

To Study Clinical Efficacy of Pippaladi Churna in Purishaj Krimi**Dr. Abhijeet Pundlik Patil**Assistant professor,
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Agadanttra Department,
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college, Mahagaon**Abstract:**

The utility of Ayurveda science is to maintain health of a healthy individual and to cure the disease of a patient. According to Ayurveda, health is the balanced state of Dosha, Dhatu, Agni, Mala and pleasant status of soul, sense Organs and mind. In today's world of modernisation, there is less attention towards health. In heavy rush of work, lower socio-economic group people does lack of proper sanitation, literacy and use of uncooked food or improper washing of food materials etc. Also Helminthiasis of children is ignored by both parents and physicians because of less severity of symptoms till the infection becomes severe. There is a wide range of references for Helminthiasis in Ayurvedic classics in the name of Krimi Roga. Totally 20 Krimis are mentioned and are classified as Bahya and Abhyantara Krimis. Detail descriptions of different varieties of Krimis are followed by Prakrithi Vighata and Nidana Parivarjana which helps to prevent the further aggravation or recurrence of the condition. In the market, many anthelmintic drugs are available. They have one or the other side effect like anorexia, vomiting, giddiness, headache, shock, sensory disorder, Steve Johnson syndrome. So to overcome these side effects there is the necessity of a potent anthelmintic rasa ousadhi which when administered will be minimum in dose and will be efficient. Pippaladi Churna is the most familiar compound preparations in the treatment of Krimi Roga and it is mentioned in Krimi roga Adhikar adhyaya of Vangasena Samhita. So present study is selected to find efficacy of Pippaladi churna in Purishaj Krimi.

Keywords: Krimi, Helminthiasis, Pippaladi, Churna.

Introduction:

Ayurveda is a system of Indigenous medicine that systematizes and applies the knowledge about health and disease. Health is the supreme foundation of virtue, wealth, enjoyment and salvation. Worm infestation is a very common health problem especially in children. According to WHO, it is estimated that about 1/4th of the population are infected with one or more of most common type of parasites like Round worms (*Ascaris lumbricoids*), Hook worms and Whip worms¹. It is highly prevalent in the poor socio-economic sector of people; due to lack of proper sanitation, literacy and use of uncooked food or improper washing of food materials etc.² are the important factors for spreading worm infestation in developing countries like India.

There is a wide range of references for Helminthiasis in Ayurvedic classics in the name of Krimi Roga. Totally 20 Krimis are mentioned and are classified as Bahya and Abhyantara Krimis. Charaka, Sushruta, Vagbhata, Madhavakara, Bhavaprakasha,

Bhela have given vivid description about Krimi. Over all view of all the Acharyas are having similar opinion regarding Krimi. Detail descriptions of different varieties of Krimis are followed by Prakrithi Vighata and Nidana Parivarjana which helps to prevent the further aggravation or recurrence of the condition, special group of Krimihara drugs are mentioned to use internally and externally in the different purposes for taking care of the person suffering from Krimi Roga.

The practice of medicine among tribal people and villages of India follows the same pattern it did 2000 years ago. In past two decades there is worldwide revival of herbal drugs for the health care not only in developing countries but also in developed countries. More than 80% population in the world still depend on the use of herbal drugs as they are easily available and have no side effects. Particularly in our country the modern drugs are out of reach of common people, the medication through herbal drugs plays an important role for providing primary health care to the mass population.

Anthelmintic are medicines act against parasitic worms. To be an effective Anthelmintic, a drug must

penetrate the cuticle of the worm or gain access to its alimentary tract .Anthelmintic drug can act by causing paralysis of worm or by damaging its cuticle leading to partial digestion or to rejection by immune mechanisms.³ In the market, many anthelmintic drugs are available. They have one or the other side effect like anorexia, vomiting, giddiness, headache, shock, sensory disorder, Steve Johnson syndrome. So to overcome these side effects there is the necessity of a potent anthelmintic rasa ousadhi which when administered will be minimum in dose and will be efficient. Pippaladi Churna is the most familiar compound preparations in the treatment of Krimi Roga and it is mentioned in Krimi roga Adhikar adhyaya of Vangasena Samhita.⁴ It has been found very effective in Krimi roga.

Aims –

- To study clinical efficacy of Pippaladi Churna in Purishaj Krimi.

Objective:

1. To take various references related to Purishaj Krimi in various Ayurvedic Samhitas.
2. To understand concept of Krimi.
3. To understand Pippaladi Churna.

Review of literature:

Krimi:

The term “Krimi” is derived from the word Kramu, which means to step, to roam, or to walk. It has come out from “Kramu Padavikshepe”, means which move with the legs are termed as Krimi.

Number of Krimi:

Different authors do not agree on same number of Krimi. They have considered different numbers; work of few of them is summarized.

Table.1 Classification of Bahya and Abhyantara Krimi: ⁵

Sl . No.	Name of the Scholar	Ba hya kri mi	Abhyantara krimi				Gra nd tota l
			Kap haja	Puris haja	Rakt aja	To tal	
1.	Charaka	2	7	5	6	18	20
2.	Harita	7	-	-	-	06	13
3.	Bhela	-	-	-	-	-	20
4.	Sushruta	-	6	7	7	20	20

5.	Vagbhat a	2	7	5	6	18	20
6.	Madhav akara	2	7	5	6	18	20
7.	Sharang dhara	2	7	5	6	18	22
8.	Bhava mishra	2	7	5	6	18	20

Purishaja Krimi:

These Krimi have been designated according to their shape and symptoms they produce. All the Acharyas except Sushruta have given almost identical nomenclature. Description given by Sushruta also indicates mainly about their morphology.

1. **Kakeruka⁶:** No detail about this word is available.
2. **Makeruka⁶:** This term indicates the Makara (crocodile). This group includes that Krimi having rough ridges all over the body.
3. **Leliha⁶:** The Krimi resembling the shape of snake can be included in this group.
4. **Sashula⁶:** Krimi causing pain in abdomen may be included in this group.
5. **Sausurada⁶:** The Krimi of this group includes those who cause irritation in large Intestine by eating its lumen, Except Gandupada, Dwimukha, Churu, other nomenclature described by Sushruta have no reference about their meanings.

Etiological Factors:

Acharya Charaka has mentioned Mrujavarjana means uncleanliness as the Nidana of Bahya Krimi. Nidanas like meat, patrashaka etc. help in the ingestion of ova and cyst into human body. Nidanas like Diwaswapa. Ajirashana, Asatmya, Viruddha Bhojana etc. create Agni Mandya and a favourable atmosphere in the Koshta for the growth of Krimi and diet like green vegetables (Patrashaka), Pishtanna, Godhuma etc. create major bulk of faeces. According to Dalhana this accumulation of faeces gives favourable environment for the growth of Krimis as they are originating from the vapours of faecal matter.

Symptoms of Purishaj Krimi:⁷

Purishbheda, Karshya, Parushya, Lomaharsha, Guda vinirgamana, guda kandu, shool, Agni sadana, pandu, vishtambha, Balakshaya, Praseka, Aruchi.

Treatment

In seventh Chapter of Vimana Sthana, Charaka has given the three main procedures in the treatment of Krimi Roga.⁸

1.Apakarshana: The process by which the unwanted elements are removed or extracted from the body is considered as Apakarshana. It includes Vamana, Virechana, Shirovirechana, Asthapana Basti

2.Prakriti Vighata: Bringing obstruction to the environment of origin and growth of Krimi is termed as Prakriti Vighata. It is done by Dravyas with Katu, Tikta, Kashaya, Kshara and Ushna Guna.

3.Nidana Parivarjana: Nidana Parivarjana means to eliminate the causative factors which helps in producing, germinating and the growth of Krimi.

Pippaladi Churna:

Pippaladi churna is given as a treatment of Prakriti Vighata. It is mentioned in Krimi roga Adhikar adhyaya of Vangasena Samhita.

Each drug namely Pippali, Pippali Mul, Saindhav, Krushnjirak, Chavya, Chitrak, Talispatra, Tejpaan, Nagkeshar had been taken as 8 tola each, Shunthi, Ajaji 4 tola each, Black salt 20 tola, Dadim one kudav and Amlvetas 8 tola , prepared fine churna and given it with warm water.

Table no. 2: Pippaladi Churna

S r . N o .	Drug	Botanical Name	Natural Order	Rasa	Veerya	Vipaka	Guna
1	Pippali	Piper longum Linn	Piperaceae	Katu	Ushna	Madhur	Laghu, Sniग्धा, Tikshna
2	Pippalimula	Piper longum Linn	Piperaceae	Katu	Ushna	Madhur	Laghu, Ruksha
3	Saindh	-	-	Lav	she	Ma	Lag

	av			ana, Slightly Madhura	eta	dhu ra	hu, snigdha
4	Krishna jeeraka	Carum bulbocastanum W. Koch	Umbelliferae	Katu	Ushna	Katu	Laghu, ruks ha
5	Chavya	Piper Chaba	Piperaceae	Katu	Ushna	Katu	Laghu, ruks ha
6	Kutaki	Plumbago zeylanica Linn.	Plumbaginaceae	Katu	Ushna	Katu	Laghu, ushna, teekshna
7	Talispatra	Abies webbiana Lindl	Pinaceae	Tikta, Madhura	ushna	Katu	Laghu, Tikshna
8	Tejpana	Cinnamomum zeylanicum Breyn	Lauraceae	Katu, Tikta, Madhura	Ushna	Katu	Laghu, ruks ha, Tee kshna
9	Nagak eshar	Mesua ferrea Linn.	Guttiferae	Kashaya, Tikta	Ushna	Katu	Laghu, ruks ha
10	Shunthi	Zingiber officinale Roscoe	Zingiberaceae	katu	Ushna	madhura	Laghu, Sniग्धा
11	Ajaji	Cuminum cyminum Linn.	Umbelliferae	Katu	Ushna	Katu	Laghu, ruks ha
12	Black Salt	-	-	Lavana	Ushna	Katu	Ruksha
13	Dadima	Punica granatum Linn.	Punicaceae	Madhura, Am la, Kashaya	Anushna	Madhura, Am la	Laghu, Sniग्धा

14	Amlav etasa	Garcin ia pedun culata Roxb.	Guttige rae	Am la	Ush na	Am la	Lag hu, Ruk sha, Tee ksh na
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Material and Methods:

Study Design: open prospective clinical study.

Location of the study: OPD and IPD Patients of Sant Gajanan Maharaj Ayurved Medical College, Mahagaon.

Study Population: Study will be carried out on the patients suffering from the sign and symptoms of purishaj Krimi those attending IPD and OPD of Sant Gajanan Maharaj Ayurved Medical College, Mahagaon.

SELECTION CRITERIA :-

Inclusion Criteria :

- 1) Patients who fulfill the criteria for diagnosis of Purishaj Krumi and having Vibheda, Udarshool, Agnisada, Gudkandu, and Bhaktadvesha.
- 2) Patients will be selected irrespective of sex, religion & socio economic status.
- 3) Parents who are willing to participate and give informed consent

Exclusion Criteria:

1. Pregnant women, Lactating mothers.
2. associated with other known history of diseases like Nephrotic Syndrome, Liver Cirrhosis, Ascites, Congestive Cardiac Failure, Acute Coronary Syndromes, AIDS, Tuberculosis, Leprosy, Malignancy, Auto-Immune Disorders, Genetic Disorders, Helminthic infection etc.

Withdrawal Criteria:

The Patients will be withdrawn from the trial if

1. If Patient himself want to discontinue the treatment anytime during the study.
2. If patient has any side effect/adverse drug reaction. Treatment and management of these patients will be done accordingly in our hospital.
3. Patient who fails to report for follow up or shows irregularity in treatment.

Sampling Technique: Simple Random Sampling Technique

Treatment

Intervention - Pippaladi Churna

Dose: 3 gm churna once a day

Kal : Paschyat bhakt

Route of Administration: Orally

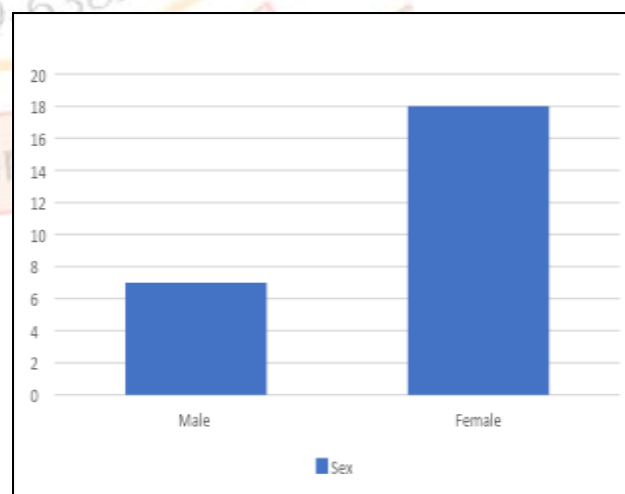
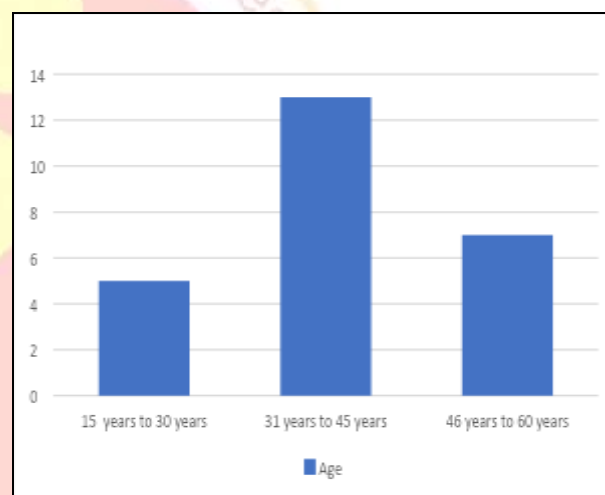
Anupan: warm water

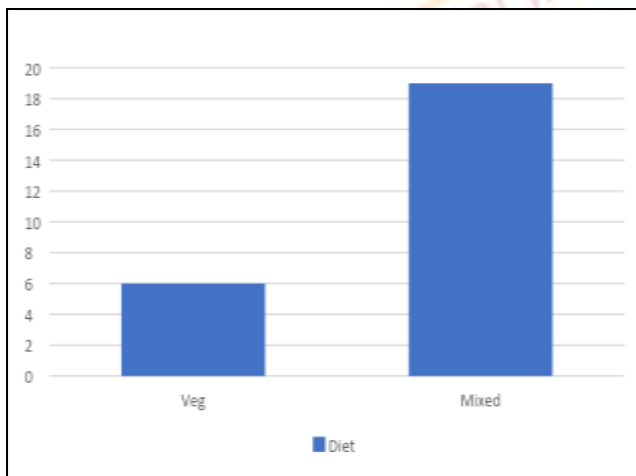
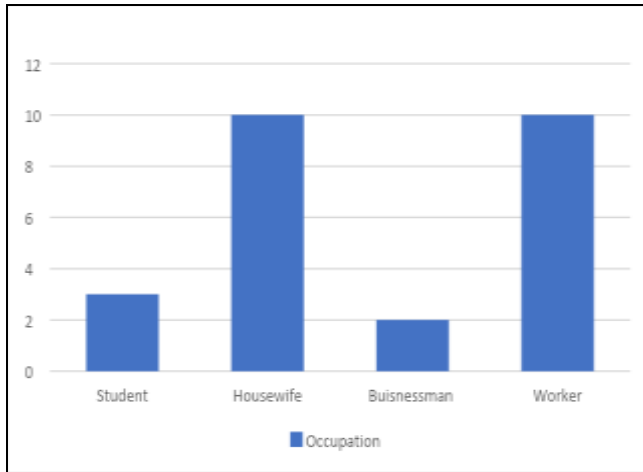
Duration: 28 Days

Follow Up: after 28 days

Sample size: 30

Observations and Result:





Result:

Sr. No.	Symptom	Improvement in percentage
1	Vibheda	68 %
2	Udarshool	75 %
3	Agnisada	61 %
4	Gudakandu	78 %
5	Bhaktadvesha	82 %

Discussion and Conclusion:

- Detail information regarding Krimi is available in All the Samhitas like Charak Samhita, Sushrut Samhita, Bhel Samhita, Harita Samhita, Kashyap samhita, Ashtang Sangraha, Bhavaprakash, Madhava Nidana etc.
- There are 20 numbers of Krimi according to acharya Charaka, Sushruta, Madhava Nidana and 13 by Harita Samhita.
- Krimi can be classified into two types – Sahaj Krimi (which do not leave any adverse

changes in human physiology) and Vaikarika Krimi (harmful to human body).

- Again they are classified into bahya and Abhyantar Krimi.
- Abhyantar krimis are of three types namely Kaphaj, Purishaj and Raktaj.
- Purishaj Krimi Mainly affects Pakwashaya and malashay.
- Samanya Nidana of Krimis are Avyayama, Diwaswapna, intake of Godhuma, Masha, Kshira, Dadhi, Guda, Pishta, Ikshu, Asatmya, Malina, Viruddha diet.
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- The specific symptoms of Purishaj Krimis are Purishabheda, Karshya, Parushya, Guda kandu, shool, Pandu, Vishtambha, Balakshaya, Praseka , Aruchi etc.
- There was marked reduction in the parameters of assessment i.e., Vibheda, Udarshool, Agnisada, Gudkandu, Bhaktadvesha etc.

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