

AN AYURVEDIC APPROACH TOWARDS MANAGEMENT OF KUNAKH
(PARONYCHIA) IN A CHILD - A CASE STUDY

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ABSTRACT

Nail infection is known as *Kunakh* (where ku means “bad”, Nakha means “nail”). According to Acharya Sushruta, nails that become rough, black, and hard are termed *as Kulina or kunakh* reflecting a predominance of Vata and Pitta dosha imbalances. In modern medicine, paronychia is identified as an infection or discoloration of the nail, typically bacterial or fungal, and may cause due to trauma. **Aims and objectives:** To access the efficacy of Ayurvedic management in kunakh (paronychia). **Material and methods:** A 6-year-old male patient, having complaints of discoloration of nails, pain, brittleness, tenderness of nails over upper limb and lower limb, since 1 and half year. Patient treated with Initially, *Deepan Pachan* treatment was given for 7 days. Later, *Dhatupachak* (namely *Rasa, Rakta, Mamsa, Meda*) were given for 1 month each. This improved *Dhatu Agni* and nourished the *Uttarottar dhatu*, followed by *Shodhan chikitsa* along with *Shaman chikitsa*, in M.A. Podar hospital Worli Mumbai. **Result:** *dhatupachak, shodhan Basti along with shaman aushadhi shows improvement in normal color of nails, decreases swelling, pain, and brittleness of nails.* **Conclusion:** The combination of *Basti, Abhyantar Chikitsa* (including *Raktaprasadan, mamsashodhan, Pitta shaman, Asthi Poshan* and *Dhavan Chikitsa* proved to be effective in the management of *Kunakh*.

INTRODUCTION

An infection of the tissue folds around the nails. Paronychia is an infection of the tissue adjacent to a nail, most often a finger nail. It's caused by injury or irritation, such as a hang nail, cuticle damage or continually wet hands. Symptoms of paronychia, adjacent tissue is painful, red and swollen, there may be pus.^[1] In Ayurveda, *Kunakh* is referred to paronychia is a nail disease that is often bacterial or fungal infection of the hand or foot where the nail and skin meet at the side or the base of a finger or to nail. *Kunakh* is condition mentioned in *Sushrut Samhita* as a Pitta dominant, Tridoshaja condition. Vata Dosha and Pitta Dosha together undergoing growth and vitiation are localized in the muscles surrounding nails.^[2] *Sushrut Samhita, Astang Samgraha, Ashtang Hridaya, Bhava Prakash, and Sharangadhara Samhita* all provide explanations of *Kunakha* in the *Kshudraroga*. Many localized options for treatments for *Kunakha* are described in *Sushruta Samhita* and *Bhaishajya Ratanavali*, but in this instance, in addition to external application, more focus is placed on the internal ingestion of various medications, which aids in breaking the fundamental pathophysiology.

Case discussion

A 6-year-old male patient, having complaints discoloration of nails, pain, brittleness, tenderness of nails over upper limb and lower limb, since 1 and half year.

Past illness

History of alopecia before 2 years

Past medication history

Treatment taken from conventional system of allopathic medicines for *kunakh*, for 6 months like steroid, local application, multivitamin, patient did not get relief.

Examination of patient

Disease specific examination		General examination
Site	Symptoms	
Upper limb and lower limb	Discoloration of nails	Pulse -82 /min
	Local pain	B.P- 90/70
	Brittleness of nails	Height -98 cm
	Tenderness of nails	Weight- 24 kg
	Mild swelling	Temperature- 98.8 f
		Tongue – coated
		Mala -asamayk
	Mootra -Prakruti	

Causative factors: The causative factors were found in this case study are excessive intake of sweets and fermented foods, junk food, bakery items, Chinese food, diwaswapa just after meal.

Family History: There is no recorded history of dermatological disorders within the family.

Immunization History: Immunization status completed according to National Immunization Schedule till age.

Birth History: The birth process was uneventful with no complications reported.

Developmental Milestones: The patient has reached all developmental milestones appropriate for their age.

Pathya and apathy: according to disease condition pathya - apathya was advised.

Pathya - Freshly Prepared Homemade food, Vegetables, Ghrita, Seasonal Fruits. Milk, Wheat, Rice, Jowar, Bajra, etc.

Apathya - Fish, Curd, Maida, Bakery items, Preservatives, Junk food, Chinese, etc.

Type of study: A single case study

Centre of study: OPD, Kaumarbhritya département, M. A. Podar hospital Worli Mumbai.

MATERIAL AND METHODS

Kunakh is *vat pitta Pradhan vyadhi of asthi dhatu* (bone tissue), hence the treatment strategy should focus on balancing these doshas and nourishing the *Asthi dhatu*, given the chronic nature and involvement of nails of both upper and lower limbs, a comprehensive and long-term approach is necessary.

Total Duration of Treatment - 6 months

1. *Deepan Pechan* for 7 days, followed by *Dhatupachana, Shodhana and Dhavan*.
2. In *Shodhana*

▪ **Panchtikta Ksheer Basti** ([Guduchi, Nimbamulatwak, Vasa, Kantakari, Patolapatra] kwath + Ksheer + Panchtikta ghrut) was administered for 10 days.

▪ After 1 month of *Ksheer Basti, Asthishrunthaladi Yog Basti* (*Laksha, Asthishrunkhala, Ashwagandha, Bala, Guduchi, Prushniparni, Arjun, Babul, Vasa, Nimb, Patol, Kanthkari*) was given for 7 days.

• Dhavan was continuously performed throughout the treatment. Dhavan drugs were selected according to the signs and symptoms of the disease.

Dhavan drug	Duration	Action
Triphala + Haridra + Saindhav	1 month	For treating infective pathology and swelling
Triphala + Haridra + Saindhav + manjistha + nimb	2 months	Varnayprasadan, raktprasadan
Triphala + Daruharidra + Panchvalkal	2 months	Proper maintains of nail health

Internal medicines

Medicine	Dose	Duration	Anupan	Karya
Deepan - Pachan Hingwashthak churn (initial phase of treatment) Panchkolasav (before Basti)	1 gm BD 5ml TDS	7 Days	Koshna Jal	Deepan, pachan, improves metabolism
Shodhan - Basti according to proper method mentioned in Samhita Panchtikta ksheer Basti After one month yog basti was planned. Yoga Basti	100 ml 240 ml 80 ml	10 days 7 days		Vata - pittashamak, asthidhatugatvat shaman. Balya, rejuvenation, varnya.

OBSERVATION AND RESULTS

Sr.no	Symptoms	Gradation		
		Before treatment	During treatment	After treatment
1	Pain	6	4	0
2	Color	3	2	0
3	Brittleness	3	2	0
4	Roughness	3	2	0
5	Swelling	1	0	0



Before treatment



After treatment

DISCUSSION

Kunakh can be correlated with *Asthidusthi*. The disease features vitiation of *doshas* with *Pitta* and *Rakta* predominance. *Nakha* is mala of *Asthi dhatu*; chronicity of the disease leads to *Asthi Dushti*. According to Charaka, *Kunakh* is caused by vitiated *Rakta* and *Mamsa* and contains severe *Daha*.^[4] In this patient, the appearance of color (*raga*), pain, brittleness, and other symptoms show the vitiated *doshas Vata* and *Pitta*, in turn *Rakta dhatu* and *Asthi dhatu*. Thus, considering all factors and the disease condition, *Vata-Pitta shamak*, *Shothhara*, *Raktaprasadan*, *Varnyaprasadan*, and *Asthiposhak* treatments were planned and implemented. Given the chronicity of the disease, a 6-month management plan was planned.

Initially, *Deepan Pachan* treatment was given for 7 days, drugs used for *Deepan Pachan* arth hingwasthak churna^[5] and *panchkolasav* ingredients of this drugs having properties of *katu*, *tikka*, *ushna* *veerya*, *laghu* *Guna* helps to regularize the *Agni* and *vatanuloman*.

According to ayurveda, ingested *ahar rasa* converted into vital essence with the help of *jatharagni* and provides nourishment for all *dhatu*s. to metabolize the nutrients each of the seven *dhatu*s in the body has its own *Agni*, and formation of *uttoratar dhatu*. Hence, for formation of proper *uttoratar dhatu* *Dhatupachak* (namely *Rasa*, *Rakta*, *Mamsa*, *Meda*) were given for 1 month each. This improved *Dhatu Agni* and nourished the *Uttarottar dhatu*.

Disease caused by *vat*, so that main of vatic disorders is *Basti karma* and is called as *ardhchikitsa* in ayurveda.^[6] Charaka mentioned that *Basti* is useful for *kshina dhatu*. Also, *Dalhana* mentioned in commentary that, *purishdhara kala*, is nothing but *asthidhara kala*, so that *Basti* which works on *purishdhara kala* and *asthidhara kala*. According to *Acharya Sushrut* *veerya* of *Basti* administered into *pakvashya* reaches whole body through the channels. Hence, *Basti karma* was selected. *Ksheerbasti* is described as the main line of treatment in *asthigatvikaras* by *Acharya charak*, in which *ksheer* or

milk is the main ingredient. ksheerbasti serves dual function, that is niruha and anuvasana hence, it acts as shodhana. Ksheerbasti relieves the margavarodha and produces brihana effect. panchtikta ghrita was used as the main content of ksheerbasti. Tiktadravya siddha ksheera and ghrita Basti are specially advised in asthigatvikaras by Acharya charak. Panchtikta ghrita is dominant of tikta rasa and ushna veerya. Tikta rasa increases dhatavagni as dhatavagni increase, nutrition of all dhatu will be increased. As a result, asthi dhatu and majja dhatu may get stable, and asthi and majja dhatu kshya will be decreased. After one month Asthishrukhaladi yog Basti was planned, it contains laksa, asthishrukhaladi, ashwagandha, arjun, babul, vasa, nimb, patol, kantakari has properties of tikta, Madhur rasa, balya, vatshamak and bruhan Dravya's. Narayana, tail it contains mainly bilva, agnimanth, shyoanaka, patola, paribhadra, ashwagandha, bruhati, etc. Having tikta, Madhur, katu, kashay, laghu, ruksh, Tikshna in properties it helps in removing the Sanga, correcting the Agni and maintaining the normal. Function of vat, hence Narayana tail used for anuvasana Basti for correction of vat dosha. In Ayurveda, local Dhavan refers to specific cleansing or purifying practices that can benefit particular areas of the body. Hence, for initial phase of treatment triphala, haridra and saindhav used for treating the infective pathology and swelling, then added Nimb, Manjistha for improvement in varnya, thereafter panchvalkal added for proper growth and nourishment of nails.

Mahamanjisthathi kwath – manjistha, musta, Karan Beej, giloy, haridra, daruharidra, nimba, twak, sariva, etc. which helps in detoxification and purification of blood, thus through its raktprasadan property it helps in reliving skin plaques.

Arogyvardhini vati – it contains shudh parad, gandhak, abhrak Bhasma, triphala, shilajit, chitrakmul and Kutiki. It helps in breaking hard stools and eliminates toxins from the body. Intestines get cleaned and improved in functioning.

Sarivadasav – it contains sariva, musta, lodhra, anatta, padmak, amalki, haritki, guduchi, usheer etc., it helps in purification of blood, rakt-pitta shamak, raktprasadan.

CONCLUSION

It can be concluded that throughout the treatment period, no adverse drug reactions were observed, confirming that the Ayurvedic approach is safe for children. The combination of *Basti*, *Abhyantar Chikitsa* (including *Raktaprasadan*, *mamsashodhan*, *Pitta shaman*, *Asthi Poshan*), and local *Dhavan Chikitsa* proved to be effective in the management of *Kunakh*.

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