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# Concept of *Krimi* and its scientific understanding

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## ABSTRACT

The term *Krimi* is frequently used in ancient *Ayurveda* classics from the *Vedic* period. In The etiology of many diseases, microbial relation played very important role and it is also a causative factor for various pathological condition like weight loss, Anemia, Vomiting, Headache etc. The *Krimi* may be external or internal in nature. Their mode of transmission, sign, symptoms are almost same as worm and microbes in contemporary science. They had given the description of structure, Naming of *Krimi* as far as possible. The *Krimi* described in ancient text are more or less similar to microbes and helminths mentioned in present time. The term *Krimi* has been used in broader sense. It indicates all pathogenic and non pathogenic organisms covering wide range of infectious pathogens. *Ayurveda* has advised specific drugs for specific *Krimi*. Here an effort has been made to understand the *Krimi* in all the ways possible.

**Key words:** *Krimi, Worm, Microbes, Helminthes, Abhyantara Krimi, Bahya Krimi*

## INTRODUCTION

From very early times it is speculated that diseases may result from invasion of the body by external infectious organisms acknowledged as *Krimi*. *Krimi* is a condition, affecting all age groups, but Children are at risk due to their activities such as play and lack of proper personal hygiene. From the children, the entire family may eventually get affected.<sup>[1]</sup> If we consider *Drishya Krimi* as worms, In India, more than 200 million children are infected with roundworm, hookworm, and whip worm. Hookworm is more prevalent among children in South India.<sup>[2]</sup> According to WHO, 1100 million people were defecating in the open resulting in high levels of

environmental contamination and exposure to the risk of worm infestations in year 2008.<sup>[3]</sup>

*Samhitakaras* were well aware regarding the presence of microorganisms and have given maximum descriptive contributions. As mentioned in *Shabdakalpdruma*, *Krimi* is derived as "*Bhrame Samprasarane Cha*" means which moves with *Pada* or legs (podia).<sup>[4]</sup> *Parvata, Vana, Oushadhi, Pashu, Apshu* etc are the areas of *Krimi* origin according to *Veda*.<sup>[5]</sup> *Krimi* derived from *Dhatu* "*Kunja Himsayam*" which literary means either to produce fatal effects or to destroy.<sup>[6]</sup> *Charaka* informed one of the factors for *Krimi* production in the body is *Kleda*.<sup>[7]</sup> As in contemporary science there is separate branch of helminthology and microbiology but in *Ayurveda* the word *Krimi* is for all worm and microbes either it is visible or invisible. It is very important to understand the term *Krimi* and step by step management of *Krimiroga* especially in children in proper way designated by text of *Ayurveda* as it is not well established practically.

### Classification of *Krimi*

*Atharva Veda* divided the *Krimi* into 2 classifications, from which one is *Drishya* and *Adrishya* and the second

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is *Durnama* and *Sunama Krimi*, which may be accepted as visible, invisible, pathogenic and non-pathogenic.<sup>[8]</sup>

Acharya Charaka classified *Krimi* into two broad groups i.e., *Sahaja* and *Vaikarika*. (Table. 1 & 2)

**Table 1: Krimi classification**

<i>Sahaja Krimi / Avaikarika Krimi</i>	<i>Vaikarika Krimi</i>
Live in human body right from birth until death	Live in human body not from birth
Not harmful but are helpful to human body	Harmful or cause disease or deformity in body
Numerous in number live in the buccal cavity, alimentary tract as well as in vaginal canal of female as a normal bacterial flora.	Pathogenic in nature

**Table 2: Classification of Vaikarika Krimi**

<i>Bahya Krimi</i> (Charaka and Vagbhata)	<i>Abhyantara Krimi (Sushruta)</i>		
1) <i>Yuka</i>	<i>Adrishya</i>	<i>Drishya</i>	
2) <i>Pippilika</i>	<i>Raktaja - 6</i>	<i>Kaphaja - 7</i>	<i>Purishaja - 5</i>
	<i>Keshada</i>	<i>Antrada</i>	<i>Kakeruka</i>
	<i>Lomada</i>	<i>Udarada</i>	<i>Makeruka</i>
	<i>Lomadvipa</i>	<i>Hridyachara</i>	<i>Leliha</i>
	<i>Sourasa</i>	<i>Churu</i>	<i>Sashulaka</i>
	<i>Audambara</i>	<i>Darbhapushpa</i>	<i>Sausurada</i>
	<i>Jantumatra</i>	<i>Saugandhika</i>	
		<i>Mahaguda</i>	

**Nidana**

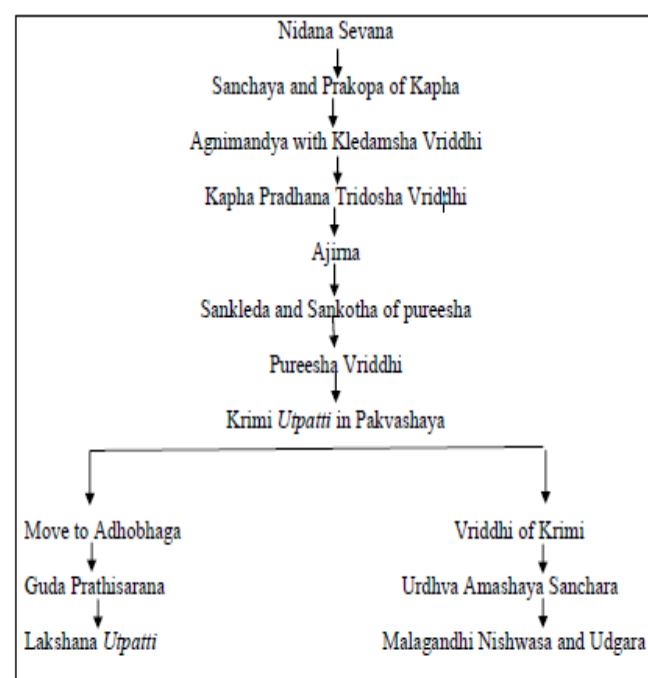
*Nidanas* for *Krimi Utpatti* are *Mandagni*, *Dosha Vriddhi*, *Sankotha* and *Sankleda* of *Mala* and suitable environment for growth and development of *Krimi*.

“*Mrija Barjana*” means unhygienic and dirty habits produces the *Bahya Krimi*.<sup>[9]</sup> *Ajeernabhojana*, regular intake of *Madhura* and *Amla Rasa*, consumption of *Drava* substances, *Guda*, *Virudhha Bhojana*, Some physical factors like *Divaswapna* and *Avyayama* are the common causative factors for *Abhyantar Krimi*.<sup>[10]</sup> *Vishista Nidanas* are *Dugdha*, *Guda*, *Tila*, *Matsya*, *Anupa Mamsa*, undercooked, incompatible and unwholesome articles for *Kaphaja Krimi*.<sup>[11]</sup> *Susruta* mentioned *Vidala*, *Parnasaka*, *Masa*, *Pistanna* etc. for *Purisaja Krimi*.<sup>[12]</sup> and Incompatible food and vegetables, change from cold to hot and vice versa, sudden change of diet, improper *Santarpana* and *Apatarpana*, excessive use of honey and molasses, fish, *Lakucha*, *Chilichima* fish with curd, sour berry, *Kulattha*, *Masa*, suppressing the urge of vomiting etc. helps the production of *Raktaja Krimi* same as the etiology of *Kustha*.<sup>[13]</sup>

All the above said factors provide an appropriate environment for the worms to manifest and infest causing serious health hazards.

**Samprapti**

Explained in Fig. 1



**Samanya Lakshana**

General sign and symptoms of *Krimi Roga* is described in *Samhitas* include *Jvara* (fever), *Vivarnata* (skin

discoloration), *Sula* (acute pain in abdomen), *Hridroga*, *Bhrama* (vertigo), *Bhaktadwesa* (anorexia), *Atisara* (diarrhea) *Sadana* (malaise) and *Chhardi* (vomiting).<sup>[14]</sup>

### Vishesha Lakshana

Lakshanas are explained in Table. 3

**Table 3: Lakshanas of Krimi**

<b>Bahya Krimi</b>	1) <i>Yuka</i>	<i>Krimi</i> which mixes with the colour of hair and cloth and creates disease condition.
	2) <i>Lakshyate - Leeksha</i>	Eggs of “ <i>Yuka</i> ” and people can also see it on the hair and cloths.
<b>Sleshmaja Krimi</b>	<i>Antrad</i>	Eats Intestine and destroyer of Intestine.
	<i>Hrudayadah</i>	Responsible for heart disease.
	<i>Udaradaha</i>	Lives in abdomen.
	<i>Charuhu</i>	Steals digested food and also takes <i>Rasadi Dhatu</i> or <i>Krimi</i> which creates <i>Avipaka</i> and <i>Arochaka</i> .
	<i>Sougandhika</i>	Have specific odour and spreads specific smell.
	<i>Darbhapushpa</i>	Have shape like flower.
	<i>Mahapushpa</i>	Found in large number like the flower of “ <i>Aparajita</i> ”.
	<i>Praluna</i>	Have segmented body (like flat worms).
	<i>Chipita</i>	Very small in size and flat.
	<i>Daruna</i>	Create excessive pain.
<i>Udaraveshta</i>	Produced in stomach and covered by abdomen.	
<b>Raktaja Krimi</b>	<i>Keshada</i>	Catch the hair of scalp and destroy it.
	<i>Lomada</i>	Destroys skin hair.

	<i>Lomadvipa</i>	Lives in the root of skin hair.
	<i>Saurasa</i>	Born and grow due to excessive use of sweet food
	<i>Udumbara</i>	Have shape and color like fruit of <i>Udumbar</i> or <i>Krimi</i> which overcome the hollow space of blood vessels and create very much noise
	<i>Romada</i>	Destroys the skin hair.
	<i>Nakhada</i>	Creates the pathologies of nail which can also destroy the nail bed.
	<i>Dantada</i>	Causes dental disorders (caries).
	<i>Kikkisa</i>	Specifically found in pregnant lady and create itching and scars on lower abdomen.
	<i>Kushthaja</i>	Create skin diseases.
	<i>Parisarpa</i>	The crippling movement of <i>Krimi</i> .
	<i>Matara</i>	Have capacity of producing eggs excessively
<b>Pureeshaja Krimi</b>	<i>Kakeruka</i>	Highly motile in nature.
	<i>Makeruka</i>	Takes shape of <i>Mudrika</i> .
	<i>Sausurada</i>	Shelters on <i>Madya</i> etc. Fermented materials.
	<i>Leliha</i>	Continuously licks (feeds) and consumes the <i>Dhatu</i> s (nutrients).
	<i>Sashoolaka</i>	Produce pain in host.
	<i>Kipyra</i>	Grows by consuming <i>Sarira Dathu</i> s (nutrients).
	<i>Chipya</i>	<i>Chipatakara</i> - flat.
	<i>Gandupada</i>	Resembles earthworm.
	<i>Churu</i>	Consumes formed <i>Rasadi Dhatu</i> s.
	<i>Dwimukha</i>	One which has 2 faces (mouth/suckers)

**Chikitsa**

*Chikitsa of Krimiroga*, in almost all *Samhitas* is much emphasized and advised systematically.

In *Atharva Veda*, Sunrays are considered to kill the *Krimi*. Now a day it is proved that sun rays contain ultra violet radiations which have the properties to kill the bacteria. In *Vedas*, the reference of *Agni* is found for the treatment of *Krimi*.

**According to Acharya Kashyapa (Ka.Chi.Krimichikitsa)**

1) सर्वकृमीन् प्रणुदति वज्रो मुक्त इवासुरान्तिकतोष्णकटुरूक्षाणां मूत्राणां लवणस्य चस्त्रेहस्वेदोपसेवा च पथ्यं च कृमिनाशने |

For destruction of *Krimi*, use of *Tikta*, *Katu*, *Ruksha*, *Mutra*, *Lavana*, *Snehana*, *Swedana* should be done.

2) प्रत्युष्णं कटुतैलं तु गुदे दत्त्वा ससैन्धवम् स्वेदयेद् गुदमङ्गल्या तथाऽऽशु लभते सुखम् |

Application of lukewarm mustard oil + *Saindhava* in *Guda Pradesha*, followed by *Anguli Sweda* this gives immediate relief to the child.

After considering different classics for the treatment, following treatment principle of *Charaka* can be adopted.

**3 Aspects of Krimi Chikitsa - Apakarshana, Prakruti Vighata, Nidana Parivarjana****1. Apakarshana**

The word *Apakarshana* derived as “*Krush Vilekhane Dhatus*”, It means to scratch or remove or extracted the *Dosha*, *Mala* or unwanted elements forcefully from the body. *Apakarshana* of *Krimi* includes the manual and instrumental removal of *Krimi* where it is applicable.

*Apakarshana* of the *Bahyakrimi* by manual method.

*Apakarshana* of *Abhayantara Krimi* is explained in Table. 4

**Table 4: Apakarshana**

<b>Shirovirechana</b> ( <i>Pradhaman</i> , <i>Pratimarsha</i> and <i>Avapidananasya</i> )	Effect over the mucosa  Stimulates the nerve ending.	With the <i>Katu Tikta Rasa</i> and <i>Ushna Guna</i> , the <i>Krimi</i> as well as <i>Doshas</i> are driven
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		off by <i>Shirovirechana</i> .
<b>Vamana</b>	<i>Amashaya</i> - seat for production of <i>Kapha</i>	When it is vitiated, it produces <i>Kaphajavikara</i> as well as <i>Kaphajakrimi</i> , for its elimination <i>Vamana</i> therapy is applicable.
<b>Virechana</b>	<i>Pachayamanashaya / Pakvashaya</i> - main seat for acting <i>Virechana</i> drug.	When <i>Krimi</i> is in <i>Pachayamanashaya</i> the method of <i>Apakarshana</i> is <i>Virechana</i> with the <i>Krimighna</i> drug having the capacity to do <i>Virechana</i> .
<b>Asthapana Basti</b>	The active principles or the medicine will directly reach at the site of <i>Krimi</i>  1) <i>Kriminashano Vidangaadya Prasritko Niruha</i> (As.S.K.4)  2) <i>Kriminashano Niruha Yoga</i> ( <i>Chakrapani</i> )  3) <i>Dashmooladi Niruha Basti</i> (Su.Chi.38/64-66)  4) <i>Krimi Kusthaapaha Prasritiko Niruha Basti</i> (As.S.K.4)	<i>Kashayadravya</i> i.e., contents of <i>Asthapanabasti</i> has <i>Karshan Guna</i> and they the growth of <i>Krimi</i> and its activities.

**2. Prakruti Vighatana**

*Prakruti* = *Utpadakakarana*.

*Vighata* = to destroy.

That is any measures which will be successful against the infestation and reinfestation of *Krimi*.

After doing *Samshodhan Chikitsa*, if their *Prakruti* is not altered, the disease will occur again.

Having Vitiated *Kapha - Agnimandya* - formation of *Ama* = formation of *Kaphajakrimi*. During *Sara Kitta Vibhajan* if *Vijatiya* portion (*Kittabhaga*) due to any reason accumulates in *Pakwashaya*, *Kotha* (Putrefaction) - formation of *Pureeshajakrimi*. [Here *Pureesh* = act as its *Prakriti*]

That's why *Charakacharya* has advised to make use of *Dravyas* which possess the opposite properties to that of *Kapha* and *Purisha* for *Prakritivighata* which is mentioned in Table. 5

**Table 5: Prakriti Vighatana**

<b>Swarasa</b>	<i>Palashabeeja</i> with rice water, <i>Paribhadra Patra</i> with honey, <i>Karanjatwak</i> , <i>Sireesa</i> , <i>Apamarga</i> , <i>Surasadi</i> group medicines
<b>Churna</b>	<i>Palashabeeja</i> , <i>Vidanga</i> , <i>Kampillaka</i> , <i>Yavani</i> , <i>Ativisa</i> , <i>Maricha</i> , <i>Vachadi</i> , <i>Nimba</i> , <i>Bhoonimba Churna</i> , <i>Vidangaadi Churna</i> , <i>Krimighna Churna</i>
<b>Kwatha</b>	<i>Triphala</i> , <i>Vidanga</i> , <i>Dadimatwak</i> , <i>Surasadi</i> , <i>Khadiradi</i> , <i>Kharjurapatra</i> , <i>Mustadi</i> , <i>Bhoonimbadi Kwath</i> .
<b>Kalka</b>	<i>Nimba Kalka</i> , <i>Vidanga - Pippali Kalka</i> etc.
<b>Avaleha</b>	<i>Pippalyadi</i> , <i>Paribhadra Avaleha</i> .
<b>Asava and Arista</b>	<i>Vidangarista</i> , <i>Khadirarista</i> .
<b>Taila</b>	<i>Surasadi Taila</i> , <i>Vidangadi Taila</i> , <i>Bhallataka Taila</i> , <i>Dhatu Taila</i> , <i>Katu Taila</i> .
<b>Ghrita</b>	<i>Vidanga Ghrita</i> , <i>Triphala Ghrita</i> .
<b>Yoga</b>	<i>Vidangadi Takra Yoga</i> , <i>Surasadiganayoga</i> , <i>Vidanga Bhallataka Yoga</i> , <i>Katukavidanga Yoga</i> etc.
<b>Gutika</b>	<i>Krumighatini Gutika</i> , <i>Lakshadivati</i> .
<b>Khanda</b>	<i>Haridrakhanda</i>
<b>Rasa</b>	<i>Krimimudgara Rasa</i> , <i>Krimi Kuthara Rasa</i> , <i>Vidangadi Loha</i> , <i>Krimikalanala Rasa</i> .
<b>Peya</b>	<i>Vidangadi Peya</i> .
<b>Manda</b>	<i>Vidangadi Manda</i> .

<b>Dhoopa</b>	<i>Krimighna Maheshwara Dhoopa</i> , <i>Lakshadi Dhoopa</i>
<b>Bhasm</b>	<i>Lohabhasma</i> , <i>Vangabhasma</i>
<b>Daiva Vyapashraya Chikitsa</b>	<i>Mantra</i> , <i>Japa</i> , <i>Puja</i> etc., are included and the natural substances like <i>Maruta</i> , <i>Jala</i> , <i>Megha</i> are praised to destroy worms.

### 3. Nidana Parivarjana

It is followed after *Prakruti Vighata*. The factors told as *Nidana* and *Dravya* similar to the qualities of *Nidana* should be discarded or avoided from the usage, explained in Table. 6.<sup>[13]</sup>

**Table. 6: Nidana Parivarjana**

<b>Pathya</b>	<b>Ahara</b>	<i>Kasaya</i> , <i>Katu</i> and <i>Tikta Rasatmaka</i>
	<b>Herbs</b>	<i>Patola</i> , <i>Rasona</i> , <i>Amalaki</i> , <i>Paribhadra</i> , <i>Sarsapa</i> , fruit of <i>Brihati</i> , <i>Vidanga</i> , <i>Tambula</i> , <i>Haridra</i> etc.
	<b>Shakha</b>	<i>Karavellaka</i> , <i>Nimbapatra</i> .
	<b>Cereals</b>	<i>Raktashali Dhanya</i> , <i>Kulattha</i>
	<b>Taila</b>	<i>Til</i> and <i>Sarshapa Taila</i> .
	<b>Kshara</b>	<i>Kulattha</i> & <i>Yava Kshara</i> .
<b>Apathya</b>	<b>Ahara</b>	Avoid diet articles of <i>Madhura</i> and <i>Amla Rasa</i> .
	<b>Plant products</b>	<i>Parnasaka</i> , <i>Masha</i> , <i>Guda</i> .
	<b>Animal products</b>	Eight types of milk, curd, ghee etc.
	<b>Food regimen</b>	<i>Ajirna</i> , <i>Virudha</i> , <i>Asatmyabhojan</i> and <i>Adhyasana</i> .
	<b>Vihara</b>	Having Day sleep & holding of natural urges like Nausea, vomiting etc.

### DISCUSSION

The word *Krimi* broadly described. From the Vedic period its existence was felt. But details of it is somewhat found in later period. In modern science due

to invention of microscope the study of microbes become easy. Among the two types of *Krimi* - *Drishya* and *Adrisya*, the *Adrisya* one is *Anumangamy*. The three types of *Rogipariksha* mentioned in *Ayurvedic* text among which *Anumana* is used for *Adrisya Krimi*. Medical microbiology is the study of microbes, which are invisible to the unaided eye, includes bacteria, protozoa, algae, fungi and acellular agents like viruses. Whereas Medical parasitology deals with parasites includes unicellular protozoans and multicellular helminthes. But in *Ayurveda* single terminology *Krimi* includes both macro and micro organisms. The correlation of the *Krimi* with microbes and parasites depend upon their habitat, available morphological character along with sign and symptoms they produce in host. Individual probable correlation of all the *Krimi* with microorganisms is quite difficult but some of the *Krimi* produce similar features like microbes and parasites. Few attempts had been made by *Ayurvedic* scholars to correlate the types of *Abhyantara Krimi* with parasites and other microorganisms described in modern literature.

*Bahya Krimi*, *Yuka* can be compared with louse (head, body, pubic) and eggs of louse which stick to the root of hair.

*Raktaja Krimi* are those which reside and travel in *Raktavaha Sira* and *Dhamani*, they are very minute, without legs, coppery colour, can't visualized by naked eye and produce *Kustha* like diseases, *Nakha*, *Loma Dhvamasa*, *Brana*, *Twak*, *Sira*, *Snayu*, *Tarunasthi Bhakshana* etc. Here some examples of microbes in blood stream which produce similar feature in body.

**Bacteria** - Staphylococcus, Streptococcus Pyogens, Beta Streptococcus Haemolyticus. **Fungi** - Epidermophytes, Candida albicans, Tinea corporis, Tinea imbricata, Tinea cruris, Tinea barbae, Tinea capitis. **Parasites** - Plasmodium, Trypanosomes, Wuchereria.

The *Kaphaja Krimi* resides in upper part of gut, but when increases in numbers travel through both direction of gut. They have different shapes like thick, flat, elongated, rounded, ring like etc. and produce nausea, salivation, anorexia, indigestion, fever,

syncope, vomiting, emaciation etc. The following parasites can be compared with *Kaphaja Krimi*. **Parasite** - Ancylostoma duodenale, Taenia solium, Taenia saginata, Trichinella spiralis, Ascaris lumbricoides

*Purisaja Krimi* lives in lower gut but when increase in numbers travels through upper and lower part of gut. Their size varies from microscopic to macroscopic and produces clinical features like diarrhea, emaciation, pallor, horripilation, perianal itching etc. The following organisms may be the probable correlation of *Purisaja Krimi*. **Bacteria** - Vibrio cholera, E.coli, Salmonella, Shigella. **Virus** - Rota virus, Astro virus, Adeno virus, Norwalk virus. **Fungi** - Candida albicans. **Parasites** - Trichuris trichiura, Enterobius vermicularis, Giardia lamblia, Balantidium coli.

## CONCLUSION

Worm infestation is very common in paediatric age group. According to *Chakrapani "Atra Samshodhanam Apaharanam Samshamanam Vighataha Nidanavarjanam Tu Sabdhen Api Samaanam"* *Samshodhana* (elimination therapies) for the removal, *Samshamana* (alleviation) is for the measures of counteracting the factors responsible for the treatment of *Krimi* and the third principle i.e., *Nidanaparivarjana* (avoidance of causative factors) for prevention of further infection. *Chikitsa* is the one which helps to destroy the causes and pathogenesis of the disease completely. While explaining *Chikitsa* of *Krimi*, *Acharyas* given a systematic approach so that it can remove the pathology in a full-fledged form. The mode of treatment told is also helpful to overcome the further infections or the other diseases can cause by different types of *Krimi*. So, it can be understood that the *Kramanusaraprayoga* of *Thrividhachikitsa* here is good in both preventive and curative aspects.

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