



## Case Study

### AN AYURVEDIC APPROACH TO PARONYCHIA W.S.R. TO *KUNAKHA*: A SINGLE CASE STUDY

Tabassum Parveen<sup>1\*</sup>, Reetu Sharma<sup>2</sup>

<sup>1</sup>MD Scholar, <sup>2</sup>Associate Professor, Department of Roga Nidana Evam Vikriti Vigyan, National Institute of Ayurveda, Deemed to be University, Jaipur, Rajasthan, India.

#### Article info

##### Article History:

Received: 19-05-2023

Revised: 03-06-2023

Accepted: 14-06-2023

##### KEYWORDS:

*Kshudraroga*,  
Paronychia,  
*Asthimajjavruta*  
*vata*, *Kunakha*.

#### ABSTRACT

In Ayurveda all types of nail infections are referred as *Kunakha*. Word 'Ku' means 'Bad' and 'Nakha' means nail. In modern science, paronychia is one of the clinical conditions of nail bed infection. It induces ugliness to hands due to chronic recurrent infection, which is generally bacterial or fungal in nature. A single case study showing *Kunakha* condition, which had resistant to therapy in contemporary science, encouraging results after the administration of external and palliative Ayurvedic treatment (*Shaman Chikitsa*). Consecutive administration of Ayurvedic treatments (internal and external) for 60 days had shown positive outcomes in clinical symptoms as well as a notable change in appearance. The pathogenic characteristics of the nail were successfully diminished by the *Shothahara*, *Rakta Prasadaka*, and *Strotoshodhaka* action of the therapy, which was planned according to the fundamentals of Ayurveda.

#### INTRODUCTION

The nail plate, which is formed of the keratin protein, and the supporting components make up the nail unit. The framework that lies beneath the nail and aids in securing it to the finger is known as the nail bed. Up until it reaches the free edge, the nail is maintained by the nail bed as it grows from the matrix. It is buried in the nail folds at the proximal and distal borders. The nails can be impacted by a variety of conditions, including infections, deformity and dystrophy, traumas, ingrown toe nails, and deformities. Local and systemic disease can alter the appearance and function of nail and its surrounding structures. *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.<sup>[1]</sup> *Kunakh* is condition mentioned in *Acharya* as a *Pitta*-dominant *Tridoshaja* condition. *Vata Dosha* and *Pitta Dosha* together undergoing growth and vitiation are localized in the muscles surrounding nails.

*Acharya Sushruta* in *Nidana Sthana* 13<sup>th</sup> chapter has explained the *Nidana* and *Lakshana* of *Kshudra Rogas* including *Chippa* and *Kunakha*. When any injury happens to the nail, it causes *Vata* and *Pitta Prakopa* and becomes *Ruksha Asita (Kala)*, *Khara* is known as *Kunakha*.

*Sushruta Samhita*, *Astang Samgraha*, *Ashtang Hridaya*, *Bhavaprakash*, 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.

#### AIMS AND OBJECTIVES

To find out the effect of Ayurvedic medicine in the management of *Kunakha*

#### MATERIALS AND METHOD

##### History of Present Illness

A 54 years old male patient was clinically diagnosed as a case of *Kunakha* presented with dry brittle yellowish brown nails along with reddish black swollen nail bed of both big toes since 6 months. He had complained mild pain and itching in both toes and progressively loss of nail since 6 month.

#### Access this article online

Quick Response Code



<https://doi.org/10.47070/ayushdhara.v10iSuppl3.1197>

Published by Mahadev Publications (Regd.)  
publication licensed under a Creative Commons  
Attribution-NonCommercial-ShareAlike 4.0  
International (CC BY-NC-SA 4.0)

**History of Past Illness**

Patient was apparently well before 6 months. It all started working in the field during autumn season. While working in the field, the patient wore shoes and socks that were wet with water. Later he had yellowish black discoloration of nail and inflamed nail bed. Patient had history of mild hypertension. There is no history of trauma, DM, or dyslipidemia. Patient was taking allopathic medications for 1 month but there was no improvement. So, he came to NIA hospital OPD for the better treatment.

**Personal History**

Bowel Habit, Regular Appetite- Normal  
 Micturition- 4-5 times/day, 1-2 times/night  
 Sleep- Disturbed  
 Heart rate- 78/min  
 Respiratory rate- 18/min  
 Blood Pressure- 160/100mm of Hg  
 Diet- Non-vegetarian  
 Addiction- None  
 Family History: Not Significant

**Table 1: Dashavidha Pariksha**

<i>Prakriti</i>	<i>Kapha-Pitta</i>	<i>Vikriti</i>	<i>Tridosha Pitta Pradhan</i>
<i>Sara</i>	<i>Mansa sara</i>	<i>Samhanana</i>	<i>Madhyam</i>
<i>Pramana</i>	<i>Madhyam</i>	<i>Satmya</i>	<i>Pravara</i>
<i>Satva</i>	<i>Pravara</i>	<i>Ahara Shakti</i>	<i>Pravara</i>
<i>Vyayama Shakti</i>	<i>Madhyam</i>	<i>Vaya</i>	54 year

**Table 2: Vyadhi Ghatak**

<i>Vyadhi Ghataka</i>	<i>Dosha</i>	<i>Tridosha Pitta pradhan</i>	<i>Dushya</i>	<i>Rakta, Asthi, Mansa</i>
	<i>Srotasa</i>	<i>Asthivaha Srotas</i>	<i>Srotodusti</i>	<i>Sangha</i>
	<i>Adhithana</i>	Right & left leg toe	<i>Rogamarga</i>	<i>Madhyam</i>

**Systemic Examination**

Rest of the systemic examination did not reveal any significant abnormality.

**Treatment History**

He had tried allopathic medication for the same, but no result was found. Allopathic treatment: local application of Amrolstar Nail Lacquer.

**Physical Examination**

**Table 3: Grading of Nail**

<b>Grade</b>	<b>Loss of nail, pain, roughness, swelling</b>
0	Absent
1	Mild
2	Moderate
3	Severe

**Clinical Presentation**

**Table 4: Sign and Symptoms before Treatment**

<b>Sign and Symptoms</b>	<b>Right Toe</b>	<b>Left toe</b>
Roughness	3	2
Loss of nail	3	2
Consistency of nail	Fragile and Raggedness	Fragile and Raggedness
Consistency of nail bed	Soft	Soft
Colour of Nail	Blackish yellow	Blackish yellow
Colour of nail bed	Reddish	Reddish
Swelling of nail bed	2	1
Pain	2	1
Oozing from nail bed	Absent	Absent

**Internal treatment given****Table 5: First 15 days**

S.No.	Formulation	Dose, Frequency & time	Duration
1.	<i>Mahamanjithadi Kwath</i>	20ml of <i>Kwath</i> , twice daily on an empty stomach	For 15 days
2.	<i>Arogyavardhni vati</i>	250mg BD	For 15 days
3.	<i>Kaishore Guggulu</i>	250mg BD	For 15 days
4.	a) <i>Rasmanikya</i> b) <i>Sudhha Gandhak</i> c) <i>Giloy Satva</i>	60mg 250mg BD with honey 250mg	For 15 days
5.	<i>Gokshuradi Guggul</i>	250mg	For 15 days
6.	<i>Chandraprabha Vati</i>	250mg	For 15 days

**External Applications**

*Panchwalkal Kwath*- For *Prakshalan*

Daily lepa of *Tankan Bhasma* with honey

*Bactimo* oil- For Local Application

**Follow up 1<sup>st</sup>: After 15 days**

1) Subjective improvement in signs and symptoms for example swelling of nail bed reduced and loss of both toe nail also stopped.

2) Patient's blood pressure normalized. (130/80mm of Hg)

Patient was advised to follow same treatment for next 15 days.

**Follow up after 1 month**

1) Normal growth of nails of both toes started.

2) Fragile and Raggedness of both nails become reduced.

**Advised patient for next 1 month:**

Local application of *Gandhak Malhar* at night and advised to stop *Gokshuradiguggulu* and *Chandraprabha vati*.

Follow same treatment next 1 month.

**Follow up after 2 months**

Both toe nails were perfect.

Patient's blood pressure was completely normalized.

**Table 6: After 2 month treatment result**

Sign and Symptoms	Right Toe	Left toe
Roughness	1	1
Loss of nail	0	0
Consistency of nail	Re-growth with Normal texture	Re-growth with Normal texture
Consistency of nail bed	Normal for growing nail	Normal for growing nail
Colour of nail	White colour for growing nail was found	White colour for growing nail was found
Colour of nail bed	Normal	Normal
Swelling of nail bed	0	0
Pain	0	0
Oozing of nail bed	Absent	Absent
Growth of nail	Absent	Absent

**Image 1: Before Treatment**



**Image 2: After 15 Days**



**Image 3: After 1 month Image 4: After 45 days**



**Image 5 & 6: After 2 months**



## DISCUSSION

Nail infections caused by bacteria and fungi are very common. In Ayurveda, paronychia is typically associated with the *Kshudraroga Kunakha*. *Kunakha* can be correlated with *Asthi dusthi*, the disease featured with vitiation of *Tridosha* having *Pitta* predominance. *Nakha* (nail) is *Mala* of *Asthi dhatu*. The disease chronicity leads to *Asthi dushti*. *Acharya Susruta*

in 20<sup>th</sup> chapter of *Chikitsa Sthana* explained about the treatment of *Kunakha*.<sup>[2]</sup>

*Acharya Charaka* has called this disease as *Aksata*, is caused by vitiated *Rakta* and *Mamsa* and contains severe *Daha* and *Paka* under the nails<sup>[3]</sup>. In this patient appearance of pain, discoloration, brittleness and other symptoms show the vitiated



*Doshas* are *Vata* and *Pitta* in turn *Rakta Dhathu* and *Asthi Dhathu*. After considering all factors and disease conditions, *Vata-Pitta Shamak*, *Shothahara*, and *Raktaprasadak* treatment was planned and implemented.

### 1. Mahamanjisthadi Kwath

**Ingredients:** *Manjishtha*, *Mustaka*, *Karanjbeej*, *Giloy*, *Haridra*, *Daruharidra*, *Nimba*, *Twak*, *Sariva* etc.

**Properties:** They may have worked as anti-inflammatory, immunomodulatory, anti-histaminic and anti-microbial.

**Action:** *Mahamanjistadi Kwatha*<sup>[4]</sup> directly clears heat (*Ushnta*) from the plasma and blood. When *Pitta* overflows into the tissues it can irritate the skin and *Manjistadi* clears these inflammatory toxins from the site of *Bhrajaka Kapha*. It clears *Ushnta* (heat) by cleaning the liver, purifying the blood, increasing diuresis and promoting bowel movements. These actions combine to reduce itching, redness and swelling. *Mahamanjistadi Kwatha* is a blood purifier, Immunomodulator and *Vataraktahara*.

### 2. Arogyavardhni Vati

**Ingredients:** *Gandhaka* (sulfur), *Triphala*, *Katuki* (*Picrorhiza kurroa*), and *Nimba* (*Azadirachta indica*).

**Properties:** *Arogyavardhini Vati* is indicated in *Kustha*, *Medo-Dosha* (obesity), *Yakritvikara* (liver disease), and *jirna jwara* (chronic fever).<sup>[5]</sup>

**Action:** *Triphala* is anti-inflammatory astringent. *Nimba* is an antiseptic helpful in shedding of the scales of the skin and preventing secondary infection. It is helpful in *Pachana* (metabolism) of *Ama Visha* (toxins) and corrects vitiated *Rasa Dhathu* in the body.

### 3. Kaishore Guggulu

**Ingredients:** *Triphala*, *Trikatu*, *Guduchi* (*Tinospora cardifolia*), *Vidanga* (*Embelia ribes*), *Danti* (*Baliospermum montanum*), *Trivirt* (*Operculina turpenthum*).

**Properties:** *K. guggulu* acts as an anti-allergic, antibacterial, and blood purifying agent.

**Action:** *Kaishore guggulu*<sup>[6]</sup> is a polyherbal preparation indicated in *Vatarakta* and well known for its *Kantikara* (restores skin's natural texture) property in Ayurveda. It reduces inflammation and pain associated with *Vatarakta* by purifying blood

### 4. Rasmanikya

**Ingredients:** *Haratala* (arsenic trisulphide)

**Properties:** *Vata* and *Kapha* dominance skin disorders, antimicrobial property.

The metallic components enhance colour, complexion and integrity of skin.

**Action:** *Rasamanikya*<sup>[7]</sup> (an arsenical formulation) contains *Haratala* (arsenic trisulphide) as an integral component, arsenic has been highly liable for production of interleukin-1 $\beta$  in murine keratinocyte cell line (HEL30) though these are safe and nontoxic and antimicrobial property resists skin infection.

### 5. Gandhak Rasayan

**Properties:** *Gandhak Rasayan*<sup>[8]</sup> shows various properties such as, antiviral, anti-bacterial, anti-inflammatory and anti-pruritic.

**Action:** Due to anti-bacterial activity of *Gandhak Rasayan*, it may alleviate symptoms of guttate psoriasis, similarly because of anti-pruritic activity it helps to relief from itching. As per Ayurveda, *Gandhak Rasayan* help to sustain the optimum status of *Rakta Dhathu* (blood) also act as *Rasayan* (rejuvenator), due to its *Swed Janana* (induce perspiration) activity, it removes *Pitta* and *Kaphadosha* (humours) from the body, and because of *Kandughan* (anti-pruritic) property, it alleviates itching.

### 6. Giloy Satva

**Properties:** *Raktashodhaka* (blood purifier), anti-allergic, anti-inflammatory.

**Action:** *Raktashodhaka*<sup>[9]</sup> properties that aid in removing impurities from the blood (*Raktashodhaka*) which helps in combating many skin ailments like skin allergies, itching, dark circles, acne and eczema. It is considered a natural remedy to purify the blood, fight germs and bacteria and help regulate a flawless skin.

### 7. Gokshuradi Guggulu & Chandraprabha Vati

**Ingredients:** *Gokshura* (*Tribulus terrestris*), *Triphala*, *Trikatu*, *Musta* (*Cyperus rotandus*).

*Chandraprabha vati* have 37 contents.

**Properties:** Anti-inflammatory, anti-oxidant, diuretic.

**Action:** *Gokshuradi Guggulu*, and *Chandraprabha Vati* not only reduced the fluid overload due to renal impairment by diuretic action but also strengthen the renal and cardiac systems. Hypoxanthine and boeravinones which are active antihypertensive agents of *Punarnava* acts as Ca<sup>2+</sup> channel antagonist. It also acts as diuretic by increasing renal blood flow by relaxing the smooth muscles of the arterial wall. *Gokshura*<sup>[10]</sup> had a significant action in reduction of clinical symptoms, systolic and diastolic blood pressure without any side effects on the patients of mild to moderate essential hypertension. These results significantly

show that *Chandraprabha Vati*<sup>[11]</sup> (CV) can function as a diuretic as claimed in Ayurvedic medicine and acts via multiple mechanisms (Osmotic, thiazide, potassium sparing, loop diuretic and promoting glomerular filtration rate). It is concluded that, CV can as function as potent, safe diuretic as claimed in.

### 8. *Panchwalkal Kwath*

**Ingredients:** *Panchwalkal Kwath*<sup>[12]</sup> is also combination of five astringent herbs viz *Nyagrodh*, *Udumbar*, *Ashwatha*, *Parisha* and *Plaksha*.

**Properties:** *Shothahar*, *Vranaropan*, *Kapha Shamak* and *Rakta Shodhak*, *Ropana* (healing). *Lekhana* (scrapping), *Kledahara* (arresting dampness), *Chhedana* (destroying/removing), properties.

**Action:** All the drugs are said to be *Kashayrasa pradhan*. *Kashayrasa* is said to be *Ati Twak Prasadaka*, (cleanses the skin and remove all dirt). Also *Panchavalkal* are considered to be *Pittaghna* that is both by action of *Rasa* and *Veerya* so it decreases *Daha* and *Raga* which is mainly due to *Pitta*. By virtue of *Kashayapradhan Rasa* it must have acted as *Raktashodhak* (blood purifier), *Pittashaman*, *Varnya* (giving colour) and *Twak prasadak* (purity & brightness of the skin) action aided to improve the skin colour by improving the local blood circulation.

### 9. *Tankan*

**Properties:** *Kleda Nashaka*, *Kandu Nashaka*, *Vrana Avsataka* (depresses wound), *Krimi Nashaka*, *Mamsa Vilekhana* (scrapes muscle tissue), *Shonita Sanghata Bhedaka* (brings lysis of clotted blood).

**Action:** *Tankana*<sup>[13]</sup> is a *Kshara*. *Kshara* has property of *Ksharan* (cutting), it is *Katu* in *Rasa* Because of these properties it is used in *Vonigata Vrana Chikitsa* either for *Vranaprakshalana*. In external application *Tankan* act as *Sheetal Guna Yukta*, and *Sankochak*.

### 10. *Bactimo Oil*

**Ingredients:** *Maha Marichyadi oil*, *Maha Trunak oil*, *Neem oil*, *Karanj oil*, *Kapur oil*, *Jaitun oil*, *Tuvarak oil*.

**Properties:** *Bactimo oil*<sup>[14]</sup> is an Ayurvedic proprietary medicine, which used in dermatitis, itching, bacterial and fungal infections. Definitely, their use was highly supportive during course of treatment and as to prevent remission of the lesion later on.

### 11. *Gandhak Malhar*

**Ingredients:** Contents are *Sikta taila*, sisame oil, bee wax base, *Shuddha Gandhak*, *Girisindura*, *Tankan Bhasma*, *Ghanasara*, *Cinnamomum camphora* etc.

**Properties:** All the ingredients of *Malhar*<sup>[15]</sup> have pharmacologically an antifungal, antimicrobial and antioxidant action.

**Action:** It balances *Pitta* and *Kapha*. The contents of *Malhar* possess *Snigdha*, *Tikshna*, *Ruksha*, *Sara*, *Ushna*, *Tridosahar* properties. it is an ointment used to treat skin diseases such as ring worm infection, jock itch, tinea infection, allergic dermatitis, eczema etc. It can effectively reduce the infection and prevent its recurrence by improving the immunity of skin by its antioxidant property.

### CONCLUSION

The patient got relief in sign and symptoms such as swelling, pain, itching, discoloration of nail and loss of nail both toe and also condition of hypertension expressively reduced within 60 days with Ayurvedic treatment without causing side effect.

### REFERENCES

1. Introduction to paronychia. <https://www.google.com/search?q=paronychia&rl>
2. Susruta. Susruta Samhita, Nibandhasangraha commentary of Dalhana Acharya. nyayachandrika of Gayadasa In:Hindi translation by Krishna Takral, 2<sup>nd</sup> part- sarir, chikitsa and Kalpa stana. Kshudraroga chikitsitam. Varanasi: Chowkhamba orientalia; Reprint 2014.p.394.
3. Agnivesa. Caraka Samhita revised by Caraka and Drdhabala with the Ayurveda Dipika Commentary of Chakrapanidatta. In: Vaidya Jadavji Trikamji Acharya, (Editor). Svayathu chikitsitham. Varanasi: Chowkhamba Krishnadas Academy; reprint 2015.p.490
4. Bhaishajya ratnavali: with "Sidhiprada" Hindi Commentary by Prof Sidhinandan Mishra. PartII, First Edition, (2005) Published by Chaukhamba Surbharti Prakashan Varanasi, Chapter 54, Shloka 725. Bhaishajyaratnavali: with "Sidhiprada" Hindi Commentary by Prof Sidhinandan Mishra. Part II, First Edition, (2005) Published by Chaukhamba Surbharti Prakashan Varanasi, Chapter 54, Shloka 725
5. Ayurvedic formulary of India. Part 1 (2<sup>nd</sup> ed.), Ministry of Health and Family Welfare, Department of ISM & H, New Delhi (2003), p. 258
6. Bharati P.L., Agrawal P., Prakash O. A case study on the management of dry gangrene by kaishore guggulu, sanjivani vati and dashanga lepa. Ayu. 2019; 40(1): 48-52. doi: 10.4103/ayu.ayu\_244\_18.
7. Siddhi Nandan Mishra. BhaisajyaRatnavali of Shri Govinddassen. Varanasi; Chaukhamba Surbharati Prakashan; 2012. 872p
8. Spelman K. Traditional and clinical uses of *Tinospora cordifolia*, guduchi. Aust j Med

- Herbalism. 2001; 13: 49-57.
9. Siddhi Nandan Mishra. BhaisajyaRatnavali of Shri Govinddassen. Varanasi; Chaukhamba Surbharati Prakashan; 2012. 882p
  10. Murthy AR, Dubey SD, Tripathi K. Anti-hypertensive effect of Gokshura (Tribulusterrestris Linn.) A clinical study. Anc Sci Life. 2000; 19(3-4): 139-145
  11. Nayak S, Nayak S, Dash DP, et al. A Clinical Study on the Effect of Boerhaavia Diffusa (Punarnava) in Essential Hypertension. Ayushdhara. 2015; 2(6): 390-396.
  12. K. Shobha Bhat, B. N. Vishwesh, Manoranjan Sahu, and Vijay Kumar Shukla. A clinical study on the efficacy of Panchavalkala cream in Vrana Shodhana w.s.r to its action on microbial load and wound infection. Ayu. 2014 Apr-Jun; 35(2): 135-140.
  13. Pandit kasinath shastri, Rasatarangini pranacharya shrisadanand sharmana virchita, 21/231, 232, 233 Motilal Banarasidas, Varanasi, 200
  14. Bactimo Oil, <https://www.vitalcare.co.in/products/bactimo-oil-50-ml?variant=42695825719494>
  15. Laxmipathi Sashtri Rasayanadhikara, Yogaratnakara. Chaukhambha Sanskrit Sanstha Pubn, Varanasi. 3<sup>rd</sup> Edn: 1983: pg 501

**Cite this article as:**

Tabassum Parveen, Reetu Sharma. An Ayurvedic Approach to Paronychia w.s.r. to Kunakha: A Single Case Study. AYUSHDHARA, 2023;10(Suppl 3):7-13.

<https://doi.org/10.47070/ayushdhara.v10iSuppl3.1197>

**Source of support: Nil, Conflict of interest: None Declared**

**\*Address for correspondence**

**Dr. Tabassum Parveen**

MD Scholar,

Department of Roga Nidana Evam Vikriti Vigyan, National institute of Ayurveda deemed to be University jaipur (Rajasthan).

Email:

[parventabbu04@gmail.com](mailto:parventabbu04@gmail.com)

Phone: 7727851961

Disclaimer: AYUSHDHARA is solely owned by Mahadev Publications - A non-profit publications, dedicated to publish quality research, while every effort has been taken to verify the accuracy of the content published in our Journal. AYUSHDHARA cannot accept any responsibility or liability for the articles content which are published. The views expressed in articles by our contributing authors are not necessarily those of AYUSHDHARA editor or editorial board members.

