Ayurvedic management of Ahiputana a single case study

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Abstract
Diaper dermatitis or napkin rashes is a ubiquitous problem in the pediatric OPD. The condition is referred to as Ahiputana, Gudakuttaka, Mathrukadosha, Prishtaru and Anamaka in Ayurvedic classics. It is caused by improper care of infants and children requiring diapering and is also said to be caused by stanyadushiti (vitiating breast milk). The disease is characterised by erythema, papules, pustules, ulcer, erosions, etc. in the anal region. The condition has close resemblance with diaper dermatitis which encompasses irritant contact diaper dermatitis, candidial diaper dermatitis, perianal infectious dermatitis, etc and is comorbid with atisara-grahani rogas, Putana graha, Kesheeralasaka, charmdatula, etc. The treatment involves avoidance of causes, stanyasodhitana (purification of breast milk), applications like tarkshyasaila, decoctions for cleansing, powders for dusting, etc as per the condition of the rash and doshas involved. A deeper knowledge of ahputana and diaper dermatitis will definitely pave way for development of better management guidelines which can give considerable relief to the infants and their caregivers. Hence a thorough review of ahputana and diaper dermatitis was done and presented in the paper.

Keywords: Diaper dermatitis, ahputana, shaileyadi lepa

Introduction
"कैविक्य सायुकार्यचं तु अहिपुलनम्।
पुष्कारणण्यं च कैविक्य तद्वपरमिकम्॥(३१,६२,२०५)"

According to Acharya Sushruta (Ni.13,59-60), due to non-cleaning of perianal region after passing stools and urine by the child as well as no bathing after sweating of the child, Rakta and Kapha doshas got deranged which results into Kandu (itching) of anal region, which further progress to saphota (Abcess/rashes) formation. The discharge also develop in these abcesces. According to Acharya Vaghbhatta (Astag Sangraha Uttarsthana 2/121-122 and Astanga Hridaya Utrasthama 2/69-70), either due to malaoplepa (coating of faeces) or sweda (by excess of sweat, rashes develops in perianal region due to rakt and kapha doshas, which is tamravrana (copper coloured), with kandu itching) in affected area and later on associated with many complications. Some call this disease as matrikadosha, pautana, praitaru, gudakurta, anamika. Diaper rash is a disease which occurs in infantile group having similar causative factors, sign/symptoms, pathogenesis as described in Ahiputana. k is more common in artificially fed infants and those with poor perineal hygiene. Diaper rash is a generalized term indicating any skin irritation fregardless of cause) that develops in the diaper covered. region. It is usually caused by skin irritation from prolonged contact with urine and faeces. It is usually seen around the groin and inside the folds of the upper thighs and buttocks. Despite the word Hiaper in the name, the dermatitia is not due to the diaper itself, but to the materials trapped by the diaper (Usually urine and faeces). Skin is exposed to prolonged wetness due to materials trapped by the diaper, increased skin pH caused by urine and faeces Irritant diaper. dermatitis develops resulting breakdown of the Stratum corneum. The skin is move vulnerable to secondary infectious by bacteric and fungi e.g. Staphylococcus, Proteus mirabilis, Enterococi, Pseudomonas aeruginosa, Candida albicans. Retention of sweat makes the area moist and macereted. Constant rubbing of skin causes erosion and denudation of the skin. Bacteria grow easily in this environment and cases secondary infection

Case report
A 7-month male baby having a redness, Kandu. Strava and pidaka on his buttocks from 7 days Vitally patient is stable diagnosed as Ahiputana and treated with Ayurvedic local application
of Shaileyadi lepa for 10 days before and after results measured 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-Samshihosha
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 wi-2.4 kg.

Differential Diagnosis
Seborrheic dermatitis
Non-itchy salmon pink flaky patches may appear on the face, trunk and limbs are involving 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)
1. Reduce use of diapers.
2. Use of cotton nappies.
3. Change the diaper once it is contaminated with feces or urine.
4. Keep diaper area always clean and dry.
5. Regular bath.
6. 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.

Treatment Given
1) Shaileyadi lepa local application for 10 days

<table>
<thead>
<tr>
<th>Signs &amp; Symptoms</th>
<th>0th day</th>
<th>10th day</th>
</tr>
</thead>
<tbody>
<tr>
<td>Kandu</td>
<td>+++</td>
<td>-</td>
</tr>
<tr>
<td>Varna</td>
<td>++</td>
<td>-</td>
</tr>
<tr>
<td>Strava</td>
<td>+</td>
<td>-</td>
</tr>
<tr>
<td>Area covered by rash</td>
<td>++</td>
<td>-</td>
</tr>
<tr>
<td>Pidika</td>
<td>+++</td>
<td>+</td>
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Table 1: Observation

Uses

Kapha, pitta, daha, trusha, vaman, sbwas, vrana, kandu, ashmari, visha, hrillas, Gudaraktastrav avum raktavikar.

Uses of Shaileya
The paste of Shaileya is applied over the forehead to subside headache and over areas affected with skin disease like itching with watery discharge, pigmentation of skin etc. The freshly collected Shaileya is grounded and the paste is applied over the wound as part of treatment. The cold infusion prepared from Parmotrema perlatum is given in a dose of 40-50 ml to treat diarrhea, thirst and anorexia.

The dried powder of the herb is mixed with cow’s urine or hot water and applied over an area with swelling as part of treatment.

Table 2: Shaileya

<table>
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<tr>
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Uses

Pitta, kapha, raktapittra, pradar, arsha, mushikavisha, putinakha, vrana, karnapuya.

Whole plant of chaualai is edible. Young chaualai Leaves are used as a vegetable and eaten for their nutritive and medicinal value. Stem and seeds of chaualai are also edible, seeds can be cooked as whole and supposed to be very nutritious but need to be ringed thoroughly before cooking to destroy the saponin present in them.

Table 3: Chaulai

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Table 4: Madhu

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Biological sources: Honey is a sugary secretion deposited by the honey bees, Apis mellifera linn and other species of Apis in the honey comb. It must be free from foreign substances such as parts of insects and leaves, but may contain pollen grains. Apis cerana, Apis dorsata, Apis mellifera, Apis florea, Apis andreniformis, Apis koschevnikov, and Apis laboriosa are some of the varieties of bees that make honey.

Conclusion
Lepa is the method of treatment in which medicine is applied externally. Paripakwa veerya of lepa is absorbed in the skin through romkupa and circulate through the body via tiryak dhamani. Then it works on the doshas, dhatus, strotas and organs of the body. Skin is the site of bhrajaka pitta and 5. Seborrheic dermatitis -

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Parmotrema perlatum has cooling, anti-inflammatory properties when applied externally, hence it is useful in burning sensation, itching conditions like in napkin rash.

**Conflict of interest**
The authors declare that they have no known competing financial interests or personal relationships that could have appeared to influence the work reported in this paper.

**Reference**