

# Role of Pathya-Apathya in the Management of Ahiputana

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## ABSTRACT

Many disorders during *Balyavastha* are caused due to vigilant caring of parent and *Ahiputana* is one such common disorder seen in such pediatric practice. *Ahiputana* is a type of *Kshudra Roga* caused due to unhygienic conditions which is very much similar to a condition called Diaper Rash in modern science. The calculated risk of developing Diaper Rash 1 in 4 infant and peak incidence is found in between 9 to 12 months. Even though it is not a life-threatening disease but can be severely distressing for infant and mother. Therefore, it can cure through *Ayurveda* via *Bahyaparimarjana* and *Antaparimarjana Chikitsa* as mentioned in ayurvedic classics. Different *Lepa*, *Avachurna*, *Parisheka Prayoga* has extensive result over the same. On the other side *Pathya Apathya* plays an important role in both preventive as well as curative aspect. Hence, this paper is an attempt to compile and understanding the role of various *Pathya Apathya* in *Ahiputana*.

**KEYWORDS:** *Ahiputana*, *Diaper Rash*, *Ayurveda*, *Pathya-Apathya*.

## INTRODUCTION

*Ahiputana* is one of the skin conditions that is mentioned under *Kshudra Roga* in Ayurvedic texts. *Ahiputana* is a minor ailment that affects newborn and young children, according to *Acharya Sushruta*<sup>1</sup>. *Ahiputana* is synonymous with *Matruka Dosh*, *Prushtharu*, *Gudakutta* and *Anamika*<sup>2</sup>. *Ahiputana* is caused by *Dushta Stanyapana* and *Asuchita*. It can be correlated with Napkin Rash/Diaper Rash in contemporary science. Diaper Rash is a most common form of contact dermatitis in infancy. A deeper understanding of Napkin Rashes and *Ahiputana* would undoubtedly pave the way for the creation of better management protocols. *Ayurveda* advocates the importance of maintaining balance of physical, mental and *Adhayatmik* aspects and to maintain this equilibrium *Pathya* is a key. It helps in prevention as well as in management.

## AIMS & OBJECTIVES

1. To study *Ahiputana* & Napkin Rash according to Ayurvedic aspect.
2. To study and compile various *Pathya-Apathya* related to *Ahiputana*.

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## MATERIALS & METHODS

Various Ayurvedic texts, online resource, publications etc. are used.

**Synonyms:** *Ahiputana*, *Gudakuttaka*, *Matruka Dosh*, *Anamika*.

## Causes of Ahiputana:

- **According to Sushruta**<sup>3</sup>
- 1. ***Dushta Stanya Pana, Malasya avadhan-*** *Vatadi dosha* are the causative factors for *Stanya dushti*. In *Ayurved samhita*, *Stanya Shodhana* is advised to *Dhatri* as *chikitsa*. It is found that the drugs used for *Stanya Shodhana* are *Kaphapittaghna* hence we can conclude that *Kapha Pittaj Stanya Dushti* is the causative factor.
- 2. ***Shakrunmutra samayukta-*** Improper cleaning of *Mala*, *Mutra* of child gets attached to skin at perianal region. *Purisha* is the condensed part of *Mala*; it gets attached to skin which causes *Sthanik rakta kapha dushti*. Along with this, *Mutra* has *Kleda* property which causes wetness of skin and is responsible for *Kandu* i.e., itching at the perianal region.
- 3. ***Sweda*** - The *Drave* property in *Sweda* makes the skin wet (damp), which results in *Kandu* around

the *Guda* area. Furthermore, since *Sweda* is *Pittasthan*, it is *Ushna* by nature. *Sanchay* of *Sweda* for prolonged time causes *Daha*.

4. ***Sweenasya Aswapyamanasya*** - Excessive sweating and improper cleaning of perianal region causes inflammation of the napkin area of skin.

➤ **According to *Ashtang Sangraha/Hridaya***<sup>4</sup>

1. ***Mala upalepa***: *Purisha*, *Mutra* and *Sweda* together having *Drava guna* which causes *Kandu* around the perianal region.
2. ***Sweda***: Excessive sweating causes *Daha* at the perianal region.

➤ **According to *Bhoja***<sup>5</sup>

1. ***Dushta stanya pana*** - *Vatadi dosha* are the causative factors for *Stanya dushti*. The drugs

used for *Stanya shodhana* are *Kaphapittaghna* hence we can conclude that *Kaphaj pittaj stanya dushti* is the causative factor for *Ahiputana*.

2. ***Malasya adhabanam*** - Improper cleaning of the perianal region of the children causes *Ahiputana*.

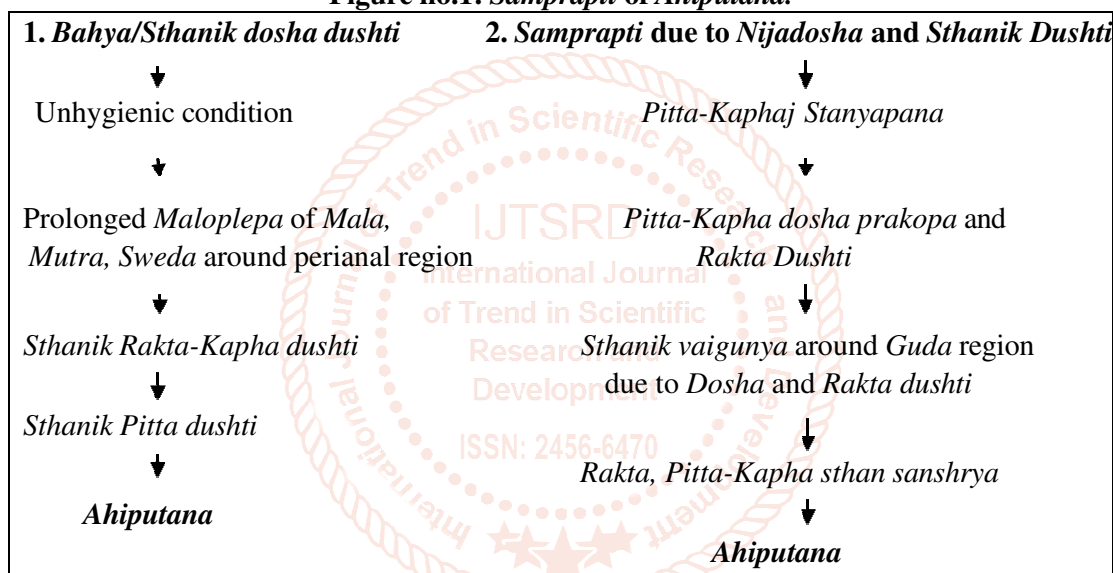
➤ ***Acharya Kasyapa***<sup>6</sup>

He has said that the skin of the infant is tender and gets easily damaged by clothing, contact with faeces and urine, warm climate, sweating and lack of cleaning thereafter, rubbing with powders etc.

***Samprapti/Pathogenesis of Ahiputana***<sup>7,8</sup> *Samprapti* of *Ahiputana* is described in two different manners.

1. *Nijadosha* - *Dushtstanya sevan* and *sthanik Dushti*.
2. *Bahya Dushti*

**Figure no.1: *Samprapti* of *Ahiputana*.**



***Lakshana / Symptoms of Ahiputana***<sup>9,10,11</sup>

1. *Kandu* (irritability due to itching)
2. *Daha* (burning sensation)
3. *Ruja* (pain)
4. *Tamra-vrana* (redness)
5. *Pidika* (skin lesions)
6. *Shipran sphotam* (blister)
7. *Srava* (discharge)
8. *Ekibhutavrana* (coalesced ulcer)
9. *Ghora* (horrible looking)
10. *Bhuri upadrava* (associated with complications like *jwara* or fever, etc.)

***Chikitsa***:<sup>12,13</sup>

1. ***Stanya Shodhana/Cleansing of breast milk For Dhatri***

**According to *Sushruta***<sup>14</sup> - *Stanya shodhana* done by *Patol patra*, *Triphala*, *Rasanjan*, *Siddha ghruta pana*. *Triphala*, *Kola* and *Khadira Kashaya pana* for *Vrana ropana*.

According to *Astanga Hridaya*<sup>15</sup> *Dhatri stanya shodhana* by *Pitta shlesma hara* drugs. So, decoction of *Pitta* and *Shlema hara* drugs should be given to the *dhatri*.

## 2. Decoctions for intake

- In Remedies to be consumed, *Vagbhata* has recommended that the mother should take a cooling drink made from boiled and chilled water on a regular basis to soothe her *Pitta*.<sup>16</sup>
- According to *Indu* and *Chandra* opinion, *Panaka* prepared of *Sitaseeta*<sup>17</sup> (*Swetachandana* or sandalwood).
- *Tarkshya antarapanaka* for *Anamika*, *Sthoulya*, *Pittasra*, *Kandu*, *Gandagalamaya*, *Udaraatyunnati*, etc., as per *Ashtanga Sangraha*<sup>18</sup>.
- *Indu* defined *Tarkshyasaila* in *Ahiputana* management as *Makshika Rasanjana yoga*, which combines *Rasanjana* and *Swarnamakshika*<sup>19</sup>. Both external and internal use are possible for *Makshika* and *Rasanjana*.

## 3. Local Application for *Ahiputana*<sup>20-23</sup>

### A. *Lepa*

- *Tarkshyasaila* mixed with honey
- *Ashmantwak Churna*
- *Shankha*, *Souviraka*, *Yastimadhu churna*.

**B. *Avachurna***- *Yashti*, *Shankha*, *Sauvirakanjana* or *Sariva*, *Shankhanaphi*, *Kasis*, *Rochan*, *Tuttha*, *Manohava*, *Ala* and *Rasanjan*.

**C. *Parisheka***- Decoction of *Triphala*, barks of *Badar* and *Plaksa*.

**D. *Raktamokshana***<sup>24</sup> - Acharya *Vagbhata* has advised *Raktmokshana karma* by the application of leech if there is excessive inflammation and itching.

### Pathya-Apathya for *Ahiputana*:

*Pathya*, which is the *Ahara-Vihara* that calms the mind, beneficial to the body, and provide nutrients whereas *Apathya* is opposite to *Pathya*.

Both *Pathya* and *Apathya* are utilized for both disease prevention and treatment.

**Table: Pathya-Apathya for *Ahiputana*.**

| <i>Pathya</i>   | <i>Apathya</i>  |
|---|---|
| 1. Avoid regular and longtime use of nappies.<br>2. Change the nappies once it gets dirty with faeces or urine.<br>3. Regular bath<br>4. Keep the napkin area always clean and dry. | 1. Regular and longtime use of nappies.<br>2. Rubbing over the napkin area. |

## DISCUSSION

*Pathya* keeps the person healthy and maintains the normal functions of body. Moreover, *Acharya* has given three reasons for how a person remains healthy in case of unhealthy intake like *Atulyata*, *Dosha* and *Sharira*.

*Ahiputana* is a disease caused due to *Asuchita* which is the utmost specific cause of *Ahiputana*. The general treatment mentioned for *Ahiputana* including *Stanya Shodhana*, *Lepas*, *Avachurna*, *Parisheka*, *Raktamokshana* etc. utilised in OPD.

Improved hygiene, frequent diaper changes, use of superabsorbent disposable diapers, avoidance of over-washing, diaper free time, etc. are considered as *Pathya* for *Ahiputana*.

## CONCLUSION

According to the *Ayurvedic Samhita*, *Ahiputana* and in contemporary texts, Diaper Rash is brought on by unclean or inadequate cleaning of the napkin region, inappropriate diapering techniques, infections from urine and faeces, excessive perspiration and inadequate skin care of newborns and young children. The *Pathya-Apathya* change from person to person and it need analysis. It will undoubtedly assist pediatricians in putting various treatment options available for *Ahiputana* into practice if they have a thorough understanding regarding *Ahiputana*.

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