MANAGEMENT OF AHIPUTANA - AN AYURVEDIC REVIEW

Sharma Sujata, Dangwal Avdesh, Pandey 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–pradesh 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 and 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 correlate 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:

<table>
<thead>
<tr>
<th>Factor / feature</th>
<th>Ahiputana</th>
<th>Napkin Rashes</th>
</tr>
</thead>
<tbody>
<tr>
<td>Age – childhood</td>
<td>+</td>
<td>+</td>
</tr>
<tr>
<td>Factor – improper hygiene of napkin area</td>
<td>+</td>
<td>+</td>
</tr>
<tr>
<td>Affects – napkin area</td>
<td>+</td>
<td>+</td>
</tr>
<tr>
<td>Features – itching</td>
<td>+</td>
<td>+</td>
</tr>
<tr>
<td>Inflammation</td>
<td>+</td>
<td>+</td>
</tr>
<tr>
<td>Sphota</td>
<td>+</td>
<td>+</td>
</tr>
<tr>
<td>Ulcer</td>
<td>+</td>
<td>+</td>
</tr>
</tbody>
</table>

### 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 clothe 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 sarivaand 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.

**REFERENCES**:

(1) Asthanga hridya 0f Acharya vagbhatt edited with astthang hridayam vidhyoteenitikka by kaviraaj atridev gupt, chaukhambha Sanskrit sansthana Varanasi chudra roga chikitsa page no 274.

(3) Asthanga hridya 0f Acharya vagbhatt edited with astthang hridayam vidhyoteenitikka by kaviraaj atridev gupt, chaukhambha Sanskrit sansthana Varanasi reprinted edition 2016 uttartantra chapter no 2/69 page no 626.

(4) Yoga Ratanakar vidhyoteenitikka by vaidya shri laxmipati sastri, chaukhambha Sanskrit sansthana Varanasi chudra roga chikitsa pristha 274.


sansthana Varanasi reprinted edition 2016, Astanga sangraha uttar tantra chapter no 2/70 page no 626.


Corresponding Author:
Dr Sharma Sujata,P.G. Scholar Department of Kaumarbhritya, U.A.U. Haridwar. Email: sujisharma24@gmail.com

Source of support: Nil
Conflict of interest: None Declared

Cite this Article as :