

**MANAGEMENT OF AHIPUTANA W.S.R. TO NAPKIN RASH
THROUGH AYURVEDA – A CASE REPORT****Dr. Yogesh Sukdev Gadakh^{1*} and Dr. Deepak Khawale²**

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ABSTRACT

Ayurveda has mentioned treatment as well as prevention of all diseases, which is described as its main aim.^[1] It is an ancient science that mentioned various management according to the diseases. *Kaumarabhritya* is one among the *Ashtanga Ayurveda* which is mentioned as '*Bala Chikitsa*'.^[2] *Ahiputana* is one of the known disorders found in pediatric practice. It can be correlated with Napkin Rash in modern science. *Ahiputana* mentioned among the *Kshudraroga* in *Samhita*. *Lepa*, *Parisheka*, *Churna*, *Kwatha*, cleansing powder, etc various treatments are available for *Ahiputana*. Application of *Lepa* is one of the easy management for *Ahiputana*. *Shwetachandana*, *Madhu*, and *Rasanjana Lepa* were mentioned for *Ahiputana* in *Ashtanga Sangraha Samhita*. Here in this case study, *Ahiputana* [Napkin Rash] is managed by *Shwetachandana*, *Madhu*, and *Rasanjana Lepa*.

KEYWORDS: *Ahiputana*, Napkin Rash, *Lepa*.

INTRODUCTION

Ahiputana is presently correlated with 'Napkin Rash' in modern science. *Ahiputana* is generally included in *Kshudra Roga* in all *Samhita*. *Kshudra – Roga* is made of two words i.e. *Kshudra* and *Roga*.^[3]

Napkin rash is one of the important and unique problems in Paediatric practice. It is also known as 'Diaper Dermatitis'. In *Ayurveda*, this condition is referred to as *Ahiputana*, *Prushtharu*, *Anamaka*, *Matrukadosha*, and *Gudakuttaka*. It is caused by improper care of infants and children requiring diapering and is also said to be caused by *Stanyadushti* (vitiated breast milk). It is one of the *Rakta Kapha Pradoshaja Vyadhi*.^[4]

Napkin Rash is a commonly found skin condition, which needs early treatment. If it remains untreated it develops complications. This disease is having characteristics like erythema, papules, pustules, and ulcer in the perianal and anal region. Napkin rash is the most common skin disorder in infants and children. The prevalence rate of Napkin rash in India is 4 – 35 %. Due to unhygienic conditions, the number of patients of *Ahiputana* increases day by day. The frequency of moderate rash reached a maximum at the age of 9 to 12 months.

Many *Aushadhi* preparations are mentioned in the *Ayurvedic* texts for the management of *Ahiputana*. Taking the aspects of the mode of action, *Lepa* having action like *Shodhana*, *Utsadhana*, *Ropana*, etc. while explaining the efficacy of *Lepa*, *Acharya 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 *Vrana* will get subside hence *Lepa* is selected for the present case study.

The *Lepa* of *Shwetachandana*, *Madhu*, and *Rasanjana* is mentioned in *Ashtanga Sangraha* for the management of *Ahiputana*.^[5] These drugs have *Vrana Ropana*, *Vrana Shodhana*, *Kandughna*, etc. properties. Therefore, in this study, this *Lepa* has been used for evaluating the efficacy of *Ahiputana*.

OBJECTIVES OF THE STUDY

- To study the etiopathogenesis of *Ahiputana* and Napkin Rash.
- To study the effect of *Lepa* in the management of *Ahiputana* w.s.r. to Napkin Rash.

MATERIALS AND METHODS

Disease Review

Ahiputana is also known as '*Matruka dosha*' - as it is caused due to negligence of the mother. *Prushtharu* - unhygienic not cleaning feces and urine. *Gudakutta* - an area involved in *Ahiputana* is mainly perianal thigh groin region.^[6]

Nidana of Ahiputana

The causative factors for *Ahiputana* are described in the *ayurvedic Samhita Dushti* of *Nija Hetu* and *Bahya Nidana* causes are explained by *Acharyas*.

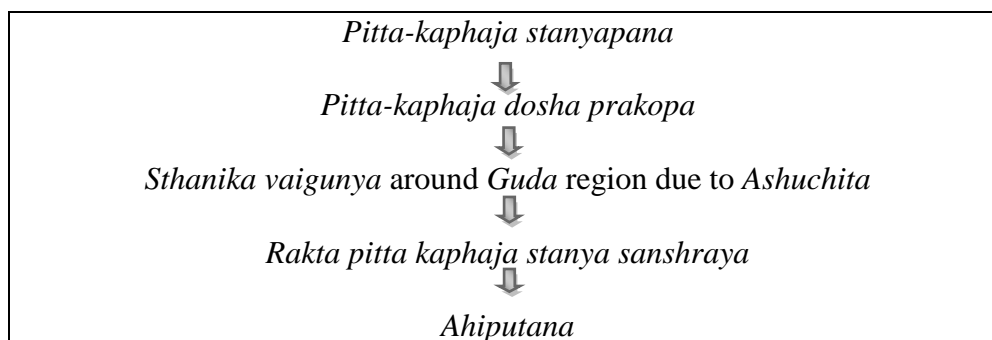
According to <i>Sushruta</i> ^[4]	According to <i>Ashtanga Sangraha</i> ^[6]
<i>Dushta Stanapana, Malasya avadhana, Shakrunmutrata, Samayukta, Sweda</i>	<i>Malopalepa, Sweda</i>

Poorvarupa: *Poorvarupa* of *Ahiputana* are not mentioned in the *Samhitas*.

Roopa

According to *Sushruta*, clinical features of *Ahiputana* are – *Kandu, Daha, Pidika, Shipram Sphotam, Strava, and Tamra Varna*.

Samprapti



Napkin rash

The word diaper is the name not because the diaper itself causes the rash but rather because it is associated with diaper use, caused by the material trapped by the diaper. Allergic contact dermatitis has also been suggested but there is little evidence for this cause in an adult with incontinence (fecal, urinary, or both).^[7]

Drug Review

In *Ashtanga Sangraha*, *Uttaratantra* in *Balopacharaniyam Adhyaya*, *Vagbhata* mentioned various management like *Lepa, Parisheka*, etc are described for *Ahiputana*. *Shwetachandana, Madhu, and Rasanjana Lepa* are used for *Ahiputana*.

Drug details^[8]

Drug	Properties
<i>Shwetachandana</i>	<i>Kapha-Pittaghna, Raktaprasadana, Krumighna, Dahaghna, Varnya, Vishaghna</i>
<i>Madhu</i>	<i>Yogavahi, Pitta-Kaphahara, Prasadaka, Krumighna,</i>

	<i>Kushthaghna, Vrana shodhaka, Vrana ropaka</i>
<i>Rasanjana</i>	<i>Varnya, Vranaghna, Shothaghna, Kaphaghna</i>

CASE STUDY

A 7-month-old male child has complaints of *Vranotpatti* at *Guda Pradesha*, *Daha*, *Kandu*, *Lalima*, and *Sparshasahatva* for 2-3 days.

Ashtavidha Parikshana

<i>Nadi</i> = 110/min	<i>Shabda</i> = <i>Spashta</i>
<i>Mala</i> = <i>Samyaka</i>	<i>Sparsha</i> = <i>Anushna</i>
<i>Mutra</i> = <i>Samyaka</i>	<i>Druka</i> = <i>Prakruta</i>
<i>Jivha</i> = <i>Niram</i>	<i>Akruti</i> = <i>Madhyam</i>

Local examination

- ❖ Local erythema ++
- ❖ Small popular eruptions +
- ❖ *Daha* ++

Lepa application: As per *Ahiputana* lesion, 6-7 hours with sterile cotton.

OBSERVATIONS

The effect of *Shwetachandana*, *Madhu*, *Rasanjana Lepa* on *Vranotpatti* at *Guda Pradesha*, *Daha*, *Kandu*, *Lalima*, and *Sparshasahatva* on 7 days of study is as follows

Symptoms	Before treatment	After treatment
<i>Vranotpatti</i> at <i>Guda Pradesh</i>	++	+
<i>Daha</i>	++	-
<i>Kandu</i>	++	-
<i>Lalima</i>	+	-
<i>Sparshasahatva</i>	+	-

Gradation of symptoms

+ = Mild, ++ = Moderate, +++ = Severe

RESULTS

Clinical examination of a patient with follow-up of 3rd, 5th & 7th days, shows a significant decrease in signs and symptoms like *Daha*, *Kandu*, *Lalima*, *Sparshasahatva*, *Vranotpatti* at *Guda Pradesha* was healed in 7 days of the case study.

DISCUSSION

In the *Ahiputana* case study observations were done before and after treatment based on symptoms; which are as follows

Shwetachandana has properties like *Varnya*, and *Raktaprasadana* also helps to reduce vitiation of *Kapha* and *Pitta Dosha Dushti*. *Madhu* is known as one of the *Yogavahi Dravya*, which helps to heal *Vrana* as its *Shodhana* and *Ropana* actions. *Rasanjana* helps to cure *Kandu*, having properties of *Krumighna*, and *Vranaghna*.

Ahiputana is a disease having *Kapha-Pitta Dosha Dushti*, which needs *Sthanika Shodhana* & *Ropana*. In *Ayurveda*, *Bahiparimarjana Chikitsa* is used for the *Bahya Rogamarga* disorders; *Ahiputana* is one of them.

CONCLUSION

Shwetachandana, *Madhu*, and *Rasanjana Lepa* are easy to prepare and apply. *Vrana Shodhana*, *Ropana*, *Varnya*, *Kapha Pitta Doshaghna*, *Raktaprasadana*, and *Twakadoshaghna* properties help to break *Samprapti* of *Ahiputana*. In conclusion, *Shwetachandana*, etc *Lepa* is significantly effective in managing *Ahiputana* w.s.r. to Napkin Rash.

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