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# Therapeutic use of *Vidanga* on *Krimiroga* - A Literary Review

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## ABSTRACT

'Krimi' is a short name representing vast term called "worms" which may grow inside or outside the human body. In today's fast going world we all use fast food, street food, half cooked food and readymade food for saving time. Our children are also very fond of these kinds of foods as their day starts with Pizza & ends with Burger. Due to this type of food intake which is hard to digest in time, we people prepare a good medium for intestinal worm infestation. Due to various reason including bad food habits 96% of peoples nowadays are affected with a *Krimiroga* (*Udar Krimi*). This is very common among children so it is very necessary to have cheap and easily available medicine to get rid of it. And if this medicine would have natural composition & still have high efficacy, then it would be better. One of the herbal remedy we are interested here is *vidanga*. *Embelia ribes* known as *Vidanga* has sure shot therapeutic value in treating *Krimiroga* due to its chemical constituent. This review is going to highlight the overall information in this short section.

**Key words:** *Vidanga*, *Embelia ribes*, *Krimiroga*, worm

## INTRODUCTION

Modern science has their own kind of division mainly in intestinal worms. (1) Flatworms (2) Roundworms (3) Hookworms (4) Pinworms (5) Whipworms

Herbal preparations & *Ayurveda* are gaining popularity day by day on world level due to its lesser side effects and higher efficacy. *Embelia ribes*, a shrub widely distributed throughout India, best variety found at an altitude of 1500 m, in hilly areas and commonly known as false black pepper. It contains 'Embelin' as an active

constituent. So, it shows its activity like anti-bacterial, antifertility, antiprotozoal, antifungal, analgesic, anti-inflammatory, antioxidant, anthelmintic, antidiabetic, anticonvulsant, anti-cancer, antihyperlipidemic & molluscicidal.

## Taxonomical Classification<sup>[1]</sup>

Kingdom	:	Plantae
Phylum	:	Angiosperms
Order	:	Ericales
Family	:	Myrsinaceae
Genus	:	<i>Embelia</i>
Species	:	<i>ribes</i>

*Kula - Vidanga Kula*

## *Gana*<sup>[2]</sup>

*Charaka* : *Krimighna, Kusthaghna, Triptighna*

*Sushruta* : *Sursadi, Pippalyadi*

*Bhav Prakash* : *Trimada*

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**Synonyms<sup>[3]</sup>**

*Krimighna, Chitra Tandula, Amogha, Vella, Tandula, Jantuhantri, Krimishatru, Krimijit, Kitari, Krimiripu, Krimihar*

**Etymology (Nirukti)****Vidanga**

वीडती भीनतती इति विडंगम ।

It destroys or does *Bhedan* of *Rogas*.

वीडती भीनतती वह्नि मांघम शूलाधमान विबन्ध आदि च इति वा विडंगः।

It destroys diseases like *Agnimandya, Shula, Adhman, Vibandha* etc.

**Vella**

वेललती चलति उदर कोष्ठे रोगवारणार्थम इति वेललम ।

In *Udar Kostha*, *Vidanga* through its *Guna* destroys *Krimi* from every corner of the G.I. tract.

**Amogha**

न मोघा इति ।

It never fails. It does its *Kriminashan* work successfully.

**Tandula**

तन्तु कृमि सूत्र लाती इति ।

It pulled out *Krimi* etc.

तडयते आहनयते उपयोग अर्थीभिः इति वा ।

Users of *Vidanga* grind it & pestle it.

**Krimighna**

कृमिन घनन्ति इति ।

It destroys *Krimi*.

**Botanical Description<sup>[4]</sup>**

Its leaves are simple, alternate, ovate and sharp at both the ends. Length of leaves is 3 inch long and 1.5 inch broad. It has white colour pentamerous flowers & globose fruits, 3-4 mm diameter, smooth, succulent, black when ripe, like a peppercorn when dried. Outer covering of fruits is fragile and from inside seeds are spotted. Roots of this medicinal herb are brownish grey in colour.

**Distribution<sup>[4]</sup>**

The herb is found in areas up to the height of 1500 mts. *Vidanga* found in the hilly areas of India like lower and central Himalayas down to Konkan, Deccan, Western Ghats and South India. It is found throughout India.

**Varieties**

At present *Embelia Tsjeriam* – Cottom - (R.et.S. A.Dc) - *Embelia Robusta* (C.B Clarke) is supplied as *Vidanga* at most of the places in India.

**Major Chemical Constituents**

Embelin, Christembine, Homoembelin, Vilangine, Quercitol etc.

**Properties<sup>[5]</sup>**

*Rasa* : *Katu (Vayu+Agni), Kashaya (Vayu+Prithvi)*

*Guna* : *Laghu, Ruksha, Tikshna*

*Virya* : *Usna*

*Vipaka* : *Katu*

*Karma* : *Kaphavata Shamak, Vishaghna, Krimighna, Dipana*

*Prabhav* : *Krimighna*

विडङ्गज्योतिष्मतीफलतैलानि तीक्ष्णानि लघून्युष्णवीर्याणि कटूनि

कटुविपाकानि सराण्यनिलकफकृमिकुष्ठप्रमेहशिरोरोगापहराणि चेति ।। (Su.Su.45/115)

विडंग कटु तीक्ष्णोष्ण रुक्ष वह्निकर लघु ।

शूल आद्यमान उदरश्लेष्मकृमिवातविबन्धनुत ।। (Bhav Prakash)

- *Dhanwantri Nighantu, Shodhal Nighantu, Kaideva Nighantu* and *Raj Nighantu* have also references for it.
- विडङ्गं क्रिमिघ्नानां ।। (Cha.Su.25/40)
- *Charak* delineated *Vidanga* as the best among the *Krimighna Dravyas*.
- According to *Sushrut Samhita, Kalpa Sthan*, Chapter no.5, *Shloka no. 84-86*, It is stated that in *Sarpa Visha Chikitsa*, *Vidanga* can be used as *Ekasar Yoga* which can destroy *Sarpa Visha*.

**Indications<sup>[6]</sup>**

*Krimi, Udar, Adhman, Shula, Kustha*

**Therapeutic Uses<sup>[6]</sup>**

1. **Kamala** - *Vidanga* along with *Pippali* is used as *Nasya* & *Anjana*.
2. **Ardhavabhedak** - *Nasya* with *Vidanga* & *Krishna Tila* is useful.
3. **Visha Roga** - Root paste of *Vidanga* is taken with Rice water.
4. **Krimija Hridroga** - *Vidanga* & *Kustha* are to be given with cow's urine.

**Nutraceutical Values<sup>[7]</sup>**

1. **Anti-cancer activity:** Embelin is used to diminish tumor size and prevent the movement of serum enzymes including acid phosphatase, -glutamyltransferase, lactate dehydrogenase, aldose, and others from rising in rats with experimental fibrosarcoma. Embelin affects glucose and amino acid metabolism in tumor-bearing mice.
2. **Anticonvulsant activity:** Embelin, given intraperitoneally at doses of 2.5, 5, and 10 mg/kg body weight, reduces seizures caused by electroshock and pentylenetetrazol in a dose-dependent manner. A significant reduction in motility demonstrated CNS depressive impact. According to the findings, embelin exhibits anticonvulsant properties in both grand mal and petit mal epilepsy.
3. **Antioxidant property:** The degrees of pancreatic superoxide dismutase, catalase, and glutathione in streptozotocin (at measurements of 40 mg/kg, intravenously as a solitary portion) caused diabetic rodents are decreased when a fluid concentrate of *Embelia ribes* is given orally at dosages of 100 mg/kg and 200 mg/kg body weight. In streptozotocin-prompted diabetic rodents, its cancer prevention agent movement shields the pancreatic - cells from misfortune.

4. **Analgesic activity:** Embelin is a centrally acting non-narcotic analgesic that may be taken orally. It has a distinct core site of action than naloxone and is not antagonistic to it. Because of its great oral effectiveness, therapeutic index, and lack of abstinence syndrome, it is more tolerable than morphine. Naloxone is known to block the action of narcotic analgesics mediated by -receptors.

5. **Anti-spermatogenic activity:** For 15 or 30 days, male albino rats were given daily subcutaneous injections of *Embelia* at a dosage of 20 mg/kg body weight, which inhibited:

- a) epididymal motile sperm count,
- b) Indicators of fertility, such as pregnancy success.
- c) The activity of glycolysis and energy metabolism enzymes. These modifications are reversible.

When embelin is added to epididymal sperm suspensions, it inhibits sperm motility and glucose metabolism enzyme activity in a dose- and duration-dependent manner.

***Embelia ribes* extract and its uses<sup>[7]</sup>**

SN	Extracts	Uses
1.	Methanolic extract	Modulatory action of acetylcholinesterase
2.	Aqueous- Ethanol extract	Anthelmintic
3.	Methanol extract	Avoid pregnancy 75% of the time
4.	Ethanol extract Butanol extract	Hepatoprotective, Antifertility Uterine weight levels Antifertility
5.	Butanol extract Benzene extract	Antifertility Antifertility 51%
6.	Benzene extract n-Hexane extract	Antifertility 51% Anthelmintic
7.	Petroleum ether extract	Tape worm (but not round/hook) Prevent pregnancy 75%

8.	Aqueous - Ethanol extract	No Antifertility,37% Anthelmintic
9.	Aqueous - Ethanol extract Fresh juice	No Antifertility,37% Anthelmintic Decongestant, soothing and cathartic
10.	Hexane extract	Antifertility
11.	Fresh juice	Decongestant, soothing and cathartic
12.	Powdered fruit	Antifertility
13.	Milk extract	Digestive & upper respiratory infection
14.	Aqueous extract	Hypolipidemic Anthelmintic

**Part Used:** Seed, Roots

#### Dosage

Powder 3-5 gm

Root paste 10-20 gm

#### Vishishta Yoga

Vidangadi Loha, Vidangarishta, Vidanga Taila, Trimadasav

#### Different synonyms of *Embelia ribes* (Vidanga) In different Samhitas

Synonyms	Charak	Sushrut	Astanga Hridaya	Astanga Sangraha
Vidanga	✓	✓	✓	✓
Krimighna	✓	✓	✓	✓
Amogha	✓	X	X	X
Krimishatru	X	✓	X	X
Krimijit	X	X	✓	X
Kitari	X	✓	X	X
Krimiripu	X	X	✓	X
Jantughana	X	X	✓	X
Krimihar	✓	X	X	X

Kriminut	X	X	✓	X
Krimihat	X	X	✓	X

#### Description of *Embelia ribes* (Vidanga) In different Samhita

Karma	Charak	Sushrut	Astanga Hridaya	Astanga Sangraha
Krimighna	✓	✓	✓	✓
Kusthaghna	✓	✓	✓	✓
Arshoghna	✓	✓	✓	✓
Dipan	✓	✓	✓	✓
Pachan	✓	✓	✓	✓
Triptighna	✓	✓	✓	✓
Rasayan	✓	✓	✓	✓
Virechan	✓	✓	✓	✓
Sirovirechan	✓	✓	✓	✓
Vranshodhan	✓	✓	✓	✓
Kaphahar	✓	✓	✓	✓
Gulma	✓	✓	✓	✓
Medya	X	✓	X	X
Virechanopag	X	X	✓	X
Sneha Virechan	X	X	X	X
Vamanopag	X	X	✓	X
Sirovirechanopag	✓	X	X	X
Jwarhar	X	X	X	✓
Pratishaya	X	✓	X	X
Shwas-Kasa	X	✓	✓	X
Balroga	X	✓	X	X
Halimaka	X	X	✓	X

Medohar	X	X	X	✓
Plihodar	X	X	✓	X

## DISCUSSION

### Krimi Types, Details & Chikitsa<sup>[8]</sup>

**Source:** Charak Samhita, Vimansthan, 7<sup>th</sup> Chapter, 20 types of Vaikarik Krimi are described.

### Bahya Krimi

Krimi	Origin	Cause	Shape	Colour	Effect
<u>Malaja</u> (2)	Hairs	Mrija Varjan	Anu	Shukla	Kandu
Yuka	Beards		Tilakriti	Krishna	Kotha
Pipilika	Moustache Eyelashes etc.		Bahupada		Pidaka

### Abhyantar Krimi

Krimi	Origin	Cause	Shape	Colour	Effect
<b>Raktaja</b> (6)	Raktavahi Dhamani (Blood Vessels)	Kusth Saman	Anu Vritta Apada	Tamra	Kesh, Smasru, Loma, Pakshma Dhwansa
Keshad Lomad Lomadweep Sauras Udumbar Jantumata					
<b>Kaphaja</b> (7)	Amashay (Mucus)	Kshira, Guda, Tila, Pistanna, Klinna Sankirna Bhojan	Prithu Bradhma Gandupada	Sweta	Hrillasa, Kshavathu, Anaha, Karshya Jwar, Aruchi
Antrada Udarada Hridayachara Churu Darbhapushpa Saugandhika,					

Mahaguda					
<b>Purishaja</b> (5)	Pakwas hay	Kshira,	Sukshma	Syava Nila	Purishbha eda (Diarrhea)
Kakeruka Makeruka	(Faeces)	Guda, Tila, Pistanna, Klinna Sankirna Bhojan	Vritta Urnan shu	Harita Peeta	Lomaharsha, Guda Kandu
Leliha Sausurada Sasulaka					

### Line of treatment

#### 1. Apakarshan (To expel out)

Sastra Yukta (By Hand)

Asastra Yukta

(a) Sirovirechan

(b) Vaman

(c) Virechan

(d) Asthapan (except Anuvasan)

Anuvasan Basti if given then only by Vidanga Taila.

2. **Prakriti Vighata** (change the media by administering Katu, Tikta, Kashaya, Ushna Dravya)

#### 3. Nidan Parivarjan (avoiding causes)

तत्र सर्वक्रिमीणामपकर्षणमेवादितः कार्यं, ततः प्रकृतिविघातः,

अनन्तरं निदानोक्तानां भावानामनुपसेवनमिति।। (Cha.Vi.7/14)

### Uses in today's world

**As Yoga Formulations :** 1) Krimikuthar Rasa 2) Vidangasav 3) Vidanga Churna 4) Krimi Mudgar Rasa

**As Single Herb:** Vidanga is also solely used to destroy Krimi.

**Medicine:** Vidanga Beej Churna

**Route of Administration:** Oral

**Dose:** 3 gm BD (Adult Dose), 1.5 gm BD (Child Dose)

**Anupana:** Guda (for attracting Krimis)

**CONCLUSION**

*Vidanga* is *Katu*, *Kashay Rasa* dominant & has *Ushna Virya*. *Katu*, *Kashay Rasa* is necessary for *Kriminashan* i.e., which destroys *Krimi*. Due to its *Prabhav* property *Vidanga* kills *Krimi*. Different clinical assessment has also proved it to be highly effective. So, *Vidanga* should be used for deworming.

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