



Case Study

Management of *Ahiputana* (Diaper Rash) through *Triphala Khadir Yog* (TKY) *Avachooran*

Gaikwad Jyoti Vijay^{1*}, Chaudhari Vivek Murlidhar²

¹PG Scholar, ²Associate Professor, Department of Dravyaguna Vigyan, Sumatibhai Shah Ayurveda Mahavidyalaya, Pune, Maharashtra, India.

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ABSTRACT

Ayurveda is an ancient medical system that addresses both the state of *Swasthya*, or optimal human health, and a broad range of illnesses and associated therapies. One of the most frequent issues in pediatric OPD is diaper rash. According to *Ashang Hridaya*, *Maloplep* (contained faeces) and *Sweda* (sweat/perspiration) both causes *Kandu* (irritability), *Daha* (burning sensation) and *Tamra Varna* (redness), *Strava* (discharge), *Vrana* (wound formation around the perianal region), *Pidika* (papulovesicular lesion) around the *Guda* area (napkin area). In *Ahiputana* there is *Pitta*, *Kapha* and *Rakta Dosha Prakop* (increase). In present case report, a 11-month-old female baby patient presented in Balrog OPD 13 of Sane Guruji Rugnalaya, Hadapsar, Pune, with complaints of loose motion episodes, itching and redness associated with discharge and burning sensation for 3 days and was treated with external application of *Triphala Khadir Yoga*. After complete treatment of 10 days, there was complete remission in the symptoms and there is no recurrence till date. From the current case report, it can be inferred that *Ahiputana* (diaper rash) can be successfully treated with the appropriate Ayurveda medications.

INTRODUCTION

The special principle of *Tridosha Dhatus*, and *Mala* (faeces, sweat, urine) for maintaining the body's homeostasis has been explained by Ayurveda.

The *Kaumarbhryta* is branch that addresses the health and relationship between mothers and children as well as the treatment of *Kumarabharana* (nourishment of child), *Dhatri* (women giving nutrition to the baby by own breast milk), *Kshirdosha* (vitiated milk by *Dosha*), *Dushtastanya* (vitiated milk of mother), and *Grahadosha*.

In the first year of life, the prevalence of diaper rash has been found to range from 7 to 35%. The majority of incidents happen to 9- 12 months old.^[1]

In modern medicine, *Ahiputana* can be correlated with diaper rash which is included in irritant contact dermatitis diaper rash caused due to friction, regular contact with napkin, prolonged contact with urine and faeces retained napkin and over hydration of skin.^[2]

The skin of the napkin area many become erythematous and scaly, papulovesicular, fissures and erosions. Antimicrobial, antifungal is used in the treatment of diaper rash mentioned in modern medicine.

In a *Sushrut Samhita Acharya* mentioned that due to *Asuchita* (no proper cleanliness) and unhygienic condition. Perianal region remains constantly in contact with *Mala* (faces), *Mutra* (urine) and *Sweda* (sweat).^[3]

Which vitiates *Kapha Dosha* and *Rakta Dhatu* in a body. *Prakupit Rakta* and *Kapha* cause *Kandu* (itching) in perianal region. At perianal region *Prakupit Kapha* and *Rakta* produces *Kleda* (moistened) and then *Sphot* (blister) due to *Mala* (faces), *Sweda* (sweat) and *Kleda*.

In *Sushrut Samhita* and *Ashtang Hridya Triphala* and *Khadir* (*Acacia catech* Wild) is referred to as *Kushthaghna* (curing all types of skin diseases) and *Kandughana* (cure all types of skin prurites), *Vranaropak* (cicatrization) in *Ahiputana Chikitsa*.^[4,5]

Triphala Khadir Kwath (decoction) should be administered externally to cure *Ahiputana* in accordance with the circumstances. Certain *Kwath Kalpanas* in Ayurveda have been described in a

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number of sources, but they haven't received the attention they should have.

Thus, we must create innovative formulations that are just as effective as *Kwath*. So, the purpose of the study is to acquire pertinent facts and shed light on this particular *Kalpna*. With reference to the *Kwath* stated in *Sushrut Samhita*, this combination may have a synergistic or additive impact. In this case study *Triphala Khadir Yog* (TKY) equal parts of powdered *Triphala* and *Khadir* will be utilized, and *Dughdhpashan* will be added to the equal amount. This formulation will be used as a dusting powder.

Case Report

A 11-month female baby visited our Balrog OPD (OPD No.- 9124) of Sane Guruji Rugnalaya, Malawadi, Hadapsar, Pune-28 on 16/01/2024. With a complaint of loose stools, abdominal pain, irritability, redness of perianal region with rashes, burning sensation, discharge, itching and severity increases during passing frequent loose stools.

History of present illness: Patient was healthy before 4 days back but gradually he suffered with loose stools episodes 4 to 5 from 3 days and further that on anal region development of rashes with redness and itching in perianal region.

History of past illness

H/O Introduction of packed foods with poor sanitization, also long time wearing of diaper. No H/O any other major illness or any surgery.

Drug history: No significant

Family History: Not significant

Birth history

1. Antenatal – Non-specific
2. Natal – Full term normal delivery, at private hospital, baby cried immediately after birth, birth wt. – 2.8 kg.

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

Ashtavidha Pariksha (Eight-fold examination)

Nadi (pulse) was 118/min, regular, RR 30/min, *Mutra* (urine) was *Samyak* (normal), 11-12 times/day, *Mala* (stool) was *Mala Pravrutti*, *Jiwha* (tongue) were *Sama* (processed and digested food particles), *Shabda* (sound) was *Spashtha* (clear), *Sparsha* (tactile examination) was *Anushnasheeta* (not too hot), *Drik* (eyesight) was *Prakruta* (normal), *Akruti* (body stature) was *Madhyama* (average built).

Samprapti Ghatak (Main pathophysiological components)

Due to *Mithya Aahar-Vihar* (wrong food habits and wrong daily routines) of a mother her milk gets vitiated, when her child accepts such a vitiated milk it produces *Pidika* (blisters) with *Kandu* (itching), *Daha* (burning sensation).

Also due to *Asuchita* and unhygienic condition. In this case perianal region remains constantly in contact with diaper which contains *Mala*, *Mutra* and *Sweda*. Which vitiate *Kapha Dosha* and *Rakta Dhatu* in a body. *Prakupit Rakta* and *Kapha* cause *Kandu* in perianal region.

At perianal region *Prakupit Kapha* and *Rakta* produces *Kleda* and then *Sphot* due to *Mala*, *Sweda* and *Kleda*.

Therapeutic Intervention

After reviewing the case, the patient was given conservative Ayurvedic treatment described by *Sushrut Samhita* with the modulation of drug. *Triphala Khadir Yog* (TKY) were prescribed for the patient. Information about dosage form, therapeutic dose, frequency and timing of drug administration, adjuvants are demonstrated in the following diagram.

Triphala & Khadir Yog: (Equal amounts of *Triphala Churna*, *Khadir bark Churna* and *Dughdhpashan powder*) *Avachooran*.

Table 1: Pharmacological Intervention

Cleaning local area	Thoroughly clean the area with warm water and cotton/soft cloth
Method of using <i>Triphala Khadir Yog</i> (TKY)	<i>Avachooran</i> : Sprinkle powder around the anal region of rash
<i>Avchoornankala</i>	After change of diaper (S.O.S)
Application	External
Dose	As required
Duration	10 days.
Follow-up	1 st , 3 rd , 5 th , 7 th , 10 th

Dietary Regimen

Pathya (Preferred): Well cooked, easy to digest food for babies' mother, washing anal region properly and dry with cotton cloth.

Apathya (To be avoided): Heavy food to mother, long time wearing of diaper.

Timelines

Assessment of the *Ahiputana* Symptoms was done on the first visit and intermittent monitoring was done alternate day, for the next consecutive 4 visits. The follow-up was done on the 3rd, 5th, 7th and 10th day during treatment and 10th day after stopping the treatment.

Table 2: Follow Up and Outcome

Timeline	Dates	Clinical outcomes
Onset of treatment	16/01/2024	Itching, redness over anal region and burning sensation, discharge, rashes
1 st Follow up	18/01/2024	Mild relief in discharge and burning sensation and itching, but rashes and redness not reduced
2 nd Follow up	20/01/2024	No discharge and burning sensation, mild itching, rashes and redness reduced effectively
3 rd Follow up	22/01/2024	All signs and symptoms recovered completely
4 th Follow up	25/01/2024	No recurrence of signs and symptoms

All of the symptoms and indicators at perianal region were suppressed totally after the complete therapy period. With images that were taken, a consistent improvement could be shown in photos. The treatment plan was judged to be secure and efficient. During the course of treatment, no unfavorable occurrences were reported.

Table 3: Clinical Features: Before & After Treatment

Observation	Before Treatment	After Treatment
Tamra Varna (Redness)	+++	-
Kandu (Itching)	++++	-
Shipransphotam (Blister)	-	-
Pidika (Rashes)	+	-
Strava (Discharge)	+++	-
Daha (Burning sensation)	++	-



Before Treatment

During Treatment



Application of Triphala Khadir Yoga

After Treatment

DISCUSSION

In Ayurveda, different types of *Kshudraroga* have been mentioned, *Ahiputana* is one of them. *Ahiputana* has similar characteristics like diaper rash. Causative factor such as close and continuous contact with the *Mala*, *Mutra* long time wearing of diaper, *Asuchita* which can majorly be the cause of *Ahiputana* (diaper rash).

All of these factors contribute in the vitiation of *Pitta*, *Kaph*, *Rasa*, *Rakta* and *Twak* (skin) *Dushti* occurs which leads to *Ahiputana*. As mentioned in *Samhita* *Triphala* possess *Kashay* (astringent) *Rasa* (taste), *Anushna* *Veerya* (potency), *Madhur* (sweet) *Veepak*, and *Khadir* has *Kashay*, *Tikta* (bitter) *Rasa*, *Sheeta* (cold) *Veerya*, *Katu* (spicy) *Vipak* (post digestive effects

of any ingested substance), both have *Pitta Kaph Shaman, Kushthghna, Kandughna, Kledghna, Vranaropan Karma. Dugdhpashan* have *Sheet Veerya* and *Twakdashaman* property.

Triphala Khadir Yog selected as synergetic combination which pacifies *Pitta* and *Kapha Doshas* and improves *Rasa, Rakta Dushti* by eliminating *Kleda* and *Pitta* that helps in breaking pathogenesis of *Ahiputana*. Externally application of *Triphala Khadir Yog Churna* got absorbed through the *Bhrajaka Agni* of the skin and with all properties reached the skin site and reduced the symptoms of *Ahiputana* like *Kandu, Daha, Strava, Tamra Varna, Vrana, Pidika, Shiprasphotam*. Thus, *Triphala Khadir Yog* showed significant effect in *Ahiputana*. Due to its easy application, more contact with affected areas which ultimately resulted in more absorption of drug. Hence, it was noted that *Triphala Khadir Yog* shows significant Effect in *Ahiputana*.

After 1st follow-up, the symptoms of redness, itching, discharge and burning sensation started reducing. The patient was advised for routine follow-up *Triphala Khadir Yog* are *Kandughna, Vranaropak, Twakdashaman* and *Kushtaghna*.

Patients' parents stated that after receiving Ayurvedic treatment, she was free from all signs and symptoms, including redness, discharge, burning sensation, and itching.

CONCLUSION

From this study it can be concluded that *Ahiputana* (diaper rash) can be successfully treated with *Triphala Khadir Yog* as an external application.

Patients Consent

An informed written consent was obtained from the patient's Parents for reporting this case.

Declaration of patient consent

The authors confirm that they have all necessary patient permission paperwork in their possession. The patient's parents have authorized the form to be used in the publication of his photos and other clinical data. The patient's parents understands that name and initial will not be published, and due

efforts will be made to conceal identity, but anonymity cannot be guaranteed.

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*Address for correspondence

Dr. Gaikwad Jyoti Vijay

PG Scholar,

Department of Dravyaguna Vigyan,

Sumatibhai Shah Ayurveda

Mahavidyalaya, Pune,

Maharashtra, India.

Email:

[jyoti237gaikwad@gmail.com](mailto: jyoti237gaikwad@gmail.com)

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