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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 (vitiated 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, Ksheeralasaka, charmadala, etc. The treatment involves avoidance of causes, stanyasodhana (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 ahiputana 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 ahiputana and diaper dermatitis was done and presented in the paper.

Keywords: Diaper dermatitis, ahiputana, shaileyadi lepa

Introduction

"केचित्तं मातृकादोषं वदन्ते ऽहिपूतनम् ।

पृष्ठारुग्दुकुट्टं च केचित्तं तमनामिकम् ॥(अ.ह.उ.२/७०)

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 (Abscess/rashes) formation. The discharge also develop in these abscesses. According to Acharya Vagbhatta (Astang 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 rakta 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, praitharu, gudakurta, anamika. Diaper rash is a disease which occurs in infantile group having similar causative factors, sign/symptoms, pathogenesis as described in Ahiputna. k is more common in artificially fed infants and those with poor perineal hygiene. Diaper rash is a generalized term indicating any skin irritation (regardless 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 dus 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 conreum. The skin is move vulnerable to secondary infectious by bacteric and fungi e.g. *Staphylococcus*, *Proteus mirabilis*, *Enterococci*, *Pseudomonas aeruginosa*, *Candida albicans*. Retention of sweat makes the area moist and macercted. Constant rubbing of skin causes erosion and denudation of the skin. Bacteria grow easily in this environment and cases secondary infection [1-7].

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

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of Shaileyadi lepa for 10 days before and after results maseasured with images and subject parameters given below.

Physical examination

1. Nadi Kapahapradhan
2. Malu-mala pravruni
3. Murra Samyakapravruti
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 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 Trigonus 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 1: Observation

Signs & Symptoms	0 th day	10 th day
Kandu	+++	-
Varna	++	-
Strava	+	-
Area covered by rash	++	-
Pidika	+++	+

Discussion

शृतशीताम्बुशैलेयलुकचुर्णं मधूक्तम । तेनापानव्रणं सम्यग्लेपयेभिद्विषगुत्तमः ॥ र.र.स . २२/१४८

Table 2: Shaileya ^[8]

Rasa	Vipak	Veerya	Guna	Doshghanta
Tikta, Kashay	Katu	Sheeta	Laghu, snigdha	Kapha-pittaghna

Uses

Kapha, pitta, daha, trusha, vaman, shwas, 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 3: Chaulai ^[9]

Rasa	Vipak	Veerya	Guna	Doshghanta
Madhur	Madhur	Sheeta	Ruksha, sheeta	Kapha -pittaghna

Uses

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

Whole plant of chaulai is edible. Young chaulai Leaves are used as a vegetable and eaten for their nutritive and medicinal value. Stem and seeds of chaulai 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 4: Madhu ^[10]

Rasa	Vipak	Veerya	Guna	Doshghanta
Madhur, kashay	Katu	Sheeta	Ruksha, lekhan, sheeta	Tridoshaghna

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 laborisa* are some of the varieties of bees that make honey ^[11, 12].

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 action of lepa is on the skin. So Bhrajaka pitta is responsible for the pachana of lepa. Thus it improves Varna, Prabha and Chaya. Skin is get damaged in Napkin rash hence absorption is increased due to increased permeability of stratum corneum. The Lichenin of *Parmotrema perlatum* reduces oxidative damage and promotes dermal reconstration.

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.

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