

GLIMPSE ON AHIPUTANA VYADHI W.S.R.TO NAPKIN RASH IN CHILDREN- AYURVEDA PERSPECTIVE

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ABSTRACT

Childhood is the most important phase of life. It has various angles ranging from developmental milestones to health ailments causing burden on parents as well as health department. Ayurveda science has a wide description of childhood diseases and Ahiputana (napkin rash) is one of the commonest diseases of childhood. Ahiputana is dushta stanyajanya vikara. Improper hygiene is the main reason of napkin rash. Local and oral medicines have been documented in literature for treatment of Ahiputana to child. Along with these medicines for treatment of stanya dushti is also mentioned. This article comprises a conceptual study of Ahiputana vyadhi in children.

KEYWORDS: Ayurveda, Ahiputana, Napkin Rash, Dushta stanya.

INTRODUCTION

Ayurveda is divided into eight branches, one of which is “Kaumarbhritya Tantra.”

Kaumarbhrityantra deals with the Balak or Kumar who is on breast feed by his mother or Dhatri.^[1] Childhood is initiation of life. To become a healthy individual, childhood must be provided careful attention. Neonates and infants are prone to get sick due to delicate skin and low immunity power. Children are more susceptible to diseases arising from unhygienic conditions as upto this age the child has not developed proper control over bowel & bladder and child is completely dependent on others for nutrition and care. When guardian fails to provide proper care to child, many infectious conditions attack to the child's body creating health troubles.

Ahiputana is one of such diseases where improper hygiene and vitiated breast milk creates doshik imbalance in body of the child and creates skin rashes over perianal region.^[2] If it is not taken care and treated properly, it may become Kashtasadhya. In Charak samhita: Balak is said to be sukumar i.e. the rasa-raktadi dhatu are not developed completely. Sharir is sukumar where klesha sahanan of the child is very poor.^[3] These days due to hectic life style parents fails to provide round the clock attention to their progeny. This responsibility is shouldered by hived hands, such an arrangement some time results in neglect and hygiene is not meticulously maintained. Improperly used napkins and diapers causes irritation to delicate skin.

Ahiputana in classical texts: Ahiputana is a skin disease particularly occurring in childhood period. It is described in Ashtang Sangraha^[4], Sushruta Samhita^[5] Bhava Prakash samhita.^[6] Dushtastanya pana and asuchita causes pitta, kapha dushti. The symptoms of Ahiputana are Kandu, Daha, Pidika, Sphot, Tamravarna, Strava etc.^[7]

Synonyms: Matruka dosha (As it is caused due to negligence of mother/guardian), Prushtharu (Unhygienic, Not cleaning of faeces & urine), Gudkutta, Anamika.^[8]

Nidan Panchak (Etiological Factors) of Ahiputana

The five discernment of the disease are

1. Hetu
2. Poorva-roop
3. Roopa
4. Upshaya
5. Samprapti

Hetu / Nidan- The causative factors for Ahiputana are described in Ayurved samhita. Nija and bahya both causes are explained by acharyas.^[9,10,11,12] Nidan of Ahiputana is described below in table no.1.

Table No. 1: Nidana/ Hetu of Ahiputana According To Different Acharyas.

Sr.no.	Nidana	Sushruta	Ashtang Sangrah	Ashtang Hriday	Bhoj
1.	Dushta stnyapana	✓	-	-	✓
2.	Malasya avadhana	✓	✓	✓	✓
3.	Shakruna mutra sama yukte	✓	-	-	-
4.	Sweda	✓	✓	✓	-
5.	Swenasya avamanasya	✓	-	-	-

A. According to Sushruta

1) **Dushta Stanya Pana, Malasya avadhan**^[13]: Vatadidosha are the causative factors for stanya dushti in Ayurved samhita the chikitsa given for stanya shodhan to dhatri it is found that the drugs used for stanyashodhan are kaphapittaghna hence we can conclude that kapha pittaj stanya dushti is the causative factor. In ayurvedic literature no specific stanya dushti hetu has been described as the causative factor for the dushta stanyapana but in Ahiputana vyadhi the chikitsa given to dhatri for stanyadushti the drug which are used are pitta kaphaghna. Hence we can state that kapha pitta stanya dushti is the hetu of Ahiputana.

2) **Shakrunmutra Samayukta**^[14]: Unhygienic condition in which mala, mutra of child is not cleaned properly and at proper time gets attached to skin around guda. Purish is the ghan bhag of mala it gets attached to skin causes sthanik rakta kapha dushti. Along with this mutra has kled property which constantly remains in contact with skin causes wetness of skin this result in kandu.

3) **Sweda**^[15]: The drave property in Sweda causes wetness to skin causing kandu around guda along with this swed is the sthan of pitta hence swed is ushna in nature. Due to sanchay of sweda for prolonged time causes daha.

4) **Shishor bhavet sweenasy awamanasya**^[16]: After bathing the child if the child is not cleaned or soaked properly causes wetness of perianal region. This wetness causes kandu around the guda.

B) According to Ashtang Sangraha^[17]

1) **Maloplepat**: Purish mutrasweda together content dravaguna (kleda in them) this causes kandu around perianal region as described in above hetu.

2) **Swedadwa**: Swed has dravatva in it this causes wetness to skin causing kandu around guda along with this swed is the sthan of pitta hence swed is ushna in nature. Due to sanchay of sweda for prolonged time causes daha.

Poorva-Roopa (Prodromes)- Prodromes of Ahiputana are not described in text.

Rupa/ Lakshan (Symptoms)-When the prodromes reach to the development stage they are known as symptoms Roopa).

Table No. 2: Lakshana (Symptoms) Of Ahiputana According To Different Acharyas.

Sr. no.	Lakshana	Sushruta	Vagbhata	Ashatng hridaya	Bhoj
1.	Kandu	✓	✓	✓	✓
2.	Daha	✓	✓	-	✓
3.	Ruja	✓	✓	-	✓
4.	Pidika	✓	-	-	✓
5.	Tamravrana	-	✓	✓	-
6.	Strava	✓	-	-	-
7.	Sphota	✓	-	-	-

- Tamra Vrana** -After blister or visphot when breakup due to raktapittaj dushti there is formation of red coloured (Tamra vrana).
- Kandu**-After hetusevan there is sthanik pittakapha dushti along with this due to aprakshalana of mala, mutra, sweda, skin around perianal region remains wet. Kapha has kled property in it. This increase in kled property of kapha causes kandu around perianal region.
- Daha** -Sweda is sthan of pitta i.e. if pitta parkop occurs than there is increase in sweda then this sweda due to aprakshalan causes daha. The above two lakshana can be manifested by irritability (rodhan) in child.
- Pidika**: Due to hetusevan there is pitta dushti this prakupit pitta causes dushti of rakta. Rakta and pitta have ashray ashirt sambhand so rakta gets dushta. This prakupit raktapitta causes pidika in perianal region.
- Sphotam (Blister)**-In balak prakupit rakta pitta causes sphot around perianal region.
- Strava** - When visphot or blister when breakup or kept untreated leads to ooze from blister. This causes strava.

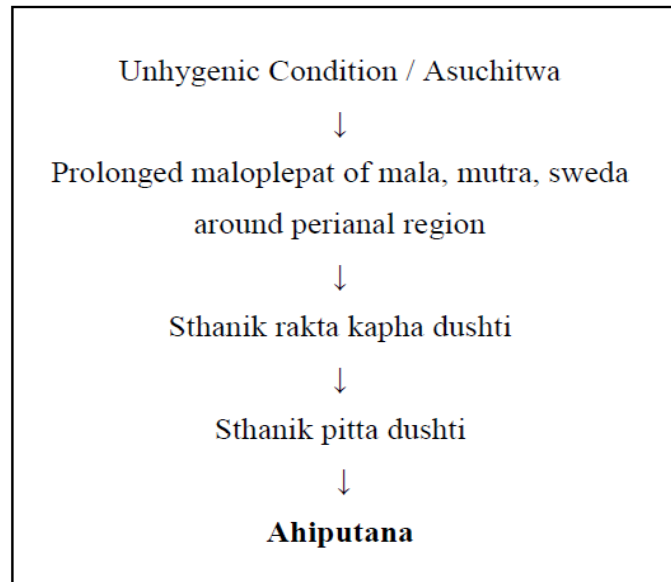
In vagbhata indutika it is said that child suffering from Ahiputana has loose motion which is amayukta foul, smell, with different colour and having foam over it.

Samprapti (pathogenesis)- samprapti of Ahiputana is discribed in two different manners.

- 1) Nijadosha : Dushtstanya sevan and sthanik asuchitwa.
- 2) Bahya asuchita

Bahya/Sthanik (Sthanik dosha dushti): Asuchitwa or unhyginic condition causes the perianal region to remain constantly in contact with the mala, mutra, sweda for prolonged time. This mala causes Rakta Kapha dushti around perianal region. Rakta and pitta have

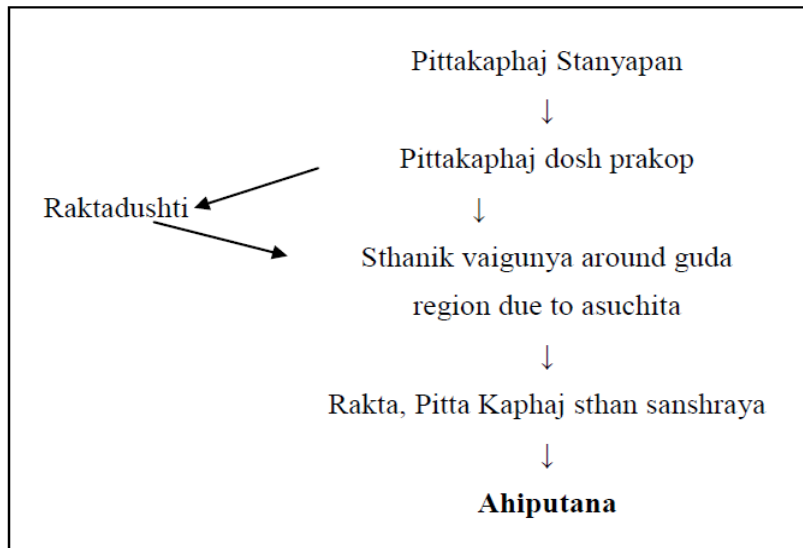
Ashray Ashrit Sambandh hence sthanik pitta dushti occurs. The above sthanik pitta kapha rakta dushti causes symptoms of Ahiputana. This samprapti can be described as –



Here the following symptoms / lakshanas are seen from the above two sampraptis.

- Kandu due to prakupit kapha dosha
- Daha due to prakupit rakta dosha
- Pidika due to prakupit rakta pitta dosha
- Sphot due to prakupit rakta pitta dosha
- Strava due to prakupit kapha dosha
- Tamravarna due to sthanik prakupit rakta pitta

2. Samprapti due to Nijadosha and Sthanik asuchitwa: Pitta kaphaj stanya sevan causes dosha prakop in balak. Pitta kapha dosh prakopa caused in balak due to above hetus cause dushti of rakta. Simultaneously due to unhygienic conditions (asuchita) causes sthan vaigunya around guda region. The prakupit pitta kapha rakta dosha gets sthan sanshray around the guda. This prakupit doshas cause sthanik Dosh-dushya, dushti and symptoms of Ahiputana are seen. This samprapti can be described in following manner.



Sadhya Sadhyatwa (Prognosis of Ahiputanak)

In the perianal region vitiation of pitta kapha rakta occurs. Guda being a Marma sthan and *Mamsa dhatu pradhana* organ makes this *vyadhi* serious and difficult to treat but if proper treatment is given timely this *vyadhi* can be *Sadhya*. Sushrutacharya mentioned that Ahiputana is curable.

- **Dosh** – Kapha-rakta
- **Sthan** – Gudpradesh
- **Marga** – Bhaya
- **TREATMENT (Chikitsa)**- In ayurveda for treatment of Ahiputana chikitsa is given to both mother and child as this disease mainly occurs in Kshirad Avastha.^[18] Medications are given orally to dhatri for stanya shodhan chikitsa and also for balak for dosha shodhan caused by stanya dushti.

Along with this there are various local treatments available for treatment of Ahiputana.

Oral treatment for Dhatri^[19]

Stanya shodhana done by following drugs

1. Patol patra, triphala, rasanjan, siddha ghruta pan.
2. Pitta kapha dushti can be treated by dhatri stanya shodhana with pitta kapha shamaka aushadhi.
3. Stanyashodhaka Mahakashaya should be used for mother for purification of milk.

Topical treatment for Ahiputana.^[20,21,22,23]**Lepa**

- Tarksyasaila mixed with honey
- Ashmantwak Churna
- Shankha, Souviraka, Yastimadhu churna.

Awachurnan: Yashti, Shankha, Sauvirkanjana or Sariva, Shankhanaphi, Kasis, Rochan, Tuttha, Manohava, Ala and **Rasanjan.**

Parishek: Decoction of Triphala, barks of Badar and Plaksa.

Pathya

1. Proper Dinacharya should be followed by mother and child should be kept clean always.
2. Frequently change in diapers and nappies should be done.
3. Cloths of child should be changed frequently.
4. Kshara containing dravya causes irritation so should not be used.
5. After every episode of urine and stool voiding, diapers should be changed frequently from time to time. With proper cleanliness of perianal region.
6. After bath child should be properly dried.
7. The cloths of the child should be washed frequently.

DISCUSSION

The symptoms of Ahiputana described in Ayurved samhita are nearly similar to those of symptoms stated in modern science Napkin Rash. Many drugs are used for internal (Orally) & external applications (Locally) and preventive measures have been described in detail in Ayurved and modern texts for the treatment of Ahiputana. In Ayurveda the symptoms or vyaktisthan or adhisthan of disease is said to be around the Guda region.^[24] Dosha dushya samurchana of Ahiputana occurs around the guda (bahyaguda).

Guda is one of the Bahirmukha strotas. Purish is the Ghana part of mala thrown through guda. In child as the anal sphincters are not properly developed there is frequently malatyag due to improper hygiene this purish gets attached to the skin around anal region. This causes sthanik rakta kapha pitta dushti. The drava bhag of mala is called mutra this is thrown through mutrashaya outside the body. Kleda is thrown via mutra. In unhygienic condition if mutra is not properly cleaned then it causes sanchay of kleda around perianal region. This causes kandu around perianal region by sthanik kapha dushti. From the above shloka pitta is a

sthan of sweda hence sweda is ushna in nature. If pitta dushti sweda pravrutti of child increases this causes increasing ushna guna of sweda. In unhygienic conditions if sweda is not timely cleaned properly causes daha around perianal region. Sweda is the mala of meda dhatu this drava mala helps in kledvahan outside the body through the skin. If sweda is not properly cleaned timely this causes kleda sanchay around perianal region and causes kandu.

CONCLUSION

Ahiputana can be successfully treated with kapha Rakta shamaka dravya, because it is caused by predominance of kapha Rakta dosha. In addition some precaution like proper cleaning and proper drying of napkin area. Napkin should be changed whenever it get wet. Concept of *Stanyaparikshana* and *Stanyashodhana* are enormously scientific and need to be followed by all Vaidya. Mother should follow proper *Dinacharya* and *Ratricharya* and cleanliness is the only basic thing that can prevent baby from Napkin rash. Ayurveda medicines are safe as well as effective in children suffering from *Ahiputana*.

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