



# An Ayurvedic Management OF Diaper Rashes W.S.R. Ahiputana Vyadhi-A Short Case Study

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## ABSTRACT

Diaper Rashes Can correlates with Ahiputana vyadhi.In Vagbhat Samhita this disease caused due to kapha vitiate milk consumption by newborn. Many disorders during Balyavastha are caused due to poor caring and Hygiene and negligence of parents and Ahiputana is one such commonly seen condition. The calculated risk of developing diaper rash is 1 in 4 infant and the peak incidence is found in between 3 to 12 months. Ahiputana is a Kapha Rakta Pradhana Kshudraroga, caused due to unhygienic conditions such as improper cleaning after defecation and urination, presenting with Kandu and oozing blisters at perianal region, forming Vrana. Diaper rash is similar condition in contemporary science reported due to improper toilet training, hygiene and child rearing practices in day to day life. Soiled or wet laden diapers that are left for too long, results in sore and scaly rashes due to Candida albicans.This life style disorder occurring at infancy has cure through Ayurveda via Bahyaparimarjana and Antahparimarjana Chikitsa as explained in different classics. Different Lepa prayoga has extensive result over the same. Zinc oxide is used commonly in treating diaper rashes in contemporary science. Many formulations mentioned in classics yields better effect over diaper rash. The present study attempts to highlight the concept and treatment of Ahiputana in Bala caused due to life style hazard.

**KEYWORDS:** Ahiputana,Ayurveda,Bala Vyadhi,Child,Diaper Rash

## INTRODUCTION

The special principle of Tridosha Dhatus, and Mala (faeces, sweat, urine) for maintaining the body's homeostasis has been explained by Ayurveda. The Kaumarbhriya is branch that addresses the health and relationship between mothers and children as well as the treatment of Kumarabharana (nourishment of child), Dhatri (women giving nutrition to the baby by own breast milk), Kshirdosha (vitiated milk by Dosha), Dushtastanya (vitiated milk of mother), and Grahadosha. In the first year of life, the prevalence of diaper rash has been found to range from 7 to 35%. The majority of incidents happen to 9– 12 months old. In modern medicine, Ahiputana can be correlated with diaper rash which is included in irritant contact dermatitis diaper rash caused due to friction, regular contact with napkin, prolonged contact with urine and faeces retained napkin and over hydration of skin.

Acharya Sushruta mentioned that due to Asuchita (improper cleaning) and unhygienic condition,Perianal region remains constantly in contact with Mala (faces),Mutra (urine) and Sweda (sweat) which vitiates Kapha Dosha and Rakta Dhatu in a body.Prakupit Rakta and Kapha cause Kandu (itching) produces Kleda (moistened) and then Spot a (blister) in perianal region. Ashtanga Hridaya describes Malopalepa and

Sweda, aggravates Kapha Dosha and Rakta Dhatu leading to Kandu, Daha and Tamra Vrana around the perianal region. The skin of the napkin area many become erythematous and scaly, papulovesicular, fissures and erosions. Antimicrobial, antifungal is used in the treatment of diaper rash mentioned in modern medicine. In a Sushrut Samhita Acharya mentioned that due to Asuchita (no proper cleanliness) and unhygienic condition. Perianal region remains constantly in contact with Mala (faces), Mutra (urine) and Sweda (sweat). Which vitiate Kapha Dosha and Rakta Dhatu in a body. Prakupit Rakta and Kapha cause Kandu (itching) in perianal region. At perianal region Prakupit Kapha and Rakta produces Kleda (moistened) and then Sphot (blister) due to Mala (faces), Sweda (sweat) and Kleda. In Sushrut Samhita and Ashtang Hridaya Triphala and Khadir (Acacia catech Wild) is referred to as Kushthaghna (curing all types of skin diseases) and Kandughana (cure all types of skin prurites), Vranaropak (cicatrization) in Ahiputana Chikitsa. Triphala Khadir Kwath (decoction) should be administered externally to cure Ahiputana in accordance with the circumstances. Certain Kwath Kalpanas in Ayurveda have been described in a number of sources, but they haven't received the attention they should have. Thus, we must create innovative formulations that are just as effective as Kwath. So, the purpose of the study is to acquire pertinent facts and shed light on this particular Kalpana. With reference to the Kwath stated in Sushrut Samhita, this combination may have a synergistic or additive impact. In this case study Triphala Khadir Yog (TKY) equal parts of powdered Triphala and Khadir will be utilized, and Dughdhpashan will be added to the equal amount. This formulation will be used as a dusting powder.

**Case Report** - A 7-months male baby visited Balrog OPD With a complaint of loose watery stools 4-5 times a day, abdominal pain, Fever, irritability, redness of perianal region with rashes, burning sensation, discharge, itching and severity increases during passing frequent loose stools.

**History of present illness:** Patient was healthy before 5 days back but gradually he suffered with loose stools episodes 4 to 5 from 3 days and further that on anal region development of rashes with redness and itching in perianal region.

**History of past illness** H/O Introduction of packed foods with poor sanitization, also long time wearing of diaper. No H/O any other major illness or any surgery.

**Drug history:** No significant Family History: Not significant Birth history 1. Antenatal – Non-specific 2. Natal – Full term normal delivery, at private hospital, baby cried immediately after birth, birth wt. – 3.1 kg. 3. Postnatal – No H/O neonatal jaundice & seizure no H/O NICU Admission. Ashtavidha Pariksha, Nadi (pulse) was 118/min, regular, RR 30/min, Mutra (urine) was Samyak (normal), 11-12 times/day, Mala (stool) was Mala Pravrutti, Jiwha (tongue) were Sama (processed and digested food particles), Shabda (sound) was Spashta (clear), Sparsha (tactile examination) was Anushnasheeta (not too hot), Drik (eyesight) was Prakruta (normal), Akrti (body stature) was Madhyama (average built). Samprapti Ghatak (Main pathophysiological components Due to Mithya Aahar-Vihar (wrong food habits and wrong daily routines) of a mother her milk gets vitiated, when her child accepts such a vitiated milk it produces Pidika (blisters) with Kandu (itching), Daha (burning sensation). Also due to Asuchita and unhygienic condition. In this case perianal region remains constantly in contact with diaper which contains Mala, Mutra and Sweda. Which vitiate Kapha Dosha and Rakta Dhatu in a body. Prakupit Rakta and Kapha cause Kandu in perianal region. At perianal region Prakupit Kapha and Rakta produces Kleda and then Sphot due to Mala, Sweda and Kleda.

**TREATMENT:-** After reviewing the case, the patient was given conservative Ayurvedic treatment described by Sushrut Samhita with the modulation of drug. Triphala Khadir and Rasanjan Yog mixing with Shatadhauta ghruta were prescribed for the patient for local application 3 times I a day. Mahasudarshan Choorna 200 mg Licking with madhu for 3 ties in a day along with that Kutaj Choorna Licking with Madhu 2 times in a day for 7 days : Well cooked, easy to digest food for babies' mother, washing anal region properly and dry with cotton cloth. Apathya (To be avoided): Heavy food to mother, long time wearing of diaper. Timelines Assessment of the Symptoms was done on the first visit and intermittent monitoring was done alternate day, for the next consecutive 4 visits. The follow-up was done on the 3rd, 5th, 7th and 10th day during treatment and 10th day after stopping the treatment.

## DISCUSSION

In Ayurveda, different types of Kshudra roga have been mentioned, Ahiputana is one of them. Ahiputana has similar characteristics like diaper rash. Causative factor such as close and continuous contact with the Mala, Mutra long time wearing of daiper, Asuchita which can majorly be the cause of Ahiputana (diaper rash). All of these factors contribute in the vitiation of Pitta, Kaph. Rasa, Rakta and Twak (skin) Dushti occurs which leads to Ahiputana. As mentioned in Samhita Triphala possess Kashay (astringent) Rasa (taste), Anushna Veerya (potency), Madhur (sweet) Veepak, and Khadir has Kashay, Tikta (bitter) Rasa, Sheeta (cold) Veerya, Katu (spicy) Vipak (post digestive effects of any ingested substance), both have Pitta Kaph Shaman, Kushthghna, Kandughna, Kledghna, Vranaropan Karma. Dugdhrashan have Sheet Veerya and Twakdashaman property. Triphala Khadir Yog selected as synergetic combination which pacifies Pitta and Kapha Doshas and improves Rasa, Rakta Dushti by eliminating Kleda and Pitta that helps in breaking pathogenesis of Ahiputana. Externally application of Triphala Khadir rasanjan Yog Churna mixing with shadhauta ghruta got absorbed through the Bhrajaka Agni of the skin and with all properties reached the skin site and reduced the symptoms of Ahiputana like Kandu, Daha, Strava, Tamra Varna, Vrana, Pidika, Shiprasphotam. Thus, Triphala Khadir rasanjan Yog and Orally Mahasudarshan choorna with honey showed significant effect in Ahiputana. Due to its easy application, more contact with affected areas which ultimately resulted in more absorption of drug. Hence, it was noted that Triphala Khadir Rasanjan Yog shows significant Effect in Ahiputana. After 1st follow-up, the symptoms of redness, itching, discharge and burning sensation started reducing. The patient was advised for routine followup Triphala Khadir Rasanjan Yog are Kandughna, Vranaropak, Twakdashaman and Kushtaghna. Patients' parents stated that after receiving Ayurvedic treatment, he was free from all signs and symptoms, including redness, discharge, burning sensation, and itching.

## CONCLUSION

From this study it can be concluded that Ahiputana (diaper rash) can be successfully treated with Triphala Khadir Rasanjan Yog as an external application.

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