

Management of Ahiputana (Diaper Rash) in an Infant with application of Shatdhauta Ghruta A single case study.

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ABSTRACT

Ayurveda is an ancient medical science which deals with the swasthya or normal health of human being as well as wide description regarding various diseases and their treatment.⁽¹⁾ Diaper rash is a common problem in pediatric OPD. Prevalence of Diaper rash has been variably reported from 7-35% in the first one year of life. Most cases occurs between 9-12 month of age.⁽²⁾ It is caused by improper care of infants and children requiring diapering. Ayurveda clearly states that main Hetu (cause) of Ahiputana is Stanyadushthi.⁽³⁾ The disease is characterized by Pidika (papulovesicular lesion), Kandu (Irritability due to itching), Strava (discharge), Varna (skin color over perianal region) etc.

I. INTRODUCTION

Ayurveda has described the unique principle of tridosha, dhatus, mala for the homeostasis of the body. Kaumarbhritya is the branch that deals with the mother and child relationship and their health, it also deals with kumarabharana, dhatri, kshirdosha, dushtastanya, ghahadosha and their treatment. Diaper rash arising due to dushtastanyapana, asuchita (unhygienic condition) such as kuparicharya of child in which mother fails to keep perianal region dry, clean timely after every mala, mutra visarjana.⁽⁴⁾ 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 vaghbhata due to Malopalepa (after defecation and urination) or due to swedatwa, kaphsdosha and raktadhatu get aggravated to procedure Tamravarnivrana at gudpradesh⁽⁵⁾ For new-borns and toddlers, diaper rashes are a frequent skin problem. They may create red splotches and scales in the vaginal region as well as on the bottom of the infant. Rashes may

spread up the child's legs and tummy in certain circumstances. Diaper rashes are quite prevalent because they thrive in warm, humid environments. As a result, a diaper is an ideal environment for the rash to grow.

Stool and urine irritate the skin. If your infant has frequent bowel movements, he or she may be more prone to diaper rash. A rash may be caused by tight-fitting diapers or clothes that rub against the skin. A new brand of disposable diapers or a detergent, bleach, or fabric softener used to wash cloth diapers may cause your baby's skin to react. Ingredients present in various infant creams, powders, and oils are among the other chemicals that might exacerbate the condition. Infection caused by bacteria or yeast. What starts off as a simple skin infection may quickly spread across the surrounding area because it's warm and damp. New foods are being introduced. The content of a baby's faeces changes when he or she begins to ingest solid meals. Diaper rash is more likely as a result of this. Changes in your baby's nutrition may cause more frequent faeces, which may cause diaper rash.

CASE STUDY

AIMS AND OBJECTIVE - To evaluate the role of Ayurvedic Regimen in the management of Ahiputana (Napkin rash).

II. MATERIAL AND METHODS

Study design- Present study is a single case study conducted in the department of kaumarbhritya of Yashwant Ayurvedic College Post Graduate Training & Research Centre Kodoli, Maharashtra.

Case report- A 10 months old male patient came in Kaumarbhritya OPD in Yashwant Ayurvedic College Post Graduate Training & Research Centre Kodoli, Maharashtra. With a complaints of loose stools, irritability, redness of perianal region

with rash, itching and severity increases during passing frequent loose stools

History of present illness- Patient was healthy before 5 days back. But gradually he suffered with loose stools episodes 6 to 7 from 2 days and further that on anal region development of rash with redness and itching in perianal region.

Recurrent episodes of – loose stool

Associated complaints- Irritability, excess cry

History of past illness- H/O Introduction of new foods with poor sanitization. No H/O any other major illness or any surgery.

General Examination:

Table no.1

Built	Moderate
General appearance	Fair
Temp.	98.7 °F
Pulse	118/min
RR	30/min
Height	62cm
Weight	7.8kg

Drug history – No significant

Family History- Not significant

Birth history - 1. Antenatal – nonspecific

2. Natal – Full Term Normal Delivery, at civil hospital, Baby Cried Immediately After Birth, birth wt. – 2.4 kg.

3. Postnatal – No H/O neonatal jaundice & seizure no H/O NICU Admission.

Physical Examination-

1. Nadi - Kapahapradhan
2. Mala - mala pravrutti
3. Mutra - Samyakpravrutti
4. Jivha - Sama
5. Shabda - Spashta
6. Sparsha - Samshitoshna
7. Druk – Mild pallor

8. Aakruti - Madhyam

Treatment Plan
ShatdhautaGhruta

An application of Shatdhautaghruta- viscous layer of shatdhautaghruta applied on a perianal region 4 to 5 times in a day and avoid wearing of diaper until the healing from rash.



Before treatment



After treatment

Table:2 OBSERVATION AND RESULT

Observation	Before Treatment	After Completion of regimen
Kandu	+++	-
Pidika (Skin lesions)	++	+
Shipransphotam (Blister)	+	-
Strava (Discharge)	++	-
Daha (Burning sensation)	+++	-
Irritability	+++	-
Tamravrna(Redness)	+++	+

HISTOPATHOLOGICAL REPORT

Investigations	Before Treatment	After Treatment
TLC	13100/cu mm	8000/cu mm
DLC		
Neutrophils	79%	65%
Lymphocytes	18%	26%
Eosinophills	01%	01%
Monocytes	03%	05%
Hb%	10.7 gm %	10.9gm %

III. DISCUSSION

In the Ayurvedic system of medicine, ghee plays a vital role, both as a vehicle to deliver the active constituent and a base for incorporating active components to formulate the dosage forms. Ayurveda also supports the co-administration of ghee along with other remedial treatments. For example, Brahmi ghrita for cognitive function; Vasa ghrita for the respiratory system; Shatadhautaghrita for skin diseases, Bhallatakadighrita for wound healing^(6,7) Shatadhautaghrita (SDG) washed cow ghee 100 times with water (shata = one hundred, dhauta = washed). Traditional texts mention it for treating burns, chicken pox, scars, wounds, herpes, leprosy, and other skin diseases, as well as as a vehicle for drugs

to be applied externally. ⁽⁸⁾ The Ayurvedic preparation was evaluated for its physicochemical parameters in the study, and changes that occurred during washing were investigated. An attempt is made to find out the rationale behind washing cow ghee 100 times with water. The characteristic odour and granular, oily consistency of cow ghee are not present in shatadhautaghrita, and so it is a homogeneous, smooth, non-oily product that is easier to apply so Patient compliance is thus improved. When compared to the acidic pH value of ghee, the neutral pH of shatadhautaghrita makes it beneficial by preventing skin irritation. Because of the smaller particle size of shatadhautaghrita, the product is non-granular, non-sticky, and homogeneous, making it easy to apply to the skin

and possibly increasing the rate of absorption through the skin. Washing results in a homogeneous oil-in-water emulsion with better consistency and viscosity, which makes it suitable for use in topical application

IV. CONCLUSION

Ahiputana is a disease comparable with diaper rash. It is common disease in observed in infantile age due to low socio economic condition, poor sanitation. Ahiputana is a separate disease mentioned in Kshdraroga by Acharya having its own etiology, pathology and management. In Ayurveda literature Maloplepat, Asuchitwa, Dushtastanyapanahetus are described of Ahiputana. But Asuchitwa is more common hetu. Both Kapha and Rakta have been considered to be the chief Doshas and RaktaDusthi caused by aggravation Pitta, hence Pitta also involved in the pathogenesis of Ahiputna. The symptoms of Ahiputana described in text are Tamravarnata, Kandu (irritability), Strava, Pidaka are seen in present study. Hence application of ShatdhautaGhrutais very useful and unique gifts of ayurveda for diper rash in infants.

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