

A Case Study of *Ahiputana* in Children

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Abstract: *Ayurveda* has described the unique principle of *Tridosha*, *Dhatu*, *Mala* for the homeostasis of the body¹. *Kaumarbhriya* is the branch that deals with the mother and child relationship and their health, it also deals with *Kumarabharana*, *Dhatri*, *Kshirdosha*, *Dushta Stanya*, *Grahadosha* and their treatment². The children are of delicate nature. Children's skin is much thin, soft and sensitive. There is no proper contact in epidermis and dermis, poor blood supply, sweat glands are not mature and poor heat regulation capacity in children. Therefore, they easily affected from various diseases, especially of skin³. *Ahiputana* is most commonly seen in children in today's lifestyle. It can be correlated with Napkin Rash in modern science. In this case study, *Ahiputana* was managed with the help of *Shamana Chikitsa* through *Ayurveda*.

Keywords: *Ahiputana*, *Napkin Rash*, Case study

I. INTRODUCTION

Ahiputana is most commonly seen in children in today's lifestyle. It can be correlated with Napkin Rash which is *Kaphraktaja* disorder and mentioned in *Ayurveda*. It comes under the types of *Kshudraroga*⁴. It is caused due to unhygienic condition like absence of proper cleaning after defecation. In diaper region, inflammatory disorder characterized by vesicles with scaling seen in Napkin Rash⁵. Prolonged exposure to urine or stools can frustrate baby's sensitive skin. Tight fitting diaper that rubs against skin can cause rash⁶.

If mother fails to keep proper care of her child then they may suffer from many diseases and *Ahiputana* is one of them. Diaper Rash is one of the most common skin disorder in infant and children. According to *Acharya Vagbhata* due to *Malopalepa* (after defecation and urination) or due to *Swedatwa*, *Kaphsdosha* and *Rakta Dhātu* get aggravated to procedure *Tamravarni Vrana* at *Gudpradesha*⁷.

The infant skin has a thin epidermis, immature glands, particularly susceptible to blistering and infection. Diaper or napkin rashes which affect the areas of skin in contact with wet diaper are very commonly and can become severe when addition infection occurs⁸.

The condition is more common in children under 24 months of age, beginning in neonatal period when wearing diapers start, with peak incidence in the 9-12 months age group. After 24 months, toilet training is usually established which reduces its incidence. It is self-limiting, being transient for about a day and resolves without treatment or may be moderate in majority of the cases.

Objectives of the study –

To study the effect of *Nimba Patra Kalka Lepa* in the management of *Ahiputana* w.s.r. to Napkin Rash.

II. METHODOLOGY

Case study –

A 7 months old male baby with his parents came to the hospital with the symptoms like *Strava*, *Pidika*, *Kandu*, *Varna*, Area covered by Rash since from 2-3 days.

Name of Patient -XYZ, 7 months– Male baby

Chief Complaints -

Strava

Pidika

Kandu

Varna

Area covered by Rash

Past History -

H/O – Frequently uses of Diaper day and night.

Management

Treatment was given with *Nimba Patra Kalka Lepa* for about 7 days of treatment.

Drug	<i>Nimba Patra Kalka Lepa</i> ⁹
Method	<i>Lepana</i> [Local application]
Study duration	7 days
Observations during treatment	0 th , 3 rd , 5 th & 7 th days
Dose	Required as per area affected
Kala	3 times a day

Observations & Results -

Effect of the treatment on *Strava, Pidika, Kandu, Varna*, Area covered by Rash for 7 days.

Complaints	BT	AT
<i>Strava</i>	+++	+
<i>Pidika</i>	+++	+
<i>Kandu</i>	++++	+
Area covered by Rash	+++	+
<i>Varna</i>	+++	+

III. DISCUSSION

Probable mode of action of *Nimba Patra Kalka Lepa* on *Ahiputana* -

***Kandu* (Itching)** - *Kandu* in *Ahiputanawas* due to *Kapha-Rakta Dushti*, *Nimba* have *Ruksha Guna* which helps in normalizing local *Kapha Dushti*. *Nimba* do *Rakta Shodhanadue* to which it decreases *Kleda* and *Kandu*.

***Strava* (Secretion)** - *Nimba* have *SheetaVirya* which have *Stambhana* property. *Strava* is due to *Pitta dosha dushti* due to *TiktaRasa, SheetaVirya, Nimba* do *Pitta Shamana Karma*. *Nimba* is also *Ruksha* hence reduce *Strava* (secretion) of skin.

***Varna* (Colour)** - *Araktavranata* is associated with *Rakta Dushti*. *Nimba* is effective on *RaktavahaSrotas*. *Nimba* acts as *Rakta Shodhana* and *Pitta Shamaka*. *Nimba* have *SheetaVirya* and *TvakaShodhaka* properties so drug normalize the *Rakta-pitta Prakopa*. Hence, it reduces redness of skin and normalize skin colour.

Area covered by rash - *Nimba* is having *Ruksha Guna* and *Vrana Shodhana, Vrana Ropana* properties, hence it helps to reduce lesions on skin.

***Pidika* (Papulo-vascular lesion)** - *Pidika* is due to local *Rakta-pitta Dushti*. *Nimba* has *Rakta Shodhaka* property and due to *SheetaVirya* it works as *Pitta Shamaka*, hence reduces *Pidika*.

IV. CONCLUSION

Ahiputana (Napkin rash) having *Kapha-Pitta* dominance and *Rakta Dushti* according to evident of observation of its signs and symptoms. *Ahiputana* is the most common skin disease mainly found in infancy period. *Nimba Patra Kalka Lepa* application found effective in *Ahiputana*. *Nimba* is cost effective which can be used as important medicine. *Nimba Patra Kalka Lepa* contents are easily available, easy to prepare at home. *Nimba Patra Kalka Lepa* was encountered no adverse effect during this study. So, in this case study, can be used in routine practice for faster and safe recovery.

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