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CHIEF EDITOR – PRAMOD PRAKASHRAO TANDALE

“To Study The Effect Of Krimighna Niruha Basti On Purishaja Krimioga According To Charak”

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Introduction-

Helmenthic infections contributes significantly to global burden of diseases in children specially in the tropical and subtropical region. No geographic area is immune from colonization by intestinal protozoans or helminths. In India, helminthic infections are generally confined to rural area, reason lies in various fields of ecology, socioeconomics, human behavior and sanitation. Particularly in tropical and subtropical area, the ecological background is composed of mixture of the following factors; over population, with high proportion of children constituting majority in the community, demographic patterns deficient or absent sanitary facilities leading to indiscriminate, unsupervised disposal of human waste products, i.e. human faeces and urine, and absent potable water supply or often limited access to water when they do exist.

Helminthic infestation causes illness malnourishment of growing children, results anaemia, ascites, even death due to obstruction of intestine. It reduce the ratio of healthy baby in society. So for the development of healthy children in society prevention of worm infestation is very important.

In Ayurveda there are many drugs described for krimi, mostly by oral route. According to Charaka apakarshana chikitsa is the first choice for the Krimi, Apakarshana includes Shirivirechana, Vamana, Virechana and basti.

Therefore it is essential to treat the disease with such a remedy which eliminate the root cause of the disease, I selected the Basti as treatment.

Aim And Objective

Aim:- To study the effect of krimighna niruha basti on purishaja krimioga.

Objectives:- To study the efficacy of apakarshana chikitsa by using krimighna niruha basti on purishaja krimioga according to Charaka.

Material And Methods:- To study the effect of krimighna niruha basti on purishaja krimioga in children, I have selected patients of Purishaja Krimioga.

Material:-

1. Patients
2. Drugs
3. Instruments.

• **Patients :-** Selection criteria of patients-

1. Children of age 6 to 12 yrs of both sexes.
2. Patients of Purishaja Krimiroga showing clinical features of of worm infestation. i.e.
 - a) Loose stools
 - b) Pain in abdomen
 - c) Perianal itching
 - d) Agnimandya
 - e) Discolouration of skin
3. Presence of atleast one type of parasite in stool microscopic examination.

Rejection criteria of patient-

1. Children having excessive Diarrhoea associated with other systemic diseases with complication.
2. Patients requiring emergency surgical treatment.
3. Absence of parasite in stool microscopic examination.
4. Patients coming under unasthaya group.

• **Drugs:-**

1.- Drugs for trial group-A:-

Krimighna Niruha Basti is given to these group of patients. It includes-

1. Vidanga
2. Triphala
3. Shigrutwak
4. Madanphal
5. Musta
6. Akhuparni
7. Pippali AND
8. Til tail
9. Madhu
10. Saindhav

Krimighna Niruha Basti is prepared as described in Samhitas.

2. Drugs for Control Group-B:- Koshna jal Basti is given to these group of patients.

• **Instruments:-**

1. Enaema can
2. Nadiswdan yantra
3. Rubber catheter
4. Table
5. Cloths
6. Gas
7. Steel pots
8. Weighing machine
9. Jar
10. Gloves

Management Of Patients:-

	TRIAL DRUG	CONTROL DRUG
DRUGS NAME	Krimighna Niruha Basti	Koshna Jal Basti
NO. OF PATIENTS	30	30
MATRA	6-9yrs = 240 - 380 ml 10-12yrs= 400 – 480 ml	6-9yrs = 240 - 380 ml 10-12yrs= 400 – 480 ml
TIME	In morning (8-9 am) After defecation	In morning (8-9 am) After defecation
DURATION	7 days	7 days
FOLLOWUP	4 th , 8 th , 21 st .	4 th , 8 th , 21 st .
FINAL ASSESSMENT AT	21 st day	21 st day

Investigations-**Prior to Treatment-**

- 1) Hemogram and ESR
- 2) Urine routine and Microscopic Examination.
- 3) Stool Examination- is done before treatment, on 4th day, 8th day, and 21st day of treatment in both groups.

Observations And Results:-

- In this study this observed that most of the cases 55% belongs to 9 – 12 years of age, and 45% cases belongs to 6 – 8 years of age. Out of these 50% male and 50% were female.
- Patients having weight 15 - 20 kg were 23.33%, 20 - 25 kg were 43.33%, 25 – 30 kg were 31.67%, and above 30 kg were 1.67%.
- Most of the cases 65% were from middle class, 28.33% were from lower class, and 13.33% were from rich class.
- 98.33% cases showing Drava malpravrutti, and 1.67% had grathita mal pravrutti.
- Most of the patients 56.67% had Madhyam akruti, and 43.33% had Krusha akruti.
- It is observed that most of the patients suffering from helmenthic infestation 43.33% have KaphVataj Prakruti, 31.66% have VatPittaj Prakruti, and 25% of KaphPittaj Prakruti.
- 96.67% of cases had Mandagni, and 3.33% had Tikshagni in Observation.
- Most of the cases had mix diet habit i.e. 65%, 35% were of shakahari diet habit.
- 56.67% patients were with Hb% 9-10 gms, 31.67% were with 8 – 9 gms, 8.33% are with 10 gms and above, and 3.33% cases were of Hb% below 8 gms.
- It is observed that 28.33% patients were having Ascariasis, 26.65% were having Amoebiasis, 13.33% were with Enterobius Vermicularis Infestation, 11.67% with Trichurus Tricuris Infestation, 3.33% cases with Giardiasis, and 15% showed Mixed infestation.
- The effect of treatment in both groups on Parasites, pain in abdomen, perianal itching, diarrhoea, and agnimandya is significant statistically, but in trial group effects of treatment is better than control group.

Conclusion:-

All above observations indicates that the patients having of age 9 to 12 years, KaphVataj prakruti, Mixed dietary Habit, Mandagni, Patients from middle class, are more affected by parasitic infestations.

And it is concluded that Krimighna Niruha Basti is highly effective on Purishaja Krimiroga. It gives total relief from the infestation of Ascariasis, Giardiasis, Amoebiasis, Trichurus Tricuris infestation. It gives less result in Enterobius Vermicularis as they live in small intestine.

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