental removal of them where it is applicable. *Apakarsana* of the *Bahya Krimi* and *Abhyantarakrimi*, which are migrated out to the external surface 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 : (1) *Vamana* (2) *Virechana* (3) *Shirovirechana* (4) *Asthanpana*

Prakriti Vighatana

Prakriti Vighata means the producing environment should be destroyed. 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 Vighata* is the counter acting on the factors responsible for the production of *Krimis* by *Dravyas*, having *Katu*, *Tikta*, *Kasaya*, *Kshara* and *Ushna Guna* and also other drugs which having contrary properties to *Purish* and *Kapha*.

Nidana Parivarjana

Nidana Parivarjana means to eliminate the causative factor which help in germinating and the growing of the *Krimi*. Hence all the factor listed as etiological factor and *Apathya* should be avoid.

DISCUSSION

Description of *Krimi* in *Samhita Granthas* are in combine form. We can conclude all the microorganism parasite, helminth, bacteria and virus. Under the concept of *Krimiroga* but protozoa and helminth are more nearer.

Acharya Charak classified *Krimi* as *Sahaja* and *Vaikarika* means they were also aware about nonpathogenic nature of *Krimi*. Ayurved is science of life but in cortex of *Krimis* we can say that description of only *Vaikarika Krimis* is available. *Acharyas* just mention non-pathogenic worms by its name as *Sahaja*. Under the *Vaikarika Krimi* two subgroups are described as *Bahya* and *Abhayantara Krimi*. It means external *Krimis* can also create disease condition *Acharyas* further divided internal *Krimis* in three groups (1) *Raktaja* (2) *Purishaja* and (3) *Sleshmaja* according to their habitat and the media in which *Krimis* grow.

Shleshmaja Krimi is one class of *Krimi* which grow on the *Ama* and live-in stomach, small intestine or upper part of gastro intestinal tract.

Purishaja Krimi is one class of *Krimi* which grow on fecal material and live in *Pakawasaya*, large intestine or the lower part of gastro intestinal tract.

Raktaja Krimi live in blood and blood forming organ (liver). *Acharya Bhava Mishra* described *Raktaja Krimi* as an causative factor of skin disease.

CONCLUSION

Krimi can be considered all microorganism helminth protozoa, parasite, virus bacteria. Acharyas classified *Krimi* as *Sahaja* and *Vaikarika* means they also know about nonpathogenic nature of *Krimi*. *Sleshmaja Krimi* is a class of *Krimi* which lives in upper part of Gastro intestinal tract and grow on *Ama*. *Purishaya Krimi* is a class of *Krimi* which lives in lower part of Gastro intestinal tract and survive on fecal material. *Raktaja Krimi* live in Blood and Blood forming organs like (liver). It is very difficult to correlate Ayurvedic terms regarding the *Krimi* with modern term due to lake of detail description of each *Krimi*.

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