Available online on 15.09.2026 at <http://jddtonline.info>

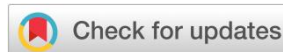
Journal of Drug Delivery and Therapeutics

Open Access to Pharmaceutical and Medical Research

Copyright © 2026 The Author(s): This is an open-access article distributed under the terms of the CC BY-NC 4.0 which permits unrestricted use, distribution, and reproduction in any medium for non-commercial use provided the original author and source are credited



Open Access Full Text Article



Review Article

Ayurvedic View of Management of Atisara and Krimiroga in Children

Dr. Nikhil Sharma ^{1*}, Dr. Ritu Narang²¹ B.A.M.S, M.D (Ayu), Medical Officer, Ayurveda Government of Jammu and Kashmir, India.² B.A.M.S, M.D (Ayu), Medical Officer, Ayurveda Government of Punjab, India.

Article Info:



Article History:

Received 20 June 2026

Reviewed 29 July 2026

Accepted 26 Aug 2026

Published 15 Sep 2026

Cite this article as:

Sharma N, Narang R, Ayurvedic View of Management of Atisara and Krimiroga in Children, Journal of Drug Delivery and Therapeutics. 2026; 16(9):213-215 DOI: <https://doi.org/10.22270/jddtv16i9.7984>

For Correspondence:

Dr. Nikhil Sharma, B.A.M.S, M.D (Ayu), Medical Officer, Ayurveda Government of Jammu and Kashmir, India.

Abstract

This article discusses two significant Ayurvedic pediatric health conditions; *Atisara* and *Krimi Roga* which refers to diarrheal sickness and worm infestations respectively. The word "*Krimi*" has been used since the *Vedic* era to refer to all worms and microorganisms, which are generally divided into two categories *Bahya* (external) and *Abhyantara* (interior). The internal category is further subdivided into *Raktaja*, *Kaphaja*, and *Purisaja*. *Nidana Parivarjana*, *Prakriti Vighata* and *Apakarshana* are major Ayurvedic approaches used to treat *Krimi Roga* in children.

In a similar way, *Atisara*, which is characterized by excessive flow of watery stool is considered as major source of morbidity and mortality in children especially in underdeveloped nations. *Mandagni* produces *Ama Dosha* and vitiates the *Annavaha*, *Udakvaha* and *Malavaha Srotas*, these pathological events are considered as main cause of *Atisara*. *Pachana*, *Grahi* and *Deepana* formulations are the main focus of management. This article discusses Ayurvedic view of treating *Atisara* and *Krimiroga* in children.

Keywords: Ayurveda, Atisara, Krimiroga, Diarrhea, Worm

INTRODUCTION

The term "*Krimi*" refers to endoparasites that live in the human digestive tract and is etymologically derived from *Krinathihimsathiithi*. In poor countries *Krimi Roga* poses serious health hazards to children. It is primarily caused by consuming sweets or contaminated food and drink. Ayurveda divides *Krimi* into two habitat based categories *Bahya* and *Abhyantara*. *Bahya* is external while *Abhyantara* is internal types of *Krimi*. These further divided into various categories including *Raktaja*, *Kaphaja/Shlesmaja* and *Purisaja* [1-3].

There are various clinical signs of intestinal worm infestation, which includes various gastrointestinal signs like nausea, vomiting, abdominal pain, indigestion and diarrhea, etc. The anal and perianal sign includes intense itchiness, particularly at night. Systemic signs include anemia, weight loss, fever and general weakness. The skin and hair manifestations may include continuous scratching, localized skin rashes and damage to the nails, etc [3-5].

Atisara, which is described as the excessive passing of watery feces, closely resembles diarrhea, which kills many children world widely. *Atisara*, which has its roots in *Mandagni* and the buildup of *Ama*, is brought on by

inadequate hygiene, careless eating and intestinal diseases. Ayurvedic classifications of *Atisara* are based on *Dosha* involvement, such as *Vataj*, *Pittaj*, *Kaphaj*, *Sannipataj* and *Shokaj Atisara* as depicted in **Table 1** [4-6].

Table 1: Clinical features of various types of *Atisara*

Type of <i>Atisara</i>	Characteristic Features & Symptoms
<i>Vataj Atisara</i>	Painful, slimy stools; abdominal pain and cramping, etc.
<i>Pittaj Atisara</i>	Foul smelling, discoloured stools with burning sensation, weakness and excessive thirst, etc.
<i>Kaphaj Atisara</i>	Slimy & whitish stools. Heaviness, lethargy and weakness.
<i>Sannipataj Atisara</i>	Stool features showing a combination of <i>Vata</i> , <i>Pitta</i> and <i>Kapha</i> characteristics. Abdominal cramps and weakness.
<i>Shokaj Atisara</i>	Loose stools, weakness and altered bowel habits

Shunthi Kalpa, *Vachadi Yoga*, *Musta kwath* and *Samangadi kwath* are examples of Ayurvedic formulations with *Deepana*, *Pachana* and *Grahi* qualities that are used in an integrative strategy to manage *Atisara*.

AYURVEDIC MANAGEMENT OF KRIMI ROGA:

Three main Ayurvedic principles which include *Apakarshana*, *Prakriti Vighata* and *Nidana Parivarjana* are used to treat *Krimi Roga*, or worm infestation. Pathogens and vitiated *Doshas* are removed physically or therapeutically in *Apakarshana*. *Abhyantara Krimi* is eliminated by specific *Shodhana* treatments [5-7]:

- ✓ *Asthapana Basti*, *Shirovirechana* uses strong, warm medications to remove sinus and nasal parasites.
- ✓ *Virechana* uses *Krimighna* medications to paralyze and expel intestinal parasites.
- ✓ *Vamana* remove *Kaphaja Krimi* from the stomach.
- ✓ *Asthapana Basti's Kashaya* and *Karshana* qualities actively prevent parasite growth.

Prakriti Vighata approach uses herbs with *Katu*, *Tikta*, *Kashaya* and *Ushna* properties that contrast with the *Kapha* and *Purisha* environments that worms prefer in order to modify the host environment and avoid recurrence.

Nidana Parivarjana emphasizes avoiding the underlying reasons, such as *Divashayana* and consuming heavy, sugary foods like yogurt and jaggery. According to *Pathya* rules, sour foods should be avoided, while bitter and astringent flavors, goat milk and cow ghee should be recommended. **Table 2** suggested some Ayurvedic drugs considered beneficial for *Krimi Roga* in children [6-8].

Table 2: Ayurvedic *Krimighna* Drugs and Formulations

Drug/Formulation	Role in <i>Krimi</i>
<i>Vidanga</i>	<i>Krimighna</i> drug traditionally used for elimination of intestinal worms.
<i>Kampillaka</i>	Valued for its purgative action and used in the elimination of intestinal worms.
<i>Nimba</i>	Possess bitter and antimicrobial properties.
<i>Tulsi/Surasa</i>	Useful in conditions involving external parasites and microbial infections.
<i>Krimikuthara Rasa</i>	Indicated in persistent <i>Krimi</i> infestations.
<i>Krimimudgara Rasa</i>	Used to combat parasitic infestation.
<i>Krimighatini Gutika</i>	Used in <i>Krimi</i> disorders, associated with gastrointestinal manifestations.

AYURVEDIC MANAGEMENT OF ATISARA:

The treatment of *Atisara* uses a methodical strategy that starts with *Nidana Parivarjana* to remove food triggers in order to address *Mandagni* and *Ama*. The core therapies of *Atisara* are depicted in **Figure 1**.



Figure 1: Core therapies of *Atisara*

Application of *Langhana*, *Deepana* and *Pachana* therapies helps in strengthening *Agni* and calming *Vata* and *Pitta*. These therapies acts as appetite stimulant and improves digestive power. Depending on the stage of condition, treatment differs greatly as mentioned below [8-10]:

- ✓ *Amavastha* is treated with *Langhana*, *Pachana* and mild purgative decoctions.
- ✓ *Stambhana* and *Grahi* preparations such as *Mocharas* and *Jatifala* with buttermilk are recommended until the condition reaches *Pakvavastha*, the mature stage where *Ama* is cleared.
- ✓ *Balchaturbhadra Churna*, *Gangadhar Churna*, *Dhanya Panchak Kwath* and *Samangadi Kwath* are common classical formulations used for childhood diarrhea, along with a *Pathya* regimen of light and easily digested foods. Some Ayurvedic drugs presented in **Table 3**, which offers beneficial effects in the management of *Atisara*.

Table 3: Ayurvedic Drugs for the treatment of *Atisara*

Drug	Role in <i>Atisara</i>
<i>Bilva</i>	Used to regulate bowel movements and improve stool consistency.
<i>Shunthi</i>	Possesses <i>Deepana-Pachana</i> properties and supports digestion.
<i>Musta</i>	Supports digestion and used to relieve abdominal discomfort.
<i>Ativisha</i>	Indicated in digestive disorders, particularly associated with <i>Ama</i> .
<i>Bilvadi Churna</i>	Used for regulating bowel movements and supporting <i>Grahi</i> action.
<i>Karpura Rasa</i>	Used in <i>Atisara</i> with excessive watery stools.
<i>Sanjivani Vati</i>	Used in <i>Ama</i> associated digestive disorders and <i>Atisara</i> .

CONCLUSION

Krimiroga is a significant global public health issue, affecting large number of population of school-age children. There is a growing trend for herbal and Ayurvedic alternatives in such types of conditions.

Ayurvedic principles, particularly *Nidana Parivarjana* and *Prakriti Vighata*, provide safe, low side effect options for managing *Krimi-roga* in pediatric populations. In a similar way, the Ayurvedic framework for *Atisara* offers a thorough approach by assessing its *Samprapti*. *Nidana Parivarjana*, *Agni* restoration, *Langhana*, *Deepana* and *Pachana* are the main objectives of management of *Atisara* in Ayurvedic therapeutics. This multifaceted approach successfully restores intestinal balance, promotes healing and averts pediatric difficulties when combined with *Shodhana Chikitsa* and electrolyte rehydration therapy.

REFERENCES

1. Kantadev R. Shabdhakalpadruma, 3rd edition, Chaukhambha Sanskrit Series Office, Varanasi, 1967; 178.
2. SK Rai, Gurung CK. Intestinal parasitic infection in high school level students of Birgunj city. J Inst Med (Nepal), 1986; 8: 33-8.
3. Sharangadhar Samhita, Purvakhand, Chapter 7 verse 14-18, Jiwanapradahindi commentary by Dr. Smt. Shailja Srivastava, Published by ChaukhambhaOrientalia, Varanasi, reprint edition: 2011.
4. Sushruta Samhita Uttarantra; KrimirogapratishedhaAdhyaya: Chapter 54 verse 7, Sushruta Samhita edited with "Ayurveda TattvaSandipika" Hindi commentary by KavirajAmbikadattaShastri, Part-II, Chaukhambha Sanskrit Sansthan, Varanasi, edition reprint; 2012.
5. Shastri SN., editor. Charakasamhita, Vimansthana, Adhyaya, 7/10, Reprint, ChaukhambhaBharati Academy, Varanasi, 2009; 726-727.
6. Jadavji TA. Charaka Samhita of Agnivesa, Elaborated by Charaka and Drinhbala with the Ayurveda Dipika commentry by Cakrapanidatta. Chawkhambha Vidyabhawan, Varanasi 2011.
7. Shri Laxmipatishastri, Yogaratnakara along with Vidyotini Hindi commentary, Atisaranidan Adhaya, reprint edition, Chaukhamba Prakashana, Varanasi 2009, pg. 260.
8. Deshmukh U P, Raut D W BRU. Role of Musta in management of Pediatric Diarrhea. Int Ayurvedic Med J. 2015; 3(7): 1923-33 9.
9. B. Dash, R. K. Sharma (2017), Charak Samhita, in Sutrasthan, volume 1, Shloka 5, reprint, Varanasi: Chaukhambha Sanskrit series Prakashan, p.208.
10. Neeraj Tripathi, Beena Tiwari KN. A clinical study on the management of Bal Atisara with an ayurvedic formulation (Samangadi Kwath) in compare to homemade fluid. Ayur pharm International J Ayurveda allied Sci. 2015; 4(8): 145-51.