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Efficacy of *Vachadi Churna* and *Krimighna Basti* on Intestinal Worms - A Clinico-Comparative Study

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ABSTRACT

In Ayurveda along with *Vata, Pitta, Kapha Doshas*, Sukshma jantu (microorganism) are also supposed to be responsible for creating disease. Description regarding the management of krimi is available since Vedic period. Helminthic infestations contribute significantly to global burden of disease especially in tropical and subtropical region. Krimi have large variation in size complex life cycle and migratory habits with in their host and these account for an estimated billion infection each year.

This clinical study has been carried out to study the effect of *Vachadi Churna* and *Krimighna Basti* on intestinal worms. In Group *Vachadi Churna* was administered to 25 patients whereas in Group B *Krimighna Basti* along with *Vachadi Churna* was administered to 25 patients. 65.61% and 80.90 % significant relief in symptoms was observed in both Groups respectively.

Key Words: *Krimi, Organism, Parasitic, Infection, Vachadi, Krimighana Basti*

INTRODUCTION

Krimi mentioned in Ayurvedic classics has a broad meaning. Krimi i.e., helminths or worms are remarkable among samkramik ghatakas (infectious agents). It includes all type of micro and macro, pathogenic and non- pathogenic organism.

Science that deals with the Pathogenic effect of Parasites is called as Parasitology¹.

Classification of Krimi in Ayurvedic Classics:

According to Acharya Charaka:²

Acharya Charak classified Krimi into two i.e. Sahaja and Vaikarika.

Sahaja Krimi - Live in human body right from birth till death and are not harmful. They are numerous in number and live in the buccal cavity, alimentary tract as well as in vaginal canal of female as a normal bacteria flora.

Vaikarika Krimi- Opposite to Sahaja krimi and are pathogenic causing disease or deformity in body. These are again of 2 types Bahya Krimi (External- which live on the skin outside the body) Abhyantarakrimi (Internal- those inside the body)

According to Acharya Sushrut:³

Acharya Sushruta mentioned Bahya Krimi and Abhyantara Krimi of two types- Drishya & Adrishya. According to Acharya Sushrut the vitiated kaphadosha pitta dosha by any causative



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factor of krimiyoga can produce krimi. Most of the factor described in in the etiology of krimiyoga lead to *Agnimandya* and *Amothpatti* which work as the principle factor in the process of Samprapti (pathology) and leads to production of krimi⁴.

Main focus in the present study was in regard to the Abhyantara Krimis only. Though, many formulations are available in the Ayurvedic literatures for management of *Krimi Roga* but amongst them *Vachadi Churna* is indicated in the classical texts of *Bhaishajya Ratnavali* and *Krimighna Basti*. In the Present study the formulation *Vachadi Churna* as well as the Combination of *Vachadi Churna* and *Krimighna Basti* has been selected as they seems to be promising enough not only to treat the condition of *Krimi* but also expell them out of the body.

AIMS & OBJECTIVES

Aim:

To evaluate the effect of *Vachadi Churna* and *Krimighana Basti* in *Krimi*roga.

Objectives:

1 To evaluate the effcet of *Vachadi Churna* alone in *Krimi*roga.

2 To evaluate the combined effect of *Vachadi Churna* & *Krimighana basti* in *Krimi*roga.

MATERIALS & METHODS

Group A was advised *Vachadi Churna* with lukewarm water 5gm twice daily

Ingredients of *Vachadi Churna* was-⁵

Vacha

Ajamoda

Palashbeej

Karchura

Vyayavidanga

Nishootha

Hingu

Preparation of *Vachadi Churna*: All the drugs were taken in equal quantity. All the drugs are further powdered and sieved through Mesh and mixed together to prepare the *Vachadi Churna*. The prepared *Churna* was stored in an Air tight container for proper preservation.

Dosage : 5g twice daily

Anupana : Sukhoshna Jala

Duration : 16 days

Group B- *Krimighna Basti* was administered in Group B patients, along with *Vachadi Churna* 5gm orally with lukewarm water twice daily.

Ingredients of *Krimighna Basti*⁶---

Vyavidanga

Haritaki

Vibhitaki

Amalaki

Sahajaan ke chaal

Mushakaparni

Nagarmotha

Madanphala

Pippali

Preparation of *Krimighna Basti* :

All the drugs were taken in equal quantity and then they were coarsely powdered to prepare the *Kwatha Churna*. To the *Kwatha Churna* 8 parts of water was added and the quantity was reduced to 1/4th.



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For 200 ml of Kwatha, 50 ml murchitaitaila, 50 ml honey, 10 gm saidhvalavana were added in the same sequence to prepare Basti Mishrana. Filled in the Basti Putaka and administered followed by the oral administration of Vachadi churna.

Dosage : 300ml Once daily

Duration : 8 days (Basti) followed by Vachadi Churna (8 days)

METHODOLOGY

A Clinical study for 16 days was carried out with two groups of patient to fulfill the aim and objects of the study in Government Dhanvantari Ayurvedic college and Hospital, Ujjain. A special research proforma was prepared and data was statistically analyzed. The 50 patients were selected by convenience sampling method and divided into two groups in equal numbers, 25 in each group.

Inclusion Criteria:

1. Patients in between the age group 16-70 years.
2. Patients diagnosed with worm infestation in stool test.
3. Patient fit for *Basti Karma*
4. Either Sex
5. Was willing to give consent form

Exclusion Criteria:

1. Not willing to give consent form
2. Patients having advanced chronic illness like Bronchial asthma, Diabetes mellitus, malignancy, Liver cirrhosis, chronic renal failure, myocardial infarction and other serious systemic and Mental diseases.

3. Patient who were contraindicated for *Basti Karma*

Subjective Parameters of Assessment :^{7,8}

1. Udarshool(Abdominal Pain)
2. Chardi(Vomiting)
3. Gudkandu(Pruritus Ani)
4. Pandu (Anamia)
5. Chavathu(Sneezing)
6. Shirashool(Headache)
7. Vivarnata (Discolouration Of The Skin)
8. Atisar(Diarrhea)
9. Jwara(Pyrexia)
10. Agnimandhaya(Dyspepsia)
11. Aruchi(Anorexia)
12. Bharam(Vertigo)
13. Hridayaroga(Cardiac Discomfort)
14. Balakshaya(General Debility)

Objective Parameters of Assessment: ^[9]

1. Routine stool test
2. Hb percentage
3. Weight

OTHER INVESTIGATION:

- 1 Blood pressure
- 2 Pulse
- 3 Routine Urine Examination

RESULTS AND OBSERVATIONS

(Table No 1, 2, 3 & 4):

Effect of therapy was assessed by relief in symptoms after giving therapy in Group A, Group B and result of stool test in patients in Krimiroga in Group A and Group B.

Table 1 Relief of Symptoms in Group A

S.No.	SYMPTOM	Present in Patients		Extenuation	% Relief
		BT	AT		
1	Udarshool¼Abdominal Pain ½	61	17	44	72.16
2	Chardi (Vomiting)	10	6	4	40
3	Gudkandu(Pruritus Ani)	26	3	23	88
4	Pandu (Anamia)	31	13	18	58
5	Chavathu (Sneezing)	19	5	14	73.6
6	Shirashool (Headache)	15	3	12	80
7	Vivarnata (Discolouration of The Skin)	24	6	18	75
8	Atisar (Diarrhea)	11	4	7	63.6
9	Jwara(Pyrexia)	16	4	12	75
10	Agnimandhaya (Dyspepsia)	62	11	51	82.25
11	Aruchi (Anorexia)	35	10	25	71.4
12	Bharam (Vertiga)	21	8	13	61.9
13	Haridyaroga (Cardiac Discomfort)	00	00	0	0
14	Balakshaya (General Debility)	27	6	21	77

S.D.= 14.12 T_{CAL} = 4.96 S.E. = 3.77 Relief =65.61% P < .001

Table 2 Relief of Symptoms in Group B

S.No.	SYMPTOMS	Present in Patients		Extenuation	% Relief
		BT	AT		
1	Udarshool (Abdominal Pain)	59	9	50	84.7
2	Chardi (Vomiting)	28	6	22	78.5
3	Gudkandu(Pruritus Ani)	30	3	27	90
4	Pandu (Anamia)	32	9	23	71.8
5	Chavathu (Sneezing)	19	1	18	94.7
6	Shirashool (Headache)	21	5	16	76
7	Vivarnata (Discolouration of The Skin)	20	4	16	80
8	Atisar (Diarrhea)	16	4	12	75
9	Jwara(Pyrexia)	20	5	15	75
10	Agnimandhaya (Dyspepsia)	63	8	55	87.3
11	Aruchi (Anorexia)	38	7	31	81.5
12	Bharam (Vertiga)	16	1	15	93.7
13	Haridyaroga (Cardiac Discomfort)	10	2	8	80
14	Balakshaya (General Debility)	31	11	20	80.95

S.D.= 16.14 T_{CAL} = 5.09 S.E. = 4.3% Relief =80.9 P < .001

Table 3 Result of Stool Test in Group A

S.No.	Krimi	Present in patients		Extenuation	% Relief
		BT	AT		
1	EntomaebaHistolytica	8	0	8	32
2	Giardia Lambila	5	1	4	16
3	AnkylostomaDuodenele	3	0	3	12
4	EnterobiusVermocularis	5	2	3	12
5	AscariesLumbricoids	4	1	3	12

S.D.= 0.43 T_{CAL} = 9.5 S.E. = 0.08 % Relief =77 P < .001

Table 4 Result of Stool Test in Group B

S.No.	Krimi	Present in Patient		Extenuation	% Relief
		BT	AT		
1	EntomaebaHistolytica	12	0	12	48
2	Giardia Lambila	7	1	6	24
3	AnkylostomaDuodenele	5	0	5	20
4	EnterobiusVermocularis	2	0	2	8
5	AscariesLumbricoids	4	1	3	12

S.D.= 2.78 T_{CAL} = 10.18 S.E. = 0.55 % Relief =92.17 P < .001

GROUP A- In Group A Out Of 25 Patients, 3 Patients were Markedly Improved 19 Patients were Improved, 3 Patients were Mild Improved.

GROUP B- In Group B Out Of 25 Patients, After Combined Effect of Krimighana Basti And Vachadi Churna ,9 Patients were Markedly Improved ,15 Patients were Improved, and 1 Patients were Mild Improved

Table 5 Overall Effect of Therapy in Group A and Group B

S.No.	Effect of Therapy	Group A		Group B	
		No of pt	Percentage	No of pt	Percentage
1	Markedly improved	3	12	9	36
2	Improved	19	76	15	60
3	Mildly improved	3	12	1	4
4	Not improved	00	00	00	00
5	Total	25	100	25	100

DISCUSSION

In group ‘A’ after the use of Vachadi Churna in 5 gm two times for 16 days 65.61 % relief was reported in patients of krimiroga with highly significant P <0.001. While in group B after the use of Vachadi Churna and Krimighna Basti (8 days Krimighna Basti) and 5 gm vachadi twice a 80.90 % relief was reported in the patients of krimiroga with highly significance P <0.001. Based on percentage relief this comparative study had conclude that group B (Krimighna Basti with Vachadi Churna) was more effective especially in *Gandupad krimi* and *Tantu krimi* in comparison with group A Vachadi Churna alone. The extremely significant and promicing effect of Group B was observed may be due to its Apkarshana (detraction), effect of krimighna Basti for 8 days (which is the foremost treatment explained in the context of krimi roga,) along with oral administration of *Vachadi Churna* (the Shaman treatment) with 32 days of dietary restriction described as *Nidana Parivarjana*.^[10]

CONCLUSION

Vachadi Churna is effective in the management of krimiroga. The ingredient presense in vachadi yoga in vacha , ajamodas, palashbeej, karachurna, vyayavidanga, nishootha, andhanga. All the drugs were included in krimighana Varga in Ayurvedic Samhitas. And the ingredient present in Krimighna Basti (Vyavidanga, haritaki, Vibhitaki, Amalaki, Bahajaankichaal, Mushakapaannagarmotha, Medanphala, Pippali) are having *krimighana* property. Thus, these drugs were directly act on krimi present in intestine. Result of study concluded that *Vachadi Churna* along with *Krimighna Basti* were more effective in the management of Krimi.

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