

Sariva Shankhanabhi Avachurna: An Ayurvedic Winning Formula for *Ahiputana*

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ABSTRACT

In terms of community health, advanced technology and associated facilities for infant skin care have their own benefits and drawbacks. Diaper Rash is a most common form of contact dermatitis in infancy which creates significant parental stress and discomfort in suffering children and can be correlated with *Ahiputana* in *Ayurveda*. Despite the use of different barrier creams, Herbo-mineral preparation has been used depending on factors such as target tissue maturity, patient age and synergism. Therefore, *Sariva Sankhanabhi Avachurna* aims at symptomatic relief has been selected for study. Hence, this is an effort to explain the mode of action of *Sariva Sankhanabhi Avachurna* in *Ahiputana* and attempt is made to compile various literatures for better understanding.

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INTRODUCTION

Ayurveda is an ancient medical science which deals with the *Swasthya* of human being as well as wide description regarding various diseases and their treatment¹. *Ahiputana* (Diaper Rash) which is a kind of *Kshudra Roga* is a common issue in pediatric OPD having prevalence 7-35% in first one year of life. It is caused by improper care of infants and children requiring diapering. This disease is characterized by *Pidika*, *Kandu*, *Srava*, *Vrana* etc. *Acharya Harita*² mentions that how a poison of a serpent even in smaller quantity is powerful or sufficient to kill a person, similarly a *Kshudra Roga* acts as enemy to *Shareera* which can destroy everything. So, *Ahiputana* has been treated as early as possible. Considering the easy administration, cost effectiveness and safety concern, an *Avachurna* (dusting powder) of *Sariva Sankhanabhi* described in Ayurvedic classics has been selected for the study.

Aims & Objectives:

To assess the probable mode of action of *Sariva Shankhanabhi Avachurna* in *Ahiputana* and to compile various literature for better understanding.

Materials & Methods:

A literature survey was done using numerous databases to provide the reader a unique and complete information about the title.

Ayurvedic aspect of *Sariva* ³:

- *Ganas* – In *Charaka Samhita*, *Sariva* is included in following groups ⁴.
 - a. *Varnya*
 - b. *Kanthya*
 - c. *Stanya Shodhana*
 - d. *Purisha Sangrahaniya*
 - e. *Jwarahara*
 - f. *Daha Prashamana*
 - g. *Madhura Skanda*.
- Types – *Krishna Sariva* and *Shweta Sariva*.
- Synonyms –
 - a. *Krishna Sariva* : *Sariva*, *Shyama*, *Gopi*, *Gopvadhru*.
 - b. *Shweta Sariva* : *Dhavala*, *Sariva*, *Gopa*, *Gopkanya*, *Krushodhari*, *Sphota*, *Gopavalali*, *Shyama*, *Chandana*.

➤ *Rasa Panchaka* –
Rasa : *Madhura, Tikta*
Guna : *Guru, Snigdha*.
Virya : *Sheeta*.
Vipaka : *Madhura*.
Dosha karma: *Tridosha Shamaka*.

- Therapeutic uses – *Sariva* mainly helpful in skin disorders, it helps in treating *Pitta Dosha*. It cleans the blood, reduces itching and stop suppuration.
- Chemical composition – it contains essential oil, starch, coumarin, tannic acid, triterpenoid saponins, hemidesmin.

Ayurvedic aspect of *Shankhanabhi*⁵ :

Shankhanabhi is one of the calcium enriched animal origin marine material used in Ayurvedic practice, known by Indians since vedic period. *Rasatarangini* has detailed elaborative description of the pharmaceutical processing of *Shanka* to derive its *Bhasma*. It has been used since ancient times to treat various disorders. The reference in *Chandrodaya Varti* preparation from the *Sharangdhara Samhita*⁶ served as the basis for the use of *Shankhanabhi* powder for external purposes.

➤ Synonyms – *Shankha, Shankhaka, Kambu, Trirekha, Samudraja, Sunada, Dirghnada, Kamboja, Shankhanaka*.

- Types –
 - a. *Dakshinavarta* (best for yoga and spiritual work).
 - b. *Vamavarta* (used for medicinal purpose).

➤ *Rasa Panchaka* –
Guna : *Laghu, Ruksha, Tikshna*.
Virya : *Ushna*
Vipaka : *Katu*
Used part : *Shankhanabhi*.

Ayurvedic aspect of *Ahiputana*:

*Acharya Sushruta*⁷ and *Vangasena* have described *Ahiputana* as *Kshudra Roga*. This *Ahiputana* is a *Kapha-Rakta* predominant disorder caused due to negligence of mother, unhygiene, *Dushta Stanyapana* and wetness of perianal region in turn shows symptoms like *Kandu, Srava, Vrana, Daha, Ruja, Pidaka*⁸.

Samprapti Ghataka-

- *Dosha*- *Kapha* and *Rakta*.
- *Dushya*- *Twak, Rakta, Mamsa* and *Lasika*.
- *Srotas*- *Rasavaha, Raktavaha, Mamsavaha, Swedavaha*.
- *Srotodusti*- *Sanga*.
- *Marga*- *Bahyaroga Marga*.
- *Vyakta sthana*- *Guda Pradesha*.

Sushruta mentions it as *Sadhya Vyadhi*, but if it is treated improperly/delayed it will cause *Ekabhuta Vrana* and become difficult to cure. Hence proper treatment should be given. Here, *Bahirparimarjan Chikitsa*⁹ is the main choice of treatment in which various topical *Lepa, Avachurna, Parisheka* are mentioned in our classics.

Probable mode of action of *Sariva Sankhanabhi Avachurna* in *Ahiputana*:

Sariva has *Madhura Tikta Rasa, Guru Snigdha Guna, Sheeta Virya* and *Madhura Vipaka*. Due to its *Sheeta virya* it helps in relief of *Daha*, due to its *Sheeta Virya* and *Snigdha Guna* helps in *Kandu*, also due to its *Madhura Rasa* as well as *Vipaka*; *Guru Guna* helps in *Srava* and *Ruja*. Hence it is a *Tridosha Shamaka Dravya* which is very beneficial in skin disorders. *Shankhanabhi* has *Laghu Ruksha Guna* which suppresses the *Kapha Dosha*, as we know that *Ahiputana* is a *Kapha-Rakta* predominant disorder.

Conclusion:

Classics provide a description of *Avachurna*, with less emphasis placed on precise preparation, dosage and treatment duration. *Sariva* aids in *Ahiputana* because of its antimicrobial, anti-inflammatory and wound healing qualities. Additionally, it lessens the alkalinity of *Shankhanabhi* making the final product safer and more convenient without affecting the pH of skin. Therefore, this herbo-mineral preparation can be used in *Ahiputana*, particularly for children as dusting powder.

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