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A Critical Review Of *Ahiputna vyadhi*- An Ayurvedic Aspect

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ABSTRACT:

Childhood is considered to be important phase in one's life. It has different phases that range from reflexes at birth, development milestones (that causes mental and physical development of child) to health problems. *Ahiputna* is one of the diseases that is common during childhood. It can be correlated with napkin rashes or diaper dermatitis. The skin and mucous membrane around the anal region is very sensitive and delicate during infancy and it takes few months after birth to get barrier function. Improper hygiene can lead to rashes, itching and sometimes ulcer also. *Acharyas* have mentioned a number of formulations for the disease along with the treatment of *stanya dushti* as it is a *dushta stanayajanan vyadhi*. This article comprises of *ayurvedic* concepts of disease.

Key Words- Diaper dermatitis, *Ahiputna*, Napkin rash, *Dushta stanya*

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INTRODUCTION

Kumarbhritya tantra is one of the eight branches of *Ayurveda* that deals with *Kumar and Balak*. *Ahiputna* has been described as *Kshudra roga* by *Acharya Sushruta*¹ that occurs in infants and children. It occurs due to vitiation of *Kapha* and *Rakta Doshas*² and due to vitiation of breast milk.

DISCUSSION-

Causative factors: -Table No.1: Hetu of Ahiputna^{4, 5, 6, 7}

S.No.	Nidan	Sushruta	Ashtang Sangraha	Ashtang Hridaya	Bhoj
1	<i>Dushta Stanya</i>	+	-	-	+
2	<i>Malasya Avadhana</i>	+	+	+	+
3	<i>ShakrunaMutra Samyukta</i>	+	-	-	-
4	<i>Sweda</i>	+	+	+	-
5	<i>Swenasya</i>	+	-	-	-

Acharya sushruta⁸ explains about the lakshanas like Shukruna mutra occurring due to improper cleaning of Mala mutra and gets adhered to the skin of anal region and causes the sthanik Rakta and Kapha dushti and kandu that occur respectively because of mala and mutra. Mala has ghana property and mutra has kledana property which keeps the area wet. Improper cleaning, incomplete drying and excessive sweating of perianal region causes wetness and kandu and causes Swenasya aswapyamanasya. Acharya Bhoj explains about Dushtastanapana and MalasyaAvadhana and says that no specific hetu has been mentioned in .

Sign and symptoms -

Table no. 2: Lakshanas of Ahiputna¹¹

S.No.	Lakshana	Sushruta	Ashtang Sanghراها	Ashtang Hridaya	Bhoj
1	Daha	+	+	-	+
2	Ruja	+	+	-	+
3	Kandu	+	+	+	+
4	Tamra vrana	-	+	+	-
5	Pidika	+	-	-	+
6	Strava	+	-	-	-
7	Shphola	+	-	-	-

ayurveda samhita for stanya dushti, but in the treatment of stanya dushti, the stanya shodhana drugs used are Kaphapittaghan. So, it can be concluded that Kapha, pitta dushti are the cause of Ahiputna. Due to drava (kleda) guna mutra, purish and sweda causes kandu in the perianal region as per acharya vagbhata⁹.

Acc. To modern science¹⁰ -

Diaper rash or napkin rashes can be traced to a number of sources like irritation from stool and urine, chaffing or rubbing, irritation from a new product, bacterial or fungal infection, and introduction to new foods, sensitive skin, ph and hydration

Acharya sushruta has explained the lakshanas as under

1. *Daha*: - Due to the vitiation of *pitta doshas*, causes *daha*
2. *Tamra varna*: - Due to Raktapittaj dushti, *vishphota (blisters)* breakup and leads to the formation of *tamra varna*.
3. *Kandu*: - The presence of *hetu* in the perianal region leads to *kleda* which occurs due to vitiation of *Kapha* and causes *kandu*.
4. *Sphotam*: - It occurs around the perianal region due to vitiation of *Rakta* and *pitta*.
5. *Srava*: - It occurs when the *sphota* breaks up and occurs due to *Kapha dushti*.
6. *Pidika*: - *Hetu sevana* leads to *dushti* of *Rakta* and *pitta* which causes *pidika* in perianal region.

The symptoms of *Ahiputna* are *daha* , *ruja* , *kandu* , *pidika* as per Acharya Bhoj.

Acharya Madhav and Yoga Ratnakar has told the symptoms like Itching around the anal region with or without *srava* .

The commentary of *Indu* says child having *Ahiputna* will have loose motions that are *Amayukta* foul smell with different colour and have foam over it.

Acc. To Modern Science¹² -

The napkin rashes may involve the skin of buttocks, thigh, perianal region and genitalia. The skin involved may become red may or may not have erosion of superficial skin layers, sometimes pustules or small blisters may be present.

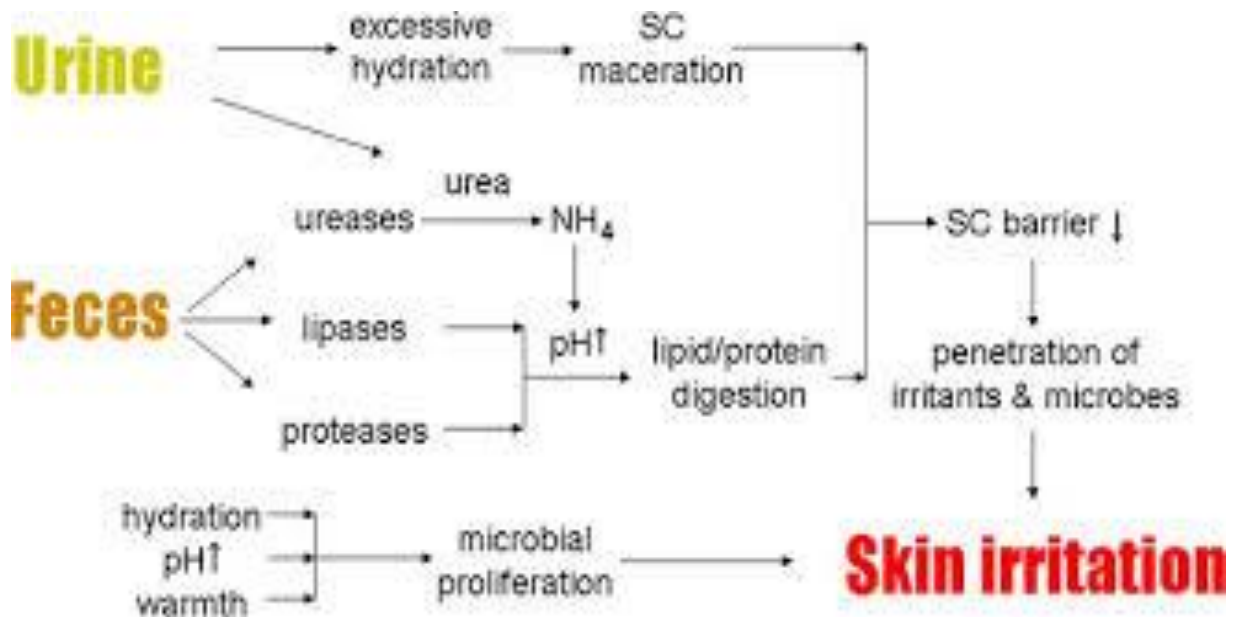
The symptoms may worsen in case of super added bacterial/ fungal infection.

SAMPRAPTI (PATHOGENESIS)

The two main causes of *Ahiputna* are:

1. *DUSHTA STANYA PANA*.
2. *APRAKSHALANA OF GUDA PRADESHA*.

These lead to the *dushti* of *Kapha*, *pitta* and *Rakta* that gets *sthana sanshraya* around the *guda* and lead to *lakshanas* like *daha*, *kandu*, *ruja*, *pidika*, *tamra varna* etc.



SADHYA SADHYATA (PROGNOSIS)¹⁴

Acharayas Sushruta has mentioned that *Ahiputna* is a curable disease.

CHIKITSA:-

There are the various local and oral treatment available for the treatment of *Ahiputna*. In ayurveda the treatment of *Ahiputna* can be given both to the child and mother due to *Kshirad avastha*¹⁴. Oral medication is given to *dhatri* for *stanya shodhan* and *dosha shodhana of balak*.

a. Oral treatment of *dhatri*^{15, 16}

i. *pitta Kapha shamak* drugs are used for the *stanya sodhana of dhatri* in the form of *kshaya*.

ii. Drugs like *patol patra*, *triphala*, *siddha ghrita paan* are used for *stanya shodhana*.

Stanya shodhak mahakshay drugs can be used for *stanya shodhana* as per acharya charaka.

b. Oral treatment for child¹⁷:

kshaye of shweta chandan should be given to the child during every breast fed acc to *Ashtang sangraha*.

c. Topical treatment:

1. *Avchurna (dusting)*¹⁸ - *yashtimadhu*, *shankha*, *sariva*, *kasisa*, *rochana*, *tutha*, *manasila*, *hartala churna avachurna*

2. *Parishek (irrigation)*¹⁹ -

kshaya of triphala, kola and khadir is used for *parisechana* for *vrana ropana*.

Triphala, barks of badara and praksha decoction can be used²⁰.

3. Lepa (paste)-

*kasisadi lepa, tutha churna lepa, kapalchuran lepa, badara twak and kanji lepa*²¹.

kasisadi lepa, rasanjana mixed mixed with honey²².

Lepa of gunja seed powder, lepa of rasanjana and honey²³.

The paste prepared with *sankha, sauvirajan and yashtimadhu* should be applied locally²⁴.

Zinc containing preparations like *anjana, pushpanjana* and *rasanjana* are used for external applications.

4. Raktamokshana (bloodletting)²⁵ - in case of excessive inflame and itching *Raktamokshana* or bloodletting therapy has been advised by *Acharya Vagbhatta* by *jalouka* application. *Pittaj vrana nashak Chikitsa* can also be used.

PATHYA -

1. Proper hygiene should be maintained by the child cleans after every episode of urine and stool.

2. Diapers should be changed frequently after soaking.

3. Gently pat the skin dry with a clean towel or let it dry

4. Nappy free time should be increase.

5. Chemicals causing irritation should be avoided.

6. Use disposable napkins or those containing Hydrocellulose gel.

7. Thick, non-irritant oils can be used.

CONCLUTIONS: -

The treat of *Ahiputna* can be done successfully with the *Rakta* and *Kapha shamak* drugs. Few precautionary measures can also be taken to prevent Napkin rashes like frequent diaper changes, provide nappy free time, maintenance of hygiene around the perianal region

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