

CASE STUDY OF MANAGEMENT OF AHIPUTANA W.S.R TO NAPKIN RASH THROUGH AYURVEDIC CLASSIC**¹*Dr. Suraj R. Yewale and ²Dr. Mahesh Jadhav**¹PG Scholar, MD (Balrog) Ashvin Rural Ayurved College, Sangamner, Ahmadnagar.²Guide, M.S. (Striroga and Prasutitantra), Asso. Professor (Balrog) Ashvin Rural Ayurved College, Sangamner, Ahmadnagar.Article Received on
05 December 2023,Revised on 26 Dec. 2023,
Accepted on 16 Jan. 2024

DOI: 10.20959/wjpr20243-31088

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ABSTRACT

Kaumarbhritya is the branch that deals with the mother and child relationship and specifically children's health. Diaper rash is a common problem in pediatric OPD. Prevalence of Diaper rash has been variably reported from 7-35% in the first one year of life. Most cases occur between 9-12 month of age. Napkin rash arises due to Dushtastanyapana, asuchita (unhygienic condition) such as kuparicharya of child in which mother fails to keep perianal region dry, clean timely after every mala, mutra visarjana. In Ayurveda a number of skin disorders has been described under the heading of Kshudraroga, Ahiputana is one of them. Napkin rash can be correlated with Ahiputana described in ayurvedic texts.

KEYWORDS: Ahiputana, Napkin rash, Shveta Malhara.**INTRODUCTION**

Ayurveda is an ancient medical science which deals with the swasthya or normal health of human being as well as wide description regarding various diseases and their treatment. Kaumarbhritya is the branch that deals with the mother and child relationship and specifically children's health, it also deals with Kaumarbharana, dhatri, Kshirdosha, dushta stanya, grahadosha and their treatment. If mother fails to keep proper care of her child then they may suffer from many diseases and Ahiputana is one of them. In modern medicine, it can be correlated with Diaper rash which is included in irritant contact dermatitis, diaper rash caused due to over hydration of skin, friction, prolonged contact with diaper, prolonged contact with urine and faces retained diaper. The condition is more common in children under 24 months

of age, beginning in neonatal period when wearing diapers start, with peak incidence in the 9-12-month age group.^[1] The skin of the diaper area may become erythematous and scaly, erosions. As described by Ashtang Hridaya; Maloplep and sweda, the two causes kandu, daha and tamra vrana around the perianal region.^[2] In Ahiputna there is pitta, kapha and rakta dosha prakop.^[3] Consequently, in treatment of Ahiputana kaphapittashamak, vrananashak, twachya and kledagna drugs are utilized. There are numerous lepas and malahara depicted in texts. Yadavji Trikamji explained that Shveta malahara^[4] is shown in shotha and paka around guda and mutrendriya in kids.

MATERIAL AND METHODS

AIM

To assess the adequacy of Shveta Malahara.

STUDY DESIGN

A single case study of patients presented at Kaumarbhritya Department of Ashvin Rural Ayurved college Hospital.

CASE STUDY

A 4 months old female patient came in Kaumarbhritya OPD of Ashvin Rural Ayurved college & Hospital, With complaints of Watery loose stools, redness of perianal region with rashesh, irritability and itching. Severity was increasing after passing frequent watery stools.

History of present illness - Patient was healthy before 4 days back but gradually he suffered with 5 to 7 episodes of watery loose stools for 2 days which led to development of rashes over perianal region with redness and itching in perianal region. Associated with Irritability and excessive cry.

Patient had history of travelling and poor sanitation.

History of past illness- No H/O any other major illness or any surgery.

Drug history - Not significant

Family History- Not significant

Birth History

1. Antenatal – previous ANC scans were normal
2. Natal – Full Term Normal Delivery, at Private hospital, Baby Cried Immediately After Birth, AGA, Female child, DNRAR, Birth wt. – 2.6 kg.
3. Postnatal –No H/O NICU Admission.

General Examination**Table No.1.**

General Condition	Fair
Temp	98.2 f
Pulse	121/min
RR	32/ min
Height	60 cm
Weight	5.8 kg

Physical Examination

1. Nadi – Kapahapradhan
2. Mala -atimala pravrutti
3. Mutra - Samyakpravruti
4. Jivha - Sama
5. Shabda - Spashta
6. Sparsha - Samshitoshna
7. Druk - Samyak
8. Aakruti - Madhyam

Treatment Plan - Thin layer of Shveta Malhara applied on perianal region 4 to 5 times in a day

It was advised not to wear diaper until the rash heals.

OBSERVATION AND RESULTS**Table no. 2.**

Lakshana	Before Tretment	After treatment (7 days)
Region covered by rash	++	+
Pidika	++	-
Kandu	+++	-
raktavarna (redness)	+++	+
Irritability	++	-

**Image 1: Before Treatment****Image 2: After Treatment**

DISCUSSION

Mode of action - Shveta malahara is having kashaya, madhura, katu rasa. Kashaya rasa helps in vranashodhan, vranaropan; hence it helps to reduce the skin lesions.

Kandu is mainly due to contact of mala, mutra, sweda with skin and repeated wiping around perianal region. Shveta malahara creates a protective layer between skin and mala mutra. Also malahara soothes the skin surface which avoids irritation by toxic substances in malamutra like ammonia. Kandu and strava occurs due to sthanik kapha dushti. Ushna veerya & soothing property of til taila^[5], katu kashya rasa & ushna veerya of Tuttha causes kapha shaman and helps to relieve the Kandu and Strava. Twaklalima and Twakvaivarnya are associated with raktdushti. Tikta kashay rasatmak Shveta malahara helps to reduce sthanik rakta prakopa, resulting in decreased redness of skin and achieves normal skin colour. Irritability of patient is due to pain and itching. Ushna virya and snigdha guna of tila taila causes vatashamana hence reduces pain. Also, soothing property of tila taila relieves the kandu. Rala in Shveta Malhara that is sarjarasa belongs to vedanastapan gana hence reduces pain.

All these contents of Shveta malahara act together to reduce pain, kandu, and hence the irritability. In babies prakupita rakta pitta causes pidika/sphot around perianal region. Pittashamak properties of all contents of Shvetamalahara like tila taila, rala & Tuttha also normalize sthanik rakta prakopa as pitta & rakta having ashrayashrayi sambandha. Hence help in reduction of pidika.

CONCLUSION

Ahiputana is very common in infants. Shveta Malahara is significantly effective in Ahiputana to reduce symptoms like Kandu, strava, twaklalima, Twakvaivarnya and itching. Ingredients of Shveta Malahara like til taila, rala, & tuttha are easily available, easy to prepare and easy to use. Hence Shveta Malhara can be used effectively for managment of Ahiputana.

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