

**Contribution of Ayurveda for management of *Onychocryptosis*:
(In growing Toe Nail) (*Chippa*): A Case Report
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ABSTRACT:

Nail is an important part of body. Pink and Lustrous nail is always equated with good health In growing toe nail called *Onychocryptosis* is one of the clinical conditions. It is type of embedded nail bed infection. It includes severe pain and ugliness to feet due to chronic recurrent infection. It is due to cutting of the side of nail inwards resulting in repeated irritation and infection of overhanging tissue in the nail fold.

We would like to report a complex single case showing *chippa* condition, which was managed successfully by Partial Avulsion of nail with *Matricectomy* by *Agnikarma* under L.A

KEYWORDS: *Onychocryptosis*, *Chippa*, *Matricectomy*, *Agnikarma*

INTRODUCTION:

Onychocryptosis (Ingrowing Toe nail) can be compared with *Chippa* as per

Sushruta and with *Charmanakhantshotha* as per *Charak*. As per *Ayurveda Chippa Chikitsa* explained by

Sushruta is

- 1) *UshnaJalaShekh*
- 2) *Raktamokshan*
- 3) *AgniChikitsa*

And as per *Charak* its *Chikitsa* explained as:

- 1) *Raktasravana*
- 2) *Upanaha*
- 3) *ChedanBhedan-Shodhan-ropana*

So in this single case study showing *chippa/ Charmanakhant Shothalakshanas* (In growing nail) treated by Partial Avulsion of Nail followed of *Agnikarma* for *matricectomy* under L.A. By this procedure it relieves symptoms and prevent regrowth of the nail edge or recurrence of the ingrowing toe nail.

CASE REPORT:

A 21 year male patient was clinically diagnosed as a case of *Chippa*,

associated with pain, redness, swelling at Rt. Great Toe 6 months. Patient had undergone total excision of nail twice earlier for the same complaints for same Toe. But there is again recurrence since last 6 months.

On examination, the patient's vital parameter was stable. On local examination, there was in growing nail on medial aspect of Rt. Great Toe with induration, swelling and pus discharge.

The patient was posted for Surgery under local anesthesia confirming routine hematological investigation. After local anesthesia partial avulsion of medial side nail done and burning of germinal nail matrix is carried out by *Agnikarma* (Thermal Cautery).

Then flushing of the wound is done by *Panchavalkalkwath* and dressing done with *JatyadiGhrita*. Patient was kept on oral antibiotics for 3 days as prophylaxis. Subsequently dressing was done alternate for 10 days and patient had given *SukshamaTriphalavati* 2 BD for 10 days, for Post - Operative pain and to improve healing time.

DISCUSSION:

- *Onychochyptosis* (Ingrowing Toe nail) very commonly Seen in population, usually self-diagnosable. People who have diabetes are a greater risk of complications of Ingrown nail.
- Possible causes of ingrowing toe nails include improper trimming of the nail, tearing nail off overly curved nail, certain activities (e.g., running) with wearing constricting footwear.

- The patient presented with indurated swelling, tenderness and pus discharge, which is initially treated with antibiotic and NSAIDS
- In Conventional surgeries like total Avulsion of nail will take more time for post-operative wound treating and more importantly there are more chances of recurrence of ingrowing nail with only Avulsion of Nail.
- So the procedure of partial Avulsion of Nail with *Matricectomy* by *Agnikarma* is more useful, as more there is no recurrence and post-operative wound treating period is reduced.

CONCLUSION

- Onychocryptosis (Ingrowing Toe nail) can be Compared with *Chipparoga* explained by *Sushruta* in *kshudrarogaadhyaya* and with *Charmanakhantshotha* in *ShothaChikitsaadhyaya* by *Charaka*.
- As per *Ayurveda*, *Shushruta* explained *Chippachikitsa* with *UshnaJalaSheka*, *Raktmokshan* and *Agnichikitsa*. So in this case we have carried the treatment in integrated manner with partial avulsion of nail with *matricectomy* with *Agnikarma* method.
- By this above procedure patient had got benefit by non-recurrence of the condition and early healing of the post-operative wound. As improper nail trimming is a cause of ingrown toe nails, patients should be advised an correct nail trimming to avoid Ingrown Toe Nail.

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Fig. 1. Before Procedure
Fig. 2. Partial Nail Avulsion
Fig. 3: During Agnikarma

Fig. 4: After Agnikarma



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