



Review Article

ROLE OF NIDANA PARIVARJANA AS A LINE OF MANAGEMENT IN PUREESHAJA KRIMIROGA

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ABSTRACT

Krimi is used to denote tiny organism which reside in human body. The concept of *Krimi* and their relation in development of disease is mentioned by Ayurveda literature. *Krimi Roga*, a serious morbidity, contributes significantly to disease burden in children and causes malnourishment and stunted growth in them. *Aharaja* and *Viharaja Nidana* plays an important role in growth of *Krimi*. Treatment modalities mentioned for *Krimiroga* are *Apakarshana, Prakriti Vighata* and *Nidana Parivarjana*. Concept of *Nidana Parivarjana* holds important role in prevention as well as treatment of disease especially in *Krimiroga*.

INTRODUCTION

Krimi is used as broad sense for all worms and microorganisms. Description of *Krimi* is found since vedic period. These *Krimis* possess ability to breed in human intestine with the help of food and blood. In Ayurveda all Acharyas cited the term *Krimi* and most of the authors defined the classification, causes, symptoms and treatment of *Krimi*. Based on visibility *Krimi* are classified into *Bahya* (visible) and *Abhyantara* (invisible). *Abhyantara Krimi* includes *Sleshmaja, Pureeshaja* and *Rakthaja krimi* [1]. *Nidana of Krimi Roga* involves consumption of food like jaggery, sesame, meat, unctuous, sweet and cold, in excess or hampered quality which causes *Kapha Utklesha*. Also, practices like *Divaswapna* (sleep during day time), *Avyayama* (lack of physical activities) and improper lifestyle contribute to *Krimi Roga* [2]. According to Ayurveda the principle of treatment of *Krimi* includes *Apakarshana* (removal/extraction), *Prakruthi Vighata* (making environment unfavourable for growth of organisms) and *Nidana parivarjana* (avoiding etiology)[3]. Even though *Apakarshana* or *Prakriti Vighata* is done, without *Nidana Parivarjana Krimiroga* tend to recur. Hence *Nidana Parivarjana* plays important role in treating *Krimiroga*.

Methodology

Krimi Roga with respect to its etiological factors, clinical features, categorization, treatment and wholesome and unwholesome foods during treatment were reviewed from textbooks like *Charaka Samhita, Susruta Samhita, Kashyapa Samhita, Yogaratnakara, Bhavaprakasha* and *Harita Samhita Acharya Susruta, Vagbhata, Harita, Bhavamishra* and *Madhavakara* had mentioned *Samanya Nidana* followed by *Vishesha Nidana* whereas *Acharya Charaka* mentioned only *Vishesha Nidana* for *Bahya* and *Abhyantara Krimi*. *Vishesha Nidana* includes factors which causes different types of *Krimi* whereas *Samanya Nidana* includes the factors responsible for entry and growth of *Krimi*. *Samanya Nidana* can be understood based on *Aharaja Nidana* and *Viharaja Nidana*. (Table no.1)

According to *Acharya Charaka*[4], *Bahya Krimi* is caused due to lack of cleanliness of body. Causes of *Rakthaja Krimi* is same as *Kusta* like intake of nourishing and depleting diets, continuous intake of honey, fish, radish in large quantity, intake of *Hayanaka (Oryza sativa linn)*, *Koradusha (Paspalum scrobiculatum)* along with milk, curd, butter, excessive indulgence in physical exercise and exposure to heat, suppression of urge for emesis, excessive oleation etc. Causes of *Sleshmaja Krimi* include intake of milk, sugar candy, fish, meat of animals inhabiting marshy land, pastries, milk preparations and oil of *Kusumbha (Carthamus tinctorious linn)*, uncooked putrified and soft food, food mixed with despicable articles like feces, food having mutually contradictory properties and unwholesome food. Causes of *Pureeshaja Krimi* are same as *Sleshmaja Krimi*.

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As per Acharya Susrutha^[5] Krimi is caused due to intake of food during indigestion; taking unsuitable, incompatible and dirty food; lack of physical exercise, day-sleep; intake of heavy, too unctuous and cold items, black gram, edibles of rice flour, pulses, stem and root of lotus, leafy vegetables, wine, vinegar, curd, milk, jaggery, sugarcane, paste of sesamum, meat of marshy animals, oil cake, flattened rice etc and also sweet and sour drinks.

According to the author of *Yogaratanakara* ^[6], those who eat in spite of indigestion, eat too much sweet and sour articles, intake of food prepared with

pulses and jaggery, do not exercise, sleep during daytime and eat incompatible substances are infested with parasites.

As per *Bhavaprakasha*^[7], a person is infected by worms if he is consuming food in such large quantities which lead to indigestion, if he is fond of sweet sour foods, liquid diets, diet rich in carbohydrates and associated with jaggery if he is not at all exercising, indulging in daytime sleep and finally if he is in the habit of taking in food having different and opposite qualities.

Table 1: Samanya Nidana of Pureeshaja Krimi according to various classics

S.No.	Nidana	S. S	H.S.	B.P.& M.N.
A	Viharaja nidana			
1	<i>Avyayama</i> (lack of exercise)	+	-	+
2	<i>Divaswapna</i> (sleeping at day time)	+	+	+
3	<i>Gharma</i> (sun bath)	-	+	-
B	Aharaja nidana			
	Diet articles			
1	<i>Dwidala dhanya</i> (legumes)	+	-	-
2	<i>Godhuma</i> (wheat)	-	+	-
3	<i>Yava</i> (Barley)	-	+	-
4	<i>Masha</i> (Black gram)	+	-	-
5	<i>Pistanna</i> (pasted food)	+	-	-
6	<i>Pruthuka</i> (flattened rice)	+	-	-
7	<i>Pinyaka</i> (oil cakes)	+	-	-
	Vegetables			
1	<i>Shaluka</i> (lotus root)	+	-	-
2	<i>Bisa</i> (lotus stalk)	+	-	-
3	<i>Kasheruka</i> (<i>Scirpus grossus</i>)	+	-	-
4	<i>Parnashaka</i> (leafy vegetable)	+	-	-
	Animal products			
1	<i>Ksheera</i> (Milk)	+	-	-
2	<i>Dadhi</i> (Yogurt)	+	-	-
3	<i>Pishita</i> (Meat)	+	+	+
4	<i>Anupa Mamsa</i> (Meat of animals in marshy places)	+	-	-
5	<i>Palala</i> (Sweet meat made of ground sesamum and sugar)	+	-	-
6	<i>Ksheera Viparyaya</i> (milk products)	-	+	-
	Sugarcane products			
1	<i>Guda</i> (Jaggery)	+	+	+
2	<i>Sura</i> (wine)	+	-	-
3	<i>Shukta</i> (vinegar)	+	-	-

The treatment principle of *Krimi* includes *Apakarshana* (removal/extraction), *Prakruthi Vighata* (making environment unfavourable for growth of organisms) and *Nidana parivarjana* (avoiding etiology). *Apakarshana* is the removal or extraction of *Krimi* from body. Paying due consideration to all aspects, parasites may be extracted by hand with or without the help of instruments. Parasites residing inside the body can be extracted by administration of appropriate therapies which are of four types *Shirovirechana*, *Vamana*, *Virechana* and *Asthapana*. *Prakruthi Vighata* can be done using drugs and diet which are pungent, bitter and astringent in taste and hot in potency along with other drugs having properties contrary to *Sleshma*. In *Nidana Parivarjana*, factors which produce *Krimi* and help its growth are to be avoided

DISCUSSION

Nidana Parivarjana in *Krimi Roga*

Nidana Parivarjana is the first and foremost treatment principle in all the diseases. In *Krimichikitsa*, *Acharya Charaka* also mentioned about the factors to be avoided which are responsible for production or which favours growth of *Krimi*. These help in prevention of occurrence or recurrence of disease. Further it helps to avoid progression of disease by eliminating respective etiology. The detailed knowledge of etiopathogenesis helps in proper planning of treatment. Also, treatment finds more effective with avoidance of disease-causing agents.

Use of contaminated, improperly washed and/or undercooked leafy vegetables^[8] and meat^[9] cause intestinal worm infestation. Intake of certain amount of sugar and lipid promotes the growth and development of worms and prolongs their life^[10]. Worms feed off sugary food (cookies, cakes, sweeteners) and food which gets converts to sugar quickly (pulses, legumes, wheat). High sugar worsens the worm infestation, causing it to spread quickly^[11]. Milk itself is full of all the nutrients needed for microbial growth. Certain parasites can also contaminate milk and get transmitted to humans^[12] in situations like unhealthy sanitations, improper pasteurization processes and unhygienic processing techniques.

The use of jaggery prepared under unhygienic conditions and containing impurities in it, can increase the risk of getting intestinal worms^[13]. Alcoholism and intestinal parasites go hand in hand, not only due to their unhygienic condition but also due to damage to immune system^[14]. Sedentary lifestyle and improper diet habits lead to gut dysbiosis and serves as a culture medium for growth of worms.

Importance of *Nidana*

Hetu is the prime factor for causation of disease, the relevance of which can be understood as its diagnostic, therapeutic and prognostic importance. Each disease has its own set of causative factors by which reflects in specific etiopathogenesis. That is why it is very essential to avoid etiological factors and is the first step in management of any disease. Similarly, the prognosis of any disease is based on *Hetu*. Mild causative factor causes mild vitiation of *Dosha* and *Dushya* which result in manifestation of mild symptoms or minor disorders making the disorder easily curable.

CONCLUSION

Krimi Roga can be considered as most important problem in childhood as it affects overall growth and development of a child. Controlled dietary practices in childhood age group remain as the foremost solution for the burden of worm infestation. Hence a better understanding and implementation of *Nidana Parivarjana* detailed in the Ayurvedic classics is essential.

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