

AYURVEDIC MANAGEMENT OF *KUNAKHA* (ONYCHOMYCOSIS)Dr. Yadav C. R.^{1*}, Dr. Priyanka Dariya² and Dr. Arpita Sahoo³^{1*}Associate Professor, PG Department of *Sharir Kriya*, NIA, Jaipur.^{2,3}MD Scholar, PG Department of *Sharir Kriya*, NIA, Jaipur.Article Received on
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Corresponding Author*Dr. Yadav C. R.**Associate Professor, PG
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NIA, Jaipur.**ABSTRACT**

Onychomycosis is fungal infection of nail bed, matrix or plate accounts for one-third of integumentary fungal infections and one-half of all nail diseases. Onychomycosis is most commonly caused by dermatophytes, although *Candida* species and nondermatophyte molds may also cause disease. Dermatophyte finger nail involvement rarely occurs without toe nail involvement. These toenails are affected in 80% of all cases of onychomycosis, dermatophyte infection mostly due to *trichophyton rubrum*, is the cause in over 90% of cases. In *Ayurveda*, it can co-relate with a disease *Kunakha* under the broad

umbrella of *Kshudra Roga*, characterized by due to other causative factors rough, hard and discoloration of nails. A 33-year-old female patient reported to the outdoor, department of *Sharir Kriya* NIA, Jaipur, with the complains of rough, hard and yellowish discoloration of nail for last 6 months. The patient was diagnosed as Onychomycosis. A combination of dermex powder (5g) with syrup histamine (30 ml) two times in a day before meal and *Kaishor Guggulu* (2 Tab), *Triphala Guggulu* (2 Tab) twice a day with lukewarm water after meal, along with *panchsakara churna* (5g) in night with lukewarm water. For local application visora oil mix with *Jatayadi oil* for 2 months. After 2 months the combination of Nuderm forte(1tab) with *khusthaghan Mahakashaya* (30 ml) two times in a day before meal. *Triphala Churna* (5g) is administrated orally at night with Luke warm water and for local application visora oil mix with *Jatyadi tail* and *Marichyadi tail* for 2 months. After 4 month of treatment a significant response was found.

KEYWORDS: Onychomycosis, *Kunakha*.

INTRODUCTION

Onychomycosis is fungal infection of nails; it can cause by *Tinea unguium*. Dermatophytes caused by one of the following three. 1) *Trichophyton rubrum* (Commonest and most resistance to treatment) 2) *Trichophyton mentagrophytes* 3) *Epidermophyton floccosum*. Some other fungi like *Candida* is also responsible factors.^[1] In morphological study Nail plate is yellow and thick and crumbles easily so it tunneled. There is subungual hyperkeratosis which is friable. Involvement starts at the distal edge and spreads proximally. Generally, Toe nails are more frequently involved then finger nails and only a few nails are asymmetrically affected.^[2]

Therapy with systemic terbinafine (If dermatophytes on culture) or itraconazole (if no culture available or non-dermatophytes on culture) is necessary if disease is symptomatic or cosmetically disfiguring. Topical therapy useful if single nail involved in distal half.^[3]

According to Ayurveda it can co-relate with *Kunakha* under the broad umbrella of *Kshudra Roga*^[4], characterized by rough, hard and discoloration of nails. The line of the treatment of Onychomycosis anti-fungal and systemic steroid drug.^[5]

Looking in to this limitation and prognosis of Onychomycosis a single case of *Kunakha* is observed by using *Deepan Pachan* (Digestive - Carminative), Hepato protective, *Rakta sodhak* (Blood Purifier) and *Katu, Tikta* and *Kashaya Dravyas* to analyze its effect in the management of the disease.^[6]

AIMS AND OBJECTIVES

To evaluate the efficacy of *Ayurvedic* drug in management of *Kunakha* w.s.r. to Onychomycosis.

MATERIAL AND METHODS

Types of Study- Single observational case without any control group.

Study center- National Institute of Ayurveda Hospital, Jaipur (Rajasthan)

Study details- A Hindu, married 33-year-old female patient visited in the outdoor department of *Sharir Kriya* of NIA, Jaipur with OPD no 17123082017 for the chief complains of rough, hard and yellowish discoloration of nail for last 6 month and other associate complaints were foreign body sensation and itching for one month.

Personal history revealed that the patient is vegetarian and have normal food habit. normal sleep, frequency of micturition 7-8 times/day and patient have no addiction. The patient has clear bowel habit. There is no any relevant significant past history, medical history and family history.

The General examination of the patients showed paleness in conjunctiva and vitals being pulse rate 68/min, respiratory rate of 18/min, blood pressure of 110/70 mm of Hg and body weight is 52kg. Per-abdominal examination showed soft abdomen and no tenderness in abdomen.

“*Abhigaataatpradhustoooyoonkhaooruksoasitahkharah*”

Bhavettamkunakhamvidhaayatkulinamitimsangitam”(sustruth nidan13/22)

Aacharaya sustrutha described the *kunakha* in *Kshudra Roga in Nidaanstaan*.

Infected nails become rough, hard and black by trauma that is called *kulin* by *Aacharya Susrutha*.

The Following medicines were administrated for 4months

- A combination of dermex powder (5g) with syrup histamine (30 ml) two times in a day before meal.
- *Kaishor Guggulu*^[7] (2 Tab), *Triphala Guggulu*^[8] (2 Tab) twice a day with lukewarm water after meal.
- *Panchsakara churna* (5g) in night with lukewarm water.
- For local application visora oil mix with *jatayadi oil*^[9] for 2 months.
- The combination of Nuderm forte(1tab) with *khusthaghanmahakashaya*^[10] (30 ml) two times in a day before meal.
- *Triphala Churna* (5g) is administrated orally at night with Luke warm water.
- For local application visora oil mix with *Jatyadi tail* and *Marichyadi tail* for 2 months.

On the first follow up (after 15 days of the treatment) patient reported reduction in previous mentioned symptoms. Improvement was noted in slight change the color of nails. After 4 month of treatment a significant response was found.

1. Dermex powder

Ingredients each 5 gm-

S.No.	Name of ingredients	Matra (quantity)	Karma
1.	<i>Khadir ghan</i>	25mg.	<i>Kusthghana</i>
2.	<i>Rasmanikya</i>	25 mg.	<i>Twakvikarnut</i>
3.	<i>Godanti bhasm</i>	125 mg.	<i>Sheet,dahashamk</i>
4.	<i>Shubhra bhasm</i>	125 mg.	<i>Rakatpittaghan,dahaprasman</i>
5.	<i>Shuddha gandhak</i>	200 mg.	<i>Kandu,kustha,visarpa</i>
6.	<i>Tapyadi loha</i>	250 mg.	<i>Rakatvardhak</i>
7.	<i>Panchtikt ghrit guggal</i>	400 mg.	<i>Twakdoshahar</i>
8.	<i>Sanshmani vati</i>	200 mg.	<i>Kusthghana</i>
9.	<i>Kamdudha ras</i>	250 mg.	<i>Pittavikar</i>
10.	<i>Kutaj ghan</i>	250 mg.	<i>Aamhar</i>
11.	<i>Mustak ghan</i>	250 mg.	<i>Panchan</i>
12.	<i>Khas</i>	500 mg.	<i>Swedapnayan</i>
13.	<i>Lal Chandan</i>	500 mg.	<i>Dahaprasman</i>
14.	<i>Daruhaldi ghan</i>	250 mg.	<i>Swedjanan-varnya</i>
15.	<i>Chakramard</i>	500 mg.	<i>Kusthaghana</i>
16.	<i>Vang bhasm</i>	50 mg.	<i>Saundryavardhak</i>
17.	<i>Amalki rasayan</i>	250 mg.	<i>Rasayana</i>
18.	<i>Karanj beej</i>	225 mg.	<i>Kusthaghana-kandughan</i>
19.	<i>Shobhanjan ghan</i>	150 mg.	<i>Swedopaga</i>

2. Histamine Compound Rakta Shodhaka Syrup

Each 10 ml. contains

Aqueous extract of-

S.No.	Name of ingredients	Matra (quantity)	Karma
1.	<i>Sariva</i>	25 mg.	<i>Raktaprasadan</i>
2.	<i>Anantmool</i>	25 mg.	<i>Rakta prasadan-kusthaghan</i>
3.	<i>Gorakh mundi</i>	25 mg.	<i>Rakta prasadan-kusthaghan</i>
4.	<i>Trifla</i>	50 mg.	<i>Tridoshsamak</i>
5.	<i>Chirayata</i>	25 mg.	<i>Swedjanan-kusthaghan</i>
6.	<i>Manzeth</i>	25 mg.	<i>Raktaprasadan-kusthaghan</i>
7.	<i>Neem</i>	25 mg.	<i>Kusthaghana-kandughan</i>
8.	<i>Satyanasi</i>	25 mg.	<i>Kusthaghana</i>
9.	<i>Geloy</i>	25 mg.	<i>Kusthaghana</i>
10.	<i>Kherri</i>	25 mg.	<i>Kusthaghana</i>
11.	<i>Nagarmotha</i>	12.5 mg.	<i>Panchan</i>
12.	<i>Bay vidang</i>	12.5 mg.	<i>Varnya-kusthaghan</i>
13.	<i>Babchi</i>	25 mg.	<i>Kusthaghan</i>
14.	<i>Unnava</i>	25 mg.	<i>Vata-pittahar</i>
15.	<i>Khash khash</i>	12 mg.	<i>Swadopanyana</i>
16.	<i>Shankh bhasm</i>	12 mg.	<i>Varnya</i>
17.	<i>Vijaysar</i>	12 mg.	<i>Kusthaghan</i>

3. Nuderm Forte

Each Capsule contains extract of-

S.No.	Name of Ingredient	Matra (quantity)	Karma
1.	<i>Saptaparni</i>	25 mg.	<i>Kusthaghana</i>
2.	<i>Guduchi</i>	20 mg.	<i>Kusthaghana</i>
3.	<i>Nimba</i>	20 mg.	<i>Kandughan</i>
4.	<i>Brhmi</i>	25 mg.	<i>Rasayan</i>
5.	<i>Daruharidra</i>	15 mg.	<i>Rasayan</i>
6.	<i>Sirisha</i>	15 mg.	<i>Vishaghan</i>
7.	<i>Somaraji</i>	15 mg.	<i>Kusthaghana</i>
8.	<i>Kasari</i>	20 mg.	<i>Twakvikarhar</i>
9.	<i>Khadira</i>	10 mg.	<i>Kusthaghana</i>
10.	<i>Dadrughna</i>	20 mg.	<i>Kusthaghana</i>
11.	<i>Vidanga</i>	10 mg.	<i>Karmighana</i>
12.	<i>Punarnava</i>	12 mg.	<i>Swadopagh</i>
13.	<i>Karanja</i>	12 mg.	<i>Kusthaghana-kandughan</i>
14.	<i>Patola</i>	5 mg.	<i>Triptighana</i>
15.	<i>Nagadamani</i>	5 mg.	<i>Vishanasak</i>
16.	<i>Nakaranjana</i>	5 mg.	<i>Kusthaghana</i>
17.	<i>Amlaki</i>	40 mg.	<i>Rasayan</i>
18.	<i>Palasa</i>	40 mg.	<i>Shothhar</i>
19.	<i>Dhataki</i>	40 mg.	<i>Raktastambhan</i>
20.	<i>Mooli</i>	40 mg.	<i>Twakdoshahar</i>
21.	<i>Rasamanikyam</i>	40 mg.	<i>Twakvikarnut</i>
22.	<i>Swarnamaksika bhasma</i>	20 mg.	<i>Sarvarognasak</i>
23.	<i>Shilajit</i>	13 mg.	<i>Twakroghar</i>
24.	<i>Swarna bhasma</i>	1 mg.	<i>Sarvarognasak</i>

4. Visora Oil

Each 10 ml. contains-

S.No.	Name of Ingredient	Matra (quantity)	Karma
1.	<i>Sweta Kutaja</i>	5 gm.	<i>Aamhar</i>
2.	<i>Nimba beeja taila</i>	2 ml.	<i>Kandughana</i>
3.	<i>Karanja beeja taila</i>	2 ml.	<i>Kusthaghana-kandughan</i>
4.	<i>Bakuchi beeja taila</i>	2 ml.	<i>Kusthaghana</i>
5.	<i>Narikela taila</i>	4 ml.	<i>Twakvikarnut</i>

5. *Kaishor Guggulu (2 Tab) – Twakadoshahar*

6. *Triphala Guggulu (2 Tab)- Varnaropak*

7. *Panchsakara churna (5g)- Vibhandanasak*

8. *Jatayadi oil(L/A)- Varnaropak*

9. *Khusthaghanmahakashaya (30 ml)- khusthaghan*

10. *Triphala Churna (5g)- Vibhandanasak*

11. *Marichyadi tail -kandughana*

DISCUSSION

Onychomycosis is fungal infection of nails. Nail plate is yellow and thick and crumbles easily so it tunneled. There is subungual hyperkeratosis which is friable. Involvement starts at the distal edge and spreads proximally. According to Ayurveda it can co-relate with *Kunakha* under the broad umbrella of *Kshudra Roga*^[4], characterized by rough, hard and discoloration of nails.

Dysfunctions of large intestine lead to constipation. Further there is disturbance or *dusthi* of *Vata* in large and small intestine and in this way the required *Pitta* for digestion get disturbed. Also there occurs vitiation of *Kapha*, which is required for regulation of peristalsis movement in large intestine. These leads to delay of movements of stool which further results in production of organic toxins and get absorbed in interstitial skin, *Rakta*, *Mamsadi dhatu*. Vitiating of *Vata* results its spread among all over body. Thus, there is development of *Kushtha* and *Kshudra roga* in the body. Both *Triphala churna* & *Panchasakar churna* worked as purificatory agent for large intestine.

The drugs of *Kusthaghan Mahakashaya* are of *Katu*, *Tikta* and *Kashaya rasa*, which acts as *Kapha shamak* hence reduces *Kandu*, *Laghu*, *Snigdha guna* reduces scaling, *Ushna Virya* increases *Swedan* by *Vata Kapha nasak dravya*. It also have *Rakta sodhak*, immunomodulator, *kushtha kandu nasak* properties.

Kaishor guggulu is also called as *kishor guggulu*. This ayurvedic medicine acts as the natural blood cleanser. It also helps into improve the functions of stomach and intestines by removing the toxins from the body.

Triphala guggulu is a detoxifier ayurvedic preparation. It helps to purifies blood and corrects blood vessels.

Marichyadi Taila is a medicated oil used topically on skin diseases. It has antiseptic antifungal, antioxidant properties.

Jatyadi Taila is applied externally for wound healing, injuries and also to arrest bleeding from the wounds. All the ingredients of this oil are helpful in the purification of blood, initiating the healing process in the tissues and for disinfecting the wounds.

The drugs possess *Ushna, Tikshna, Vyavayi, Vikashi, Katu, Tikta Rasatmaka* and *Katu Vipaka*. It was observed that the action of drugs was mainly due to properties of these drugs which have *Dipan, Pachana, Amapachaka, Strotoshodhaka, Raktaprasadan, Raktashodhaka, Kandughna, Kushthaghna* and *Varnya* mechanism of actions. They acted mainly for the eradication of *doshas* from whole body and brought them into *Koshtha*. It also pacified the symptoms like itching, discoloration and dryness due to aggravated *Vata* and *Kapha dosha*.

Along with treatment Patient was advised to avoid Non vegetarian food (Fish, Mutton, Chicken, Eggs etc), fast food (Samosa, Kachori etc), fermented food (Idli, Dosa etc), *katu Amla Rasa* (Dahi, Spicy food), contaminated water and environment.



CONCLUSION

Ayurvedic line of management gives satisfactory answer as well as equally beneficial for the promotion and preservation of health by removing toxic wastes of the pathological condition along with correction of *Agni* (digestive fire) which gives the healthy and peaceful life to the patient.

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