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### Case Study

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## Diagnosis of *Krumi* on the Basis of *Sanjat Krumi Lakshana*: A Case Report

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### Abstract

Worm infestation is the most common pediatric complaint which results in various health issues in children. Vedic literature also approves the presence of *Krumi* in children. Due to the resemblance of meaning and clinical features, worm infestation is commonly correlated with the *Pureeshaja Krumi*, which is one of the three types of internal *Krumi*. Ayurveda also gives common clinical features of *Krumi* which includes fever, pain in abdomen, skin discoloration, nausea, aversion to food, loose motions and giddiness, etc. This group of symptoms is not correlated with any clinical condition yet. Hence an effort is made here to present a case of *Krumi* with the classical features of common manifestations.

**Keywords:** Ayurveda, Infections, *Krumi*, Worm

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### 1. Introduction

*Kaumarbhryta* is a branch of Ayurveda which deals with various aspects of child health care. It describes routine care of children of all ages and also described prevention and management of diseases. (1)

Worm infestation is the most common pediatric complaint which results in various health issues in children. In Ayurvedic literature *Krumi* is described in detail with respect to etiology, clinical features, types and treatment. According to *Atharvaveda*, *Krumi* mainly found in children (2); which is an important reference to understand the importance of *Krumi* infection in children.

*Pureeshaja Krumi* described as internal *Krumi* which also share some common clinical features like itching around the anus and gastric disturbances etc. (3)

**Table 1. Demographics**

Sr.no.	Parameters	Observation
1	Age	3 years 1 Month
2	Sex	Male
3	Address	Maharashtra (Urban)
4	Socioeconomic status of parents	Middle Class
5	Education status:	Play School & regularly attending school
6	<i>Prakruti</i>	<i>Pitta</i> dominant <i>Kapha</i>

### 3. Complaints, History and Treatment Given:

Ayurveda also describes common clinical features of the *Krumi* irrespective of the types, which includes fever, pain in abdomen, nausea, skin discoloration, anorexia and giddiness, etc. These features do not correlate with modern presentation of worm infestation. (4) There case no case presentations are seen by Ayurveda consultants showing these clinical features as a probable cases of *Krumi*. Hence here is an effort is made to present a probable case of *Krumi* with the classical features of common presentation as described above.

### 2. Case Report

Parents brought a 3 year old male child in Feb. 2023 with the complaint of fever (100.8<sup>0</sup> F) after midnight. Child was playful and his systemic examination was found within normal limits. Patient did not have any other complaints at that time.

**Day 1:** Chief complaint of mild fever (100.8<sup>0</sup> F) which started at midnight. There were no other symptoms or

signs of systemic involvement. There was no significant history of previous illness. Patient had cake twice on the previous day and had fish in dinner.

#### Treatment:

He was given *Mahasudarshan siddha Jal* intermittently. He was advised to take light food. Fever subsided in the afternoon and at night it was 99<sup>0</sup>F.

**Day 2:** Next day in the morning the temperature was normal, but the child complained of *Bhram* (spinning of everything around) in the morning after getting up for a few seconds followed by complaint of *Hrullasa*. Parents visited the clinic, again examination revealed no abnormality. Patient was otherwise playful and did not complain about spinning.

#### Treatment:

*Dhamasa siddha jal* was given to patient and was advised to take food only if he feels strongly hungry. Patient felt hungry after taking *Dhamasa siddha jal* for a few times. Rice gruel was given to him.

After having an afternoon nap, patient again complained of *Bhram* for a few seconds and *Hrullasa* again, in the evening he complained about pain in the abdomen around the umbilical region followed by two loose stools in small quantities. There was discomfort in abdomen also reported.

After receiving all the history, diagnosis of *Krumi* was made as symptoms matched with the classical features of *Krumi* as described above. Patient was given *Krimighna Vatika*, along with *Dhamasa siddha Jal*. *Vatika* was crushed & given one tablet twice a day with honey after lunch and dinner.

**Day 3:** Fever subsided; *Brahma* was there in the morning after getting up. *Hrullasa* was reduced. Appetite improved and patient demanded and had more food than the previous day. No complaint of abdominal discomfort was observed, thereafter same treatment was continued.

**Day 4:** All complaints were resolved except some *Hrullasa*. Same treatment was continued for 5 days. Normal diet was advised, patient was also advocated not to take sweet food items and refined flour food items.

**Day 8:** All complaints were resolved completely. *Krimighna Vatika* dose was reduced to 1 tablet before sleep with honey for next 7 days and half tablet of *Aargvadh Kapila vati* with honey was given only once.

#### 4. Discussion

In this particular case, the diagnosis of *Krumi* was made on the basis of *Sanjat Krumi Lakshana*, which includes fever, pain in abdomen, giddiness, aversion to food and skin discoloration, etc. In this patient all above symptoms were present except skin discoloration. *Krumi* are commonly found in children due to *Kapha* dominant *Prakriti*. Patient also responded immediately to the treatment given to targeting *Krumi*. Hence we can confirm the diagnosis of *Krumi* case in reported patient.

Patient was given *Krimighna vatika* which contains *Mucuna pruriens* (5), *Ferula asafetida* (6) processed with *Schrebera swietenoides*. (7) This combination makes it an excellent *Krumighna* drug. *Aragvadh Kapila* tablet was used to expel out the *Krumi* from the body which contains *Cassia fistula* (8) and *Mallotus philippinensis* (9)

#### 5. Conclusion

*Krumi* is very commonly found in children. Worm infestation is commonly correlated with the *Pureeshaja Krumi* due to resemblance. *Pureeshaja Krumi Lakshana* can be found in patients with worm infestation. Ayurveda also describes *Sanjat Krumi Lakshana* which is the common signs and symptoms for all types of internal *Krumi*. In the present case the diagnosis of *Krumi* was made on the basis of *Sanjat Krumi Lakshana*. Patient also responded quickly to the treatment given by targeting *Krumi*, patient get relief from the common symptoms of worm infestation.

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#### Conflict of Interest

The authors declare that there is no conflict of interest regarding the publication of this article.

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