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## Ayurvedic management of Ahiputna A single case study

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### Abstract

*Ayurveda* is an age-old medical system that addresses both general human health, or *swasthya*, and a wide range of illnesses and how to cure them. The occurrence of the *Ahiputna* is common in India due to poor sanitation. In modern medicine disease can be co-related with napkin rash with similar symptoms. Napkin rash is one of the most common skin disorders in infants and children. Prevalence has been variably reported from 4-35% in first 2 years of life, most cases occur between 9 and 16 months of age. Taking the aspects of mode of action, *lepa* having action like *shodhan*, *utsadhan*, *ropan* etc. while explaining the efficacy of *lepa*, *Sushruta* mentioned that by pouring water over a burning house how the fire is get stopped immediately same manner by application of *lepa* provoked *dosha* of *vra*na will get subside hence *lepa* is selected for treatment.

**Keywords:** *Ahiputna*, Asana, Lepa, Ayurveda

### Introduction

*Ahiputna* in Sanskrit means 'sores on the hinder part of the body'. *Aacharya* Indu has related the disease *Ahiputna* to '*putana-graha*' (diarrhoeal disease associated with sepsis in infants). *Gudakuttaka* means 'that which cuts the anal region.' (*kuttana*=cut). *Mathrukadosha* means 'a defect which has maternal cause' or 'that which comes from the mother'; (*matruka*= maternal or coming from or belonging to the mother; *dosha*= disorder or defect). This indicates that the disease is either due to improper care from the mother or due to vitiated breast milk which are said to cause the disease. *Prishtaru* means *arusor* 'sore' in *prishtoor* 'back'. *Anamakameans* 'anonymous', 'nameless' or 'infamous.' The term is also used to denote piles or hemorrhoids which is also called by the name '*durnama*' (meaning 'notorious' or 'having a bad name'). Etiopathology of *Ahiputna* <sup>[1, 2]</sup>. The causes of *Ahiputna* are: Lack of cleansing of the diaper area of the infant soon after passage of stools and urine. This is due to neglect of mother and the disease therefore gets the name *matrukadosha*. Infrequent bathing of the infant who sweats a lot. Vitiated breast milk (as per *Gayadasa* and *Bhoja*). *Putana-graha*: *Ahiputna* is associated with *putana-graha* which is an infectious diarrhoeal disease explained among *graharogas* (sepsis) <sup>[3]</sup>. Indu explains the term *pouthana* as '*putanakhya dosha janitam*' <sup>[4]</sup>, giving the name *Ahiputna*. The association of the term *Ahiputna* with *putana-graha* indicates its comorbidity with diarrhoeal diseases. Tender skin of the infant which is prone to easy damage makes it vulnerable to diseases like *chamradala* and *Ahiputna*. While describing the disease called *chamradala* (disease comparable with atopic dermatitis) in children, *Aacharya Kashyapa* has explained that the skin of the infant is tender and is easily damaged by clothing, warm climate, sweating contact with feces and urine and lack of cleansing thereafter, rubbing with powders, etc. <sup>[5]</sup>.

### (Sign and Symptoms of Diaper Rash) <sup>[6, 7]</sup>.

- *Kandu* (Irritability due to itching) If mother has not cleaned *Mala*, *Mutra* and *Sweda* of baby's perianal region regularly and perianal region remain wet for longer time, it causes *Rakta-kapha dushti*. *Kapha* has *kleda* property in it. This increases in *kleda* property of *kapha* causes *kandu* around perianal region This *Lakshana* can be manifested by irritability in child.
- *Pidika* (Skin lesions) Due to *Hetu sevana*, there is *pitta Dushti*, this *prakupit pitta* causes *Dushti* of *Rakta*. This *prakupit Rakta-pitta* causes *pidika* in perianal region
- *Shipran sphotam* (Blister) In *Balak prakupita Rakta-Pitta* causes *Sphot* around perianal region.

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- *Strava* (Discharge) When *Vispot* or blister break or kept untreated, it leads to oozing from blister. This causes *strava*.
- *Daha* (Burning sensation) *Sweda* is *sthana* of *pitta* i.e. *pitta prakopa* causes *daha*.
- *Tamravarna* (Redness) Due to *Rakta-kaphaj Dushti* there is formation of red colored rash.

### Case report

A 6 month male baby having a redness, *Kandu*. *Strava* and *pidaka* on his buttocks from 7 days Vitality patient is stable diagnosed as *Ahiputana* and treated with Ayurvedic local application of *Asana lepa* for 7 days before and after results maseasured with images and subject parameters given below

### Physical examination

1. Nadi Kapahapradhan
2. Malu-mala pravruni
3. Murra Samyakapravrutti
4. Jivha Sama
5. Shabda- Spashta
6. Spursha-Samshitoshna
7. Druk-Mild pallor

Drug history- No significant Family History-Not significant

Birth history 1. Antenatal nonspecific

2 Natal - Full Term Normal Delivery, at civil hospital, Baby Cried Immediately After Birth, birth wt-2.4 kg. 3. Postnatal No H/O neonatal jaundice & seizure no H/O NICU Admission.

### Differential Diagnosis

#### Seborrheic dermatitis

Non-itchy salmon pink flaky patches may appear on the face, trunk and limbs are involves skin fold.

#### Atopic dermatitis

Is a type of inflammation of the skin, it result in itchy, red, swollen, and cracked skin.

#### Psoriasis

Sharply demarcated, non-scaly bright erythematous plaque either associate or similar lesion in other inter trigonous area such as axilla.

### Treatment given

#### Asan Lepa

Duration: 7 Days

#### Route of administration: Local application

Drug will be applied two times a day preferably after passing urine and stool with hygienic condition. *Lepa* should be washed with water as soon as it is dried.

#### Do's (*Pathya*)

- Reduce use of diapers
- Use of cotton nappies
- Change the diaper once it is contaminated with feces or urine
- Keep diaper area always clean and dry
- Regular bath
- Wipe out excess sweat

#### Don't (*Apathya*)

- Continuous and prolonged use of diaper

- Rubbing over diaper area
- Use of strong scented, flavored wipes and lotions.
- Repeated use of allergic baby products

Table 1: Observation and Results

Sr. no.	Sign and Symptoms	B. T.	A.T
1	<i>Kandu</i>	++	+
2	<i>Varna</i>	+	-
3	<i>Strava</i>	+++	+
4	Area covered by rash	++	+
5	<i>Pidika</i>	++	-

### Discussion

#### Asana

**Botanical description:** It is of moderate size to large tree. The height ranges from 15 to 30 meters.

The stem is stout and crooked with widely spreading branches. The bark is thick and dark brown to grey in color.

Leaves are compound and imparipinnate

Leaflets are 5-7, coriaceous, long, obtuse, emarginated or even bilobed at the apex and glabrous on both surfaces.

The flowers are very numerous, white, with a small tinge of yellow.

#### Distribution

The tree is found in central and peninsular India, chiefly in dry mixed deciduous tropical forests of Gujarat, Madhya Pradesh, and sub.

Himalayan tracts, at up to 1000 m attitude. Natural populations have greatly reduced and often no tender young saplings can be found in the forest.

*Prayojyanga*- heart wood, bark, leaves, gum (Kino)

#### Ayurvedic properties

- **Rasa:** *Kashay rasa*
- **Guna:** *Laghu, Ruksha*
- **Virya:** *Sheet Veerya*
- **Vipaka:** *Katu vipak*
- **Dosha karma:** *Kaphapittashamak*

#### Chemical composition

The ethyl acetate extract of powdered dried heartwood of *Pterocarpus marsupium* revealed the presence of following constituents.

Pterosilbene, hydroxy flavanone, iso-liquiritigenin, liquiritigenin, marsupium, pterosupin, three compounds from the ethyl acetate fraction of *Pterocarpus marsupium*, retusin, naringenin, lupeol.

The resolution of ethyl acetate extract of the aqueous decoction of dried heartwood yielded pterocarpal among other compounds. Two new flavonoid glycosides from the roots.

#### Action and properties

**Karma:** *Raktagami* (shodhan, visarpa, shvitra, kushta), *medogami* (saar), *rasayan*, *rakta* (sandhanak).

It has antibacterial, antifungal, antiviral, antioxidant, anti-inflammatory, anti-diabetic activity.

#### External application

*Shothaghna* or reduces inflammation or oedema, removes pain, cure and heals ulcer. Its extract is used in dental disorders

It is used to wash wound or its paste can be applied on wounds.

**Internal use**

Digestive system- extract is work has anti worm effect. It is also effective in diarrhea. It has *sthambhak* properties. Useful in bleeding piles.

**Respiratory System:** It is useful in the treatment of cough being *Kapha* ghna.

**Urinary system:** It is used ass antidiuretic and has effect on diabetes.

**Circulatory system**

It is mainly used as blood purifier commonly used in haemorrhagic disorder.

Skin- ark and other parts extract is widely used in leprosy.

**Pharmacological activities**

Heartwood- Hypoglycemic action is seen, 3- 5 hrs after oral administration alcoholic extract of steam significantly lowered lood sugar and improved glucose tolerance.

**Therapeutic Evaluation**

Heart extracts Decoction powder and infusion show discouraging effects. Considerable reduction in sugar levels in blood and urine. *P. marsupium* ointment has an antifungal effect

**Conclusion**

*Ahiputna* most common skin disorder mainly found in children in upto 2 years of age. *Asuchita* (unhygiene) and unawareness about health and care of babies are important causative factors of *Ahiputna*. In the present era many mothers were engaged with their job, duties due to this they have no time to change diapers frequently, and also use diapers more in baby. *Ahiputna* having *Kapha-Pitta dosha* dominance with involvement of *Rakta dhatu dusthi*, Which can be evident by observing its signs and symptoms. Asana *Lepa* application found effective in *Ahiputna*. Content of Asana *lepa* are easily available, easy to prepare and use at home.

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