

AN AYURVEDIC APPROACH TO DIAPER RASH: A BRIEF REVIEW

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ABSTRACT

Ahiputana or 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.^[1] It is caused by improper care of infants and children requiring diapering. Ayurveda clearly states that main *Hetu* (cause) of *Ahiputana* is *Stanyadushthi*.^[2] The disease is characterized by *Pidika*(papulovesicular lesion), *Kandu*(Irritability due to itching),*Strava*(discharge),*Varna*(skin color over perianal region) etc. Treatment of involves avoidance of causes, like *stanyadushthi*, applications like *tarkshyasaila*. *Kwath*(decoction) for cleansing, powder for dusting.

KEYWORDS: *Ahiputana, stanyadushthi, Hetu, Kwath, Strava, Varna, Kandu.*

INTRODUCTION

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.^[3]

Ayurveda has described the unique principle of *tridosha, dhatus, mala* for the homeostasis of the body. *Kaumarbhriyaya* is the branch that deals with the mother and child relationship and there health, it also deals with *kumarabharana, dhatri, kshirdosha, dushta stanya, ghahadosha* and their treatment. Diaper rash arising due to *dushta stanyapana, 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 *Tamravarni vrana* at *gudpradesh*.^[5]

In modern medicine, it can be correlated with Diaper rash which is included in irritant contact dermatitis, diaper rash caused due to over hydration of skin, friction, prolonged contact with diaper, prolonged contact with urine and faces retained diaper. The skin of the diaper area many become erythematous and scaly, papulovesicular or bullous lesion, fissures and erosions.

Antimicrobial, antifungal are used in the treatment of diaper rash mentioned in modern medicine.

In Ayurveda treatment which is described for the management of *Pittaj varna* can be used for the management of *Ahiputana*.^[7]

MATERIAL AND METHODS

Classical text of Ayurveda and modern text including media, internet sources are used in this study.

Sign and Symptoms of Diaper Rash^[8]• ***Kandu* (Irritability due to itching)**

If mother has not cleaned *Mala, Mutra* and *Sweda* of baby's perianal region regularly and perianal region remain wet for longer time, it causes *Raktakapha dushti*. *Kapha* has *kleda* property in it. This increases in *kleda* property of *kapha* causes *kandu* around perianal region This *Lakshhmana* can be manifested by irritability in child.

• ***Pidika* (Skin lesions)**

Due to *Hetusevana*, there is *pitta Dushti*, this *prakupit pitta* causes *Dushti* of *Rakta*. This *prakupit Raktapitta* causes *pidika* in perianal region.

• ***Shipran sphotam* (Blister)**

In *Balak prakupitta Rakta Pitta* causes *Sphot* around perianal region.

• ***Strava* (Discharge)**

When *Vispot* or blister break or kept untreated, it leads to oozing from blister. This causes *strava*.

- **Daha (Burning sensation)**

Sweda is *sthana* of *pitta* i.e. *pitta prakopa* causes *daha*.

- **Tamravarna (Redness)**

Due to *Raktakaphaj Dushti* there is formation of red coloured rash.

Causes Of Diaper Rash^[9]

Diaper rash caused by *B. proteus* in faeces it is common in infant and more common in artificial feeding baby. *B. Proteus* in faeces acting on urine to procedure ammonia which irritates the skin of napkin area causes Diaper rash. Another reason are due to nylon or tight plastic napkin or soakable diaper or delay in changing napkins.

Factor which contribute to primary irritant diaper rash

1. Excess skin hydration

- Water in urine and stool
- Nappy change frequently

2. Skin trauma

- Friction between napkin and skin

3. Irritant

- Ammonia (procedure from urine by urea splitting organism in faeces)
- Faeces (Especially diarrhea)
- Soap and detergent residue.
- Agent present in nappy wipes.
- Napkin powder and creams.

Laboratory studies

If febrile, complete blood count for suspected secondary bacterial infection.

Lab tests may be done to find anemia, zinc deficiency, serological for syphilis, etc. to exclude differential diagnosis.

Culture and gramstaining of swabs from bullae, pustules, etc may be done.

Potassium hydroxide (KOH) scraping may be taken for candidiasis.

Skin biopsy is done if granuloma gluteale infantum and Langerhans cell histiocytosis are suspected.

Differential Diagnosis

- Seborrheic dermatitis
- Atopic dermatitis
- Psoriasis
- Perianal streptococcal cellulitis
- Langerhans cell histiocytosis

Treatment

Ayurvedic Approach

In Ayurveda, for the treatment of *Ahiputana* treatment is given in both mother and child. Medication are given orally to *Dhatri* for *stanya Shodhan chikitsa* and also for child for *Shodhan* caused by *Stanya Dushti*. Along this there are various local treatment available for treatment of *Ahiputana*.^[10] Ayurveda state that *Stanya Dushti* is a one of the cause of *Ahiputana* so we should treat mother as well as baby.

Stanya Shodhan treatment for Mother

According to *Vagbhat samhita*, some *Ayurvedic* herbs are given to mother by orally- *Kwatha* of *Pitta* and *Kapha Shamak* drugs for mother, which are given in *Astang Hrudaya*. Same *Kwatha* should applied over rashes of *Ahiputana* with honey and *Rasanjana*.

Herbs

1. Amalaki^[11]

Latin name-*Eblica officinalis*

Family-Euphorbiaceae

Amalaki has rich in vitamin-c and vit-c is involved in all phase of wound healing. During the proliferative phase vitamin-c (Ascorbic acid) contributes towards synthesis, maturation, secretion and degradation of collagen.

Acharya Priyavat sharma state that *Amalaki* has *kushthaghna* property and it has *madhura vipaka* and *shita virya* which has *pittaghna* (*pittashamak*) action.

2. Haritaki^[12]

Latin name-*Terminalia Chebula*

Family-Combrataceae

According to Acharya Priyavat sharma *Haritaki* has *Madhur, tikta, kashaya* ras which act on *prakupit pitta*. *Haritaki* has *vranashodhana* and *shothahar* property.

3. Bibhitaki^[13]

Latin name-*Terminalia Belerica*

Family- Combrataceae

- *Bibhitaki* has *madhur vipaka* so it act as *dhatuwardhak* and also use in *sadyovrana* for bleeding and *vedanasthapana*.
- Acharya Sushruta also state *Stanya Shodhan* treatment as medicated *Ghruta* (*Patol, Triphala, and Rasanjana siddha ghruta*) for mother.
- *Patol, Triphala, and Rasanjana siddha ghruta* given to *Dhatri* for *pana*, it makes *kruchyasadhya Ahiputana Sadhya*.
- According to *Bhaishajya Ratnavali Acharaya* told that that *Stanyasodhan* of mother should be done by *pittashamak* and *stanya shodhan kwatha* and developed perianal region should be cleaned by *triphala* or *khadira kwatha*. *Ghruta* medicated by *Karanja, triphala, and tikta dravya* can be applied on

rash and also use as oral medication. *Rasanjan* can use local as well as orally.

Do's (Pathya)

- Reduce use Of diapers
- Use of cotton nappies
- Change the diaper once it is contaminated with feces or urine
- Keep diaper area always clean and dry
- Regular bath
- Wipe out excess sweat

Don't (Apathya)

- Continuous and prolonged use of diaper
- Rubbing over diaper area
- Use of strong scented, flavored wipes and lotions.
- Repeated use of allergic baby products

DISCUSSION

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*, *Dushtastanyapana hetus* are described of *Ahiputana*. But *Asuchitwa* is more common *hetu*. Both *Kapha* and *Rakta* have been considered to be the chief *Doshas* and *Rakta Dusthi* 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. The clinical features of *Ahiputana* resemble with Diaper Rash. Various treatment modalities described By *Acharya* in *Ahiputana* including *Stanyashodhan Chikitsa* to *Dhatri*, *Abhaynatar* and *Bahyachikitsa* to baby, we discussed here.

CONCLUSION

Ahiputana can be co-related with Diaper rash. Diaper rash is more common in the age group of 6 to 12 months.

Only local medication is not sufficient to treat diaper rash in children. One of the main *Hetu* (cause) is *stanyadushthi* there fore oral treatment for mother is also important. In modern science there is only treatment of baby for diaper rash mentioned, whatever it may be external or internal. But there is no mentioning of mother's treatment. In *Ayurvedic* point of view the main cause of *Ahiputana* is *stanyadushthi*, so we have to *stanyadushthi* of mother (i. e. breast milk purification) as well as baby.

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