

Research Article

Role of Virechana Karma In Mrit Bhakshana Janya Pandu Roga W.S.R. Gandupada KrimiDr. Devender Kaushik¹, Dr. Sweta Sahay²¹Assistant professor in Department of Panchkarma at Gaur Brahman Ayurvedic College Brahmanwas Rohtak²Associate professor in Department of Panchkarma at SBMN College Rohtak**Abstract:**

Background: Krimi roga is one of the most common diseases in Ayurvedic classics most of the Acharyas gave extensive explanations regarding the krimi roga. Gandupada krimi is one of the pureeshaja krimi mentioned in classics. Ascaris Lumbricoides has the close resemblance to the Gandupada krimi, it is the most common Helminthic infestations. It has a world-wide distribution, but the highest prevalence occurs in tropical & sub-tropical regions and areas with inadequate sanitation, Poverty, ignorance, lack of hygiene maintenance, bad sanitation and use of uncooked food or improper washing of food materials, eating soil etc. are the important factors for spreading helminthic infection in developing countries like India. In Ayurveda Virechana Karma is mentioned as the ideal treatment for krimi kosta & pandu.

Objective: To study the role of Virechana karma in Mritbhakshana janya Pandu roga w.s.r. Gandupada krimi (Ascariasis)

Design: Randomized open angle clinical study.

Study: The study took place at Gaur Brahman Ayurvedic College Brahmanwas Rohtak India.

Participant: The 40 participants were registered for study irrespective of their sex, cast, race etc.

Intervention: Role of virechana in Mritbhakshana janya panduroga WSR Gandupada krimi.

Result: 100% result of virechana found in Gandupada krimi.

Conclusion: In the present clinical study Role of Virechana karma in Mridbhakshana janya pandu offered better results in pacifying almost entire range of symptomatology.

Key Words: Krimi roga, mritbhakshan janya pandu, virechan, gandupad krimi.

Introduction

Krimi roga is one of the most common diseases in Ayurvedic classics most of the Acharyas gave extensive explanations regarding the *krimi roga*. *Gandupada krimi* is one of the *pureeshaja krimi* mentioned in classics. *Ascaris Lumbricoides* has the close resemblance to the *Gandupada krimi*, it is the most common Helminthic infestations. It has a world-wide distribution, but the highest prevalence occurs in tropical & sub-tropical regions and areas with inadequate sanitation, Poverty, ignorance, lack of hygiene maintenance, bad sanitation and use of uncooked food or improper washing of food materials, eating soil etc. are the important factors for spreading Helminthic infection in developing countries like India. In Ayurveda *Virechana Karma* is mentioned as the ideal treatment for *Krimi Kosta & pandu*.

Acharya Charaka has described three types of treatment of *krimi roga* and *mridbhakshana janya pandu* like *Apakarshana*, *Prakritivighata*, and *Nidana parivarjana*. *Apakarshana* is done by *Virechana karma*, *Sirovirechana* and *asthapana (Samshodhana karma)*.

Anemia is the most common public health problem affecting about 2 billion people worldwide. 90% of cases in developing countries Africa and Asia accounts for 85% of Anemia. Iron

deficiency Anemia (IDA) resulted in 273,000 deaths, with 97% occurring in low and middle income countries. according to the studies the main cause of it is malnutrition and lack of balanced diet, people of low socioeconomic people are unable to afford a good balanced diet and unable to maintain personal hygiene due to lack of knowledge and the rich people due to fondness of sweets, junk food and sometimes due to habit of clay eating and also deficiency of iron enhancer diet like citrus fruit and sprouts. But consumption of iron inhibitors like tea, coffee, etc.

Aims and Objectives:

To assess the role of *Virechana karma* in the management of *Mritbhakshana janya pandu*, wsr to *Gandupada krimi*.

Materials and methods:

For conducting the clinical study 40 patients of *pandu* were randomly selected from o.p.d and i.p.d of GBAC Rohtak.

Design of study:

Randomized open angle clinical study.

Ethical consideration:

Ethical clearance was obtained from the institutional ethics

committee(IEC) informed consent was obtained from all the patients.

Diagnostic Criteria:

An elaborate proforma incorporating all the points of history taking and physical examination mentioned in Ayurveda as well as in modern medicine was prepared. The proforma mainly emphasized on *Karmatmak* and *Avayavatmak* changes, intellectual disability, pervasive developmental disorders as well as *Gyanendriya*, *Karmendriya*, blood tests for level of iron and zinc and haemoglobin level in blood and stool test for pathogens and cyst.

Cardinal Symptoms:

Pedal edema, *akshikoot shotha*, *Agnimandya*, *Jwara gudkandu*, *krimi darshana* in stool by patient, pallor of eye and skin.

Associated symptoms:

Pallor: iron deficiency anaemia is characterized by the sign of pallor(reduced oxy haemoglobin in skin or mucous membrane) and symptoms of fatigue, vertigo, and weakness. In advance stages patient complaint for dyspnea, unusual obsessive food craving, known as *pica* may develop. Irritability or low feeling, angina, constipation, sleepiness, tinnitus, aphthous ulcers, palpitation, hair loss, depression, twitching muscles, pale yellow skin, tingling sensations and numbness, missed menstrual cycle, slow social development, glossitis, spoon shaped nails and weak and brittle nails.

Intervention:

The patient received sessions of *Panchakarma* therapy intervention includes-

1. Poorva karma:

Deepan pachana with panchkol churana
Snehpana with Gau Ghrut
Abhyanga with Til taila followed by swedana by Dashmool kwath until samyaka swinna lakshanas obtained
Diet regimen

2. Pradhan Karma

Administration of Virechana drugs.
Observation during virechana
Virechana vega
Virechana samyak lakshana obtained

3. Paschat karma:

One hour after the completion of procedure, the patients were advised to wash the part with *Sukoshna Jala*, is done. Thereafter they were Advised to follow the *samsarjana karma* for 5 to 7 days according to *lakshanas*.

Inclusion criteria:

Patients suffering from Pandu roga with the history of more than 1 year. in between age group of 15-40 years, irrespective of religion, sex, socio economic status, occupation.

Patients of *Pandu* having the infestation of *gandupada krimi* in there gut. who are having the habit of *mridbhakshana*.

Exclusion criteria:

Patients less than 15 years and more than 40 years.
suffering from other metabolic diseases are excluded
Patients complaining of *Pandu* from less than one year
suffering from malena, Intestinal tumour, IBS, bone marrow disease, leukemia, jaundice and operated for any intestinal disease.

Methods of Preparation of *dashmool kwath* :

A fresh Kvatha was prepared on the day of procedure by adding 32 parts of water to 1 part of *Kvatha Churna* and then heated on slow fire to reduce it to 1/4th. To the filtered Kvatha and its vapors were obtained for *Nadi Sveda* by putting it in a pressure cooker. And *nadi svedan* is done.

Methods of Procedure:

- Condition of patient: Patient should be empty stomach.
- Patient should be calm and relaxed During the procedure.
- Required quantity of *virechana dravyas*: depends on the *kostha* of the patient.

Criteria for Assessment:

Assessment was done on the basis of scoring of cardinal sign, Associated and observed symptoms and *samyak virikt Lakshanas*. Scoring pattern was developed according to severity of symptoms and improvement was assessed accordingly.

AKSHI KOOT SHOTHA	SCORE
Severe	3
Moderate	2
Mild	1
No Shotha	0

PADA SHOTHA	SCORE
Severe	3
Moderate	2
Mild	1
No Shotha	0

KAPHA, RAKTA MISHRIT MALA	SCORE
Severe	3
Moderate	2
Mild	1
Normal	0

GUDA KANDU	SCORE
Severe	3
Moderate	2
Mild	1
No Kandu	0

Objective Criteria:

PANDUTA	SCORE
Severe	3
Moderate	2
Mild	1
No Panduta	0

AGNIMANDYA	SCORE
Severe	3
Moderate	2
Mild	1
Normal	0

SWASHA DAURGANDHYA	SCORE
Severe	3
Moderate	2
Mild	1
No Shotha	0

KRIMI DARSHANA in stool	SCORE
Every Day(severe)	3
Alternate day(moderate)	2
Once a week (mild)	1
No krimi darshana (not visible)	0

JWARA	SCORE
Severe	3
Moderate	2
Mild	1
No jwara	0

Assessment Criteria:

a) The frequency distribution analysis of demographic data was done.

b) Study of Role of Virechana karma in mritbhakshana janya pandu was performed using Friedman's Test for all nonparametric variables for both subjective and objective criteria.

Results: Overall assessment was made on the basis of following criteria.

Complete Relief	100% relief in all the sign and symptoms
Marked Relief	75% relief in all sign and symptoms.
Moderate Relief	50-74% relief in all the sign and symptoms
No Relief	Result below 25% was considered relief as no relief. Persistence of all the parameters in the same grade.

%Relief of the treatment for each symptom is considered to be the proportion of patients post-treatment that show relief on

the grade scale for each symptom. In this study, Score 0(Normal) is considered as the best prognosis in patients for each symptom and was used for calculating complete relief, score 1 is considered for calculating marked relief, score 2 is considered for calculating moderate relief and score 3 is considered for calculating no relief.

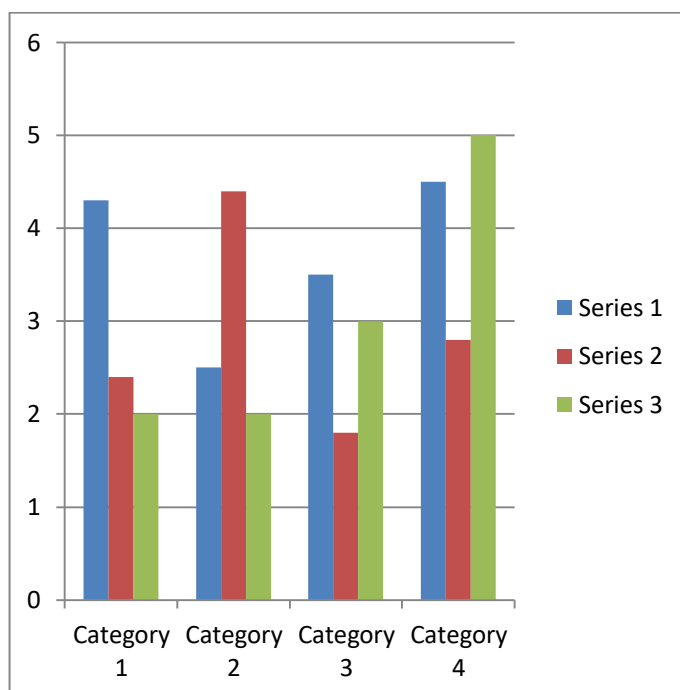
The data is as follows:

Table- 1 Relief in different parameters

%Relief	No Relief	Mild Relief	Moderate Relief	Complete Relief
<i>Akshikoota shotha</i>	0	13	20	68
<i>Padashotha</i>	0	20	10	70
<i>Kapha raktamishrit mala</i>	0	28	13	60
<i>Gudkandu</i>	2.5	28	18	52.5
<i>Panduta</i>	5	25	15	55
<i>Agnimandya</i>	00	20	7.5	72
<i>Swas durgandhta</i>	0	25	2.5	73
<i>Krimi darshana in stool</i>	3	18	20	60
<i>Jwara</i>	0	28	0	73

The distribution of % relief across all parameters shows that majority of the patients have attained complete relief in the course of treatment. While the most effective results are seen in patients for the *Jwara* and *swas durgandhta* (70%) the least proportion but nevertheless effective was the *Gudakandu* with 52.5% patients showing complete relief.

The graphical representation for %Relief is as follows:



Discussion

In Ayurvedic classics *Mridbhakshana janya pandu roga* is mentioned which is caused because of *gandupada krimi* and also in modern classics it is related with ascariasis. According to the mentioned theory *apakarshana* is the line of treatment for the *krimi roga* so *virechana karma* is the most effective treatment for it and the procedure is used by grouping of the patients depending on the demographic data, subjective and objective parameters, clinical evaluation with lab testing. The drug selected was with least upadravas causing and giving the effective treatment to the patient by the help of *virechana karma* vitiated doshas and mala with various entities like worms or any other entities like worms or any other substances ingested by the person like soil get expelled out of the gut and *virechana karma* does *stroto shuddhi* so when the vitiated *doshas* and along with then the factors responsible for the disease like worms, soil eaten will also get expelled resulting the better absorption of the eaten food and nutrients and the patient gets healthy. The best method of manifested helminths is *virechana karma*. now a days due to increased drug resistance to the helminthic drugs for worms the *Virechana karma* is the best procedure. *Acharya jejjat* clearly mentioned that in *pandu roga* if there is *krimi kostha halimaka* and *pandu* occurs and also other acharyas mentioned about *pureeshaja krimi* and said these cause *panduta* and all the associated symptoms. in Atharva veda *krimi* is called as *pisacha, sunama* and *durnama* also called as *adrishta*.

Hence from the above discussion we can't neglect the fact that in *mritbhakshana janya pandu roga* the responsible factor for causing *pandu* is *Krimi* which can get infested along soil is a person eats the soil or *mrittika*.

Conclusion

Mritbhakshana janya pandu can be studied under the umbrella of iron deficiency anaemia caused by ascariasis (*krimi*).

The *nidanarthakarata* of *krimias pandu* is certainly true as described by commentator *Vijayarakshita*.

After the treatment *Virechana* is found effective in all subjective and objective criteria of symptoms for all the places of India.

We have to rule out the metabolic disorders before taking the patient for the treatment.

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