

MANAGEMENT OF AHIPUTANA- AN AYURVEDIC REVIEW

¹Sharma Sujata,

²Dangwal Avdesh,

³Pandey Reena

¹P.G. Scholar Department of Kaumarbhritya, U.A.U. Haridwar.

²P.G. Scholar Department of Rachana Sharir, U.A.U. Haridwar.

³Prof. Department of Kaumarbhritya, U.A.U. Haridwar.

ABSTRACT :

This review summarise current evidence and recommendation regarding *Ahiputana*. Skin is a important structure of the body, in *Ayurveda* a number of skin disorders has been enumerated under the heading of *kshudraroga*, *Ahiputana* is one of them. It is a skin disease with predominance of *kapha rakta*. It is commonly occure's today hectic and fasttrack life. During infancy the skin is continuous contact with urine, stool and other waste that results skin burning and rash in anal region. This article describes *ayurvedic* prespective of *Ahiputana*.

Key words: *kshudraroga*, *Kapha Rakta*, skin disease.

INTRODUCTION: Indian knowledge about health and ill-health of the skin goes as far back as the vedic period. In *ringveda* terms 'casma' and 'tvaca' has been found to denote the skin. However, description of skin disorder, manifesting especially to the children have not been described in vedas but discussed in *Ayurvedic* texts.

- The children are of delicate nature, therefore, easily affected from various diseases, especially of skin because it comes in direct contact of external environment. Skin of child is not full mature and have many differences which are listed below
- Children's skin is much thin, soft and sensitive.
- There is no proper contact in epidermis and dermis.
- Blood supply is not adequate.
- Sweat glands are not fully matured.
- Poor Heat regulation capacity.
- *Ayurveda* describe various disease of anal region such as *Gudakutta*, *Anamika*, *sannirudhguda*, *Gudabhrans* along with *Ahiputana*. Due to these differences, there are some specific disorders of skin, which are more common in children and their

references are available in ancient Indian literature.

• *Ahiputana* is one of them, and it is most commonly occur today's lifestyle .This disease is categorized in *kshudra rogas*. *Kapha and Rakta* as *dosha* and *Guda-pradeshas sthana* mainly involve in disease⁽¹⁾

MATERIALS AND METHODS: The materials were collected from the classical *Ayurvedic* literatures, and modern books.

AHIPUTANA: *Acharya bhoj* considered that *Ahiputana* is caused by consumption of Vitiated breast milk by Child.

NIDANA: *Yoga Ratanakar*, *madhav nidanaa* nd *vagbhata* stated that the most important cause is improper cleaning of Guda, which remains wet with stool and sweat. ⁽²⁾ *Vagbhata* stated various synonyms for it, like *Matrkadosa*, *prastharu*, *Gudkanda Anamka*^[3]

ROOPA:

• According to *yoga ratanakar* and *madhava* Itching in *Guda*, with or without discharge(Napkin area). Formation of *sphota* and there may be oozing, due to excessive scratching. ⁽⁴⁾

• According to *Vagbhata* itching over *guda*, ulcer may be formed, which may have various complications. ⁽⁵⁾

In modern we can corelate *ahiputana* with Diaper Rash, this condition usually occurs sometimes during the diaper wearing period of infancy. It is more common in artificially fed infants and those with poor perineal hygiene. It may involve convex surfaces such as buttocks, scrotal sac, mons pubis or inner side of thigh. It is attributed to excessive water logging of the local skin from stools and urine and increased perspiration with retention of sweat. It is said to be a sort of reaction to ammonia formed in the voided urine.

• **Convex surfaces:** The skin appears red, parchment like and scalded which soon becomes

infected giving rise to pustular erosions. Most often these lesions are contact dermatitis secondary to detergents used in laundering the diaper.

Involvement of folds of skin: Retention of sweat makes the area moist and macerated. Constant rubbing of skin causes erosion.

• **Other lesions:** Band like erythematous lesions are attribute to contact dermatitis with elastic band at the diaper edges. ⁽⁶⁾

Table.1 Comparison of Ahiputana with Napkin Rashes:

Factor / feature	Ahiputana	Napkin Rashes
Age – childhood	+	+
Factor – improper hygiene of napkin area	+	+
Affects – napkin area	+	+
Features – itching	+	+
Inflammation	+	+
Sphota	+	+
Ulcer	+	+

PRECAUTIONARY:

- Complete cleaning of napkin area along with proper drying.
- The care taken should always wash their hands before and after changing diaper.
- The uncommon hard cloth napkin, tight napkin should be avoided.
- Diaper should be made of single layer of porous soft cloth.
- Diaper should be washed with mild soap and rinsed thoroughly, synthetic detergents should be avoided.
- Napkin should be changed whenever it get wet or soiled.
- Baby may be keep free from diaper if possible to maintain diaper free environment.

CHIKITSA:

Chikitsa of *ahiputana* includes purification of vitiated breast milk, local application of medicine on affected part along with drugs for oral use of the child.

1) Purification of vitiated milk:

Sushruta and *vagbhata* both stated that the vitiated milk of *dhatri* should be purified whose child suffering from *Ahiputana*, for this purpose *pitta kaphashamak* drugs should be used. ⁽⁷⁾

2) Local Application :

a. **Cleaning** -The affected part should be washed with medicated water, medicine like *Triphala*, *Badar* and *Plaksa* should be used. ⁽⁸⁾

b. **Local application** ⁽⁹⁾ Use of *Rasanjana* with honey., *Lepa* of *Asana*(*vijay sara*)., *Lepa*

of oil preparation and *Ghrita.*, *Lepa* of *Gunja* seed powder, Local application of *sankha bhasma*, *sauviranjana*, *Madhuyasthi.*, *Lepa* of *Gokshur*, honey and *Ghee*.

c. Dusting : Susruta has advised that dusting of medicated powder should be done, when the ulcer are under process of healing.⁽¹⁰⁾

- Fine powder of *kapala* and *Tuttha*.
- Powder of *kasisa*, *Gorocana*, *Tuttha*, *Manahsila*, *Haritala* and *Rasanjana*.
- Powder of *sariva* and *sankha-nabhi*.

d. Blood letting :

Vagbhata has advised for blood-letting by application of *leech*, if there is excessive inflammation and itching.⁽¹¹⁾

3) Oral Administration :

Patola-patra, *Triphala*, and *Rasanjana* medicated *Ghrita*.⁽¹²⁾

Water medicated with *sveta-chandana*.⁽¹³⁾

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, Complete cleaning and proper drying of napkin area, hard clothe, tight napkin should be avoided, Napkin should be changed whenever it get wet should be added and most important Baby may be keep free from diaper, because precaution is better than cure.

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Corresponding Author:

DrSharma Sujata,P.G. Scholar Department of Kaumarbhritya, U.A.U. Haridwar.

Email: sujisharma24@gmail.com

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