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Critical analysis of *Vidangakrishnadi Yoga* w.s.r. to *Krimihara* action

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ABSTRACT

The analysis of the formulation (*Yoga*) pertaining to its mode of action is an important area in assuring the therapeutic efficacy and safety. *Krimiroga* being a common presentation in pediatric age group, the probable action of the drug is more relevant considering the *Aparipakvaavastha* of the children. *Lakshanas* of *Pureeshaja Krimi* described in Ayurvedic classics are *Vivarnatha* (Discoloration of the face), *Shoola* (Pain in abdomen), *Bhaktadwesa* (Aversion to food), *Atisaara* (Loose stools), *Sadana* (Generalized Debility), *Jwara* (fever) and *Gudakandu* (Anal itching). According to Ayurveda, the principle of treatment for *Krimi* includes *Apakarshana*, *Prakruti Vighata* and *Nidana Parivarjana*. Among these *Samshamana* is easier to be administered in children, so such formulation is being adopted. *Vidangakrishnadiyoga* is a *Kashayayoga* explained in *Sahasrayoga* in *Kashayaprakarana*. The indications sole action of *Yoga* is indicated as *Krimihara*. There are 9 drugs in the *Yoga* which are collectively *Krimihara*, *Deepana* and *Pachana* in action. The drugs are *Vidanga*, *Pippali*, *Maricha*, *Nirgundi*, *Shigru*, *Bharangi*, *Musta* and *Aakhukarni*. This article is a review of the *Vidangakrishnadi Yoga* considering the *Rasadigunas* of the ingredients.

Key words: *Krimiroga*, *Vidangakrishnadi Yoga*, *Pureeshaja Krimi*

INTRODUCTION

The *Krimi Roga* has been explained in classics. There are 20 types of *Krimi* as per the *Acharyas*. Considering the pediatric age group, the most probable type of *Krimi* affliction is of *Pureeshajakrimi* due to the

Aharaviharas of the children which provides favorable environment.

Most of the factors explained as *Nidanas*; *Sleshmala* and *Madhura Rasa Pradhana Ahara*,^[1] *Viharas* like geophagia etc. cause increase in *Gunas* like *Snigdata*, *Gurutwa*, *Slakshnata* etc. and produce *Kapha-Pitta Prakopa* in turn give rise to *Agnimandya* and *Ama* in the body. The food ingested undergoes the stages of *Paka* by the action of *Agni* and when the *Agni* is weak, it fails to do the normal transformation and cause *Jataragnimandya*. The improperly transformed food does not get absorbed in the body and rather get accumulated and get subjected to putrefaction. This can give rise to the growth and development of *Pureeshajakrimi*.

Parasitic bowel diseases are a group of infectious diseases due to protozoa and helminthes and are a

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major cause of morbidity in infants and children in many parts of the world.^[2]

Helminthic infestations contribute to significant disease burden in children particularly in the under privileged and in developing countries of Children because of their habits directly or indirectly consume soil/mud and are commonly more heavily affected than adults. It may be associated with malnutrition, iron deficiency anaemia and impairment in growth. The incidence of worm infestation is seen about 1 billion people worldwide and 200 million in India.^[3] Possibly 1 out of every 4 people in the world is infected. Greater incidence is seen in preschool & early school going children.^[4]

General symptoms include pain abdomen and diarrhea which can be acute, chronic or recurrent, nausea, pruritis ani, anorexia, weight loss etc. and depends largely on the type of infection.^[5]

Potent anti-helminthic drugs are available in the market, which has the risk of producing gastrointestinal disturbances, nausea and vomiting.^[6] There is a limitation in the contemporary science to provide a comprehensive management without any side effects.

The *Chikitsa* is explained of *Krimiroga* as *Nidanaparivarjana*, *Prakrithivighatha* and *Apakarshana*.^[7] The process of destroying the favorable factors for the *Krimi* can be *Prakrithivighatha* and the usage of drugs that are counteracting such factors are desirable.

There are many *Krimighna* drugs and formulations explained and *Vidangakrishnadi*^[8] *Yoga* is one such exclusively *Krimiharayoga* and the analysis of the properties of the ingredients will be detailed.

MATERIALS AND METHODS

Drug review

Vidangakrishnadi Yoga which is mentioned in *Sahasrayoga* is selected for this study. The ingredients of this combination are easily available and are also cost effective. (Table 1) The Rasa Panchaka of the formulation^[9] has been described in Table 2.

DISCUSSION

The above analysis of the *Rasadigunas* show that the *Yoga* is predominantly having *Katurasa*, *Laghu*, *Ruksaguna*, *Usnavirya* and *Katu Vipaka*. This analysis is made by taking the cumulative properties of all the drugs in the *Yoga* in the view of discussion. (Figure 1 to 4)

The *Vidangakrishnadiyoga* can be highlighted under *Prakrthivighatha* line of treatment in *Krimi*, as it is counter acting the factors responsible to produce *Krimi* by the above said properties, which are also contrary to *Pureesha* and *Kapha*.

Kapha and *Pureesha* being the main *Prakrthi* of *Krimi*. The properties of the *Kapha*^[10] (*Snigdha*, *Guru*, *Manda*, *Slakshna*, *Sandra*, *Madhura* And *Pichila*) after producing *Agnimandya* generate *Ama* which may favor the formation of *krimi*. Also, if *Kittabagha* accumulates in *pakwasaya* due to improper action of *Agni*, it can cause *Kotha* and formation of *Pureeshajakrimi*, which makes *Pureesha* a *Prakrthi* for *Krimi*. As per Acharya Charaka, the *Dravyas* opposite to the *Kapha* and *Pureesha* can be used for *Prakrthivighatha* which holds good for this *Yoga*.

Also, among the nine drugs mentioned in the *Yoga*, *Vidanga*, *Pippali*, *Maricha*, *Nirgundi*, *Shigru*, *Bharangi*, *Musta* and *Aakhukarni* have *Krimihara* property and the remaining *Shunti* with *Deepana Pachana* property, which may help in giving symptomatic relief.

Also all the drugs have proven anti helminthic properties as described in various research publications.^[11-19]

This *Yoga* can be beneficial in preventing the complications of *Krimiroga* like abdominal distension, dysentery, colitis, malnutrition etc. by the virtue of its properties.

The formulation can be given as *Sharkara Kalpana* preferably in pediatric age group.

CONCLUSION

Every medicine act by the virtue of its *Rasa*, *Guna*, *Virya* and *Vipaka*. Analyzing the drugs of *Vidangakrishnadiyoga*, infers that the prominent

Rasas include *Katu*, *Tikta* and *Kashaya*, of which *Katu* is the prime one and it has *Usna Virya* and *Katuvipaka*.

This makes the combination effective in different clinical presentations of *Krimi*. The *Krimighna* properties of the ingredients add to the efficiency of the *Yoga*.

To administer the *Yoga* in pediatric age group, the variations of *Kashaya Kalpanas* like *Sharkara Kalpana* can be opted. Also, to enhance the action and cope up the palatability issues, *Madhu* can be used as the *Anupana*.

Table 1: Ingredients of Vidangakrishnadi Yoga.

SN	Drug	Botanical Name
1.	<i>Vidanga</i>	<i>Embelia ribes</i>
2.	<i>Krishna</i>	<i>Piper longum</i>
3.	<i>Sigru</i>	<i>Moringa pterygosperma</i>
4.	<i>Akhukarni</i>	<i>Merremia emarginata</i>
5.	<i>Mustha</i>	<i>Cyperus rotundus</i>
6.	<i>Nirgundi</i>	<i>Vitex negundo</i>
7.	<i>Maricha</i>	<i>Piper nigrum</i>
8.	<i>Bharngi</i>	<i>Clerodendrum indicum</i>
9.	<i>Viswa</i>	<i>Zingiber officinale</i>

Table 2: Ayurveda properties of ingredients

S N	Dravya	Rasa	Guna	Virya	Vipaka	Karma
1.	<i>Vidanga</i>	<i>Katu, Kashaya</i>	<i>Laghu, Ruksa, Tikсна</i>	<i>Usna</i>	<i>Katu</i>	<i>Krimighna, Visaghna, Dipana</i>
2.	<i>Krishna</i>	<i>Katu</i>	<i>Laghu, Snigdha, Tikсна</i>	<i>Usna</i>	<i>Madhura</i>	<i>Vata-Slesmahara, Dipana, Vrsya, Rasayana</i>
3.	<i>Sigru</i>	<i>Katu, Tikta</i>	<i>Laghu, Ruksa, Tikсна</i>	<i>Usna</i>	<i>Katu</i>	<i>Kapha-Vatahara, Sukrala,</i>

						<i>Grahi, Dipana, Hradya, Krimighna, Chaksusya</i>
4.	<i>Akhukarni</i>	<i>Katu, Tikta</i>	<i>Laghu, Ruksa, Tikсна</i>	<i>Usna</i>	<i>Katu</i>	<i>Kapha-Vatahara, Rechana, Krimighna</i>
5.	<i>Mustha</i>	<i>Tikta, Katu, Kasaya</i>	<i>Laghu, Ruksa</i>	<i>Sita</i>	<i>Katu</i>	<i>Kapha-Pittahara, Dipana-Pacana, Grahi, Lekhana</i>
6.	<i>Nirgundi</i>	<i>Katu, Tikta</i>	<i>Laghu, Ruksa</i>	<i>Usna</i>	<i>Katu</i>	<i>Vata-Kaphahara, Caksusya, Kesya, Krimighna, Vranaropana</i>
7.	<i>Maricha</i>	<i>Katu</i>	<i>Laghu, Tikсна</i>	<i>Usna</i>	<i>Katu</i>	<i>Kapha-Vatahara, Avrsya, Dipana, Pramathi</i>
8.	<i>Bharngi</i>	<i>Tikta, Katu</i>	<i>Laghu, Ruksa</i>	<i>Usna</i>	<i>Katu</i>	<i>Kapha-Vatahara, Jvarahara, Kasahara</i>
9.	<i>Viswa</i>	<i>Katu</i>	<i>Guru, Ruksa, Tikсна</i>	<i>Usna</i>	<i>Madhura</i>	<i>Vata-Kaphahara, Dipana, Bhedana</i>

Figure 1: Mode of Action on basis of Rasa

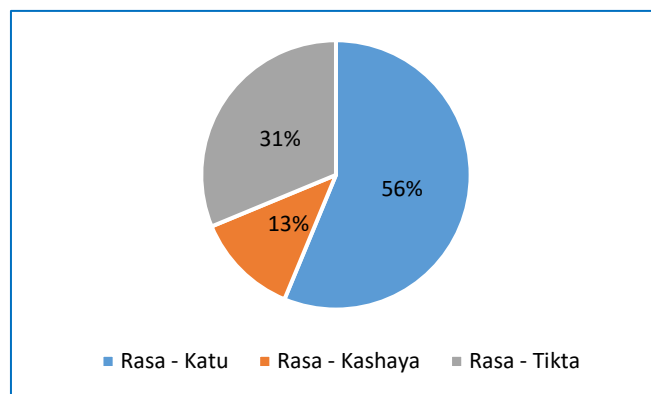


Figure 2: Mode of Action on basis of Guna

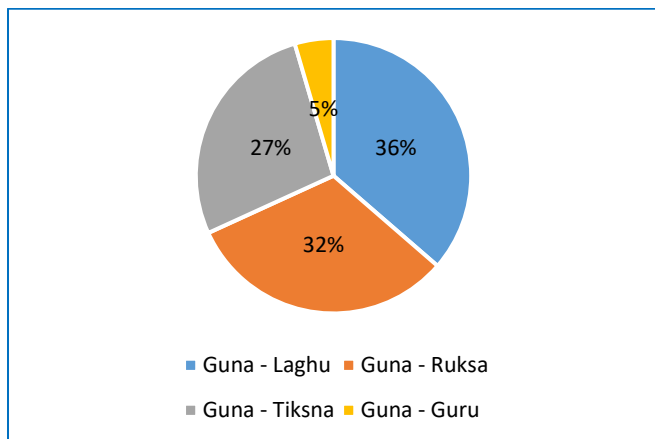


Figure 3: Mode of Action on basis of Virya

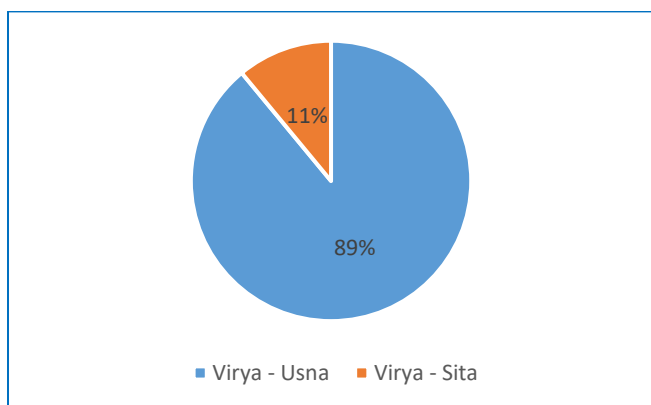
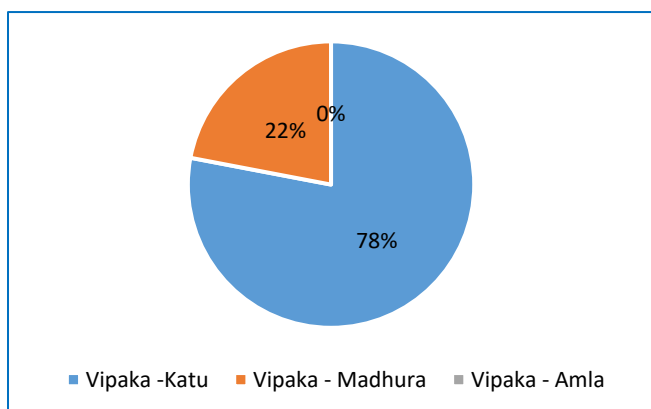


Figure 4: Mode of Action on basis of Vipaka



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