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## MANAGEMENT OF *KUKUNAKA* W.S.R. TO CONGENITAL NASO LACRIMAL DUCT OBSTRUCTION – A CASE STUDY

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### ABSTRACT

*Kukunaka* is a type of *Netra Vartmagata Vyadhi* which is seen during *baalyavastha* i.e in *Ksheerapa Avastha* explained by *Acharya Kashyapa*. *Acharya Vagbhata* described that it is a *Dantotpatti KaleenaVyadhi*. According to *Acharya Kashyapa* it is characterized by *Abhikshnamastram Sravate* (Continuous watery discharge from eyes), *Saprakasha Na Sahate* (Photophobia), *Netram Kanduyate Abhikshnam* (Itching in the eyes frequently), *Lalata Akshikoota Nasa Parimardana* (Rubbing the forehead, eye, nose), *Nasikam Parimridgaati* (Frequent rubbing of the nasal area), *Karnam Vanchhati* (Frequent touching of the auditory area with pain), *Paanina Chavyativa* (Rubbing eyes with hands). Clinical features of *Kukunaka* can be correlated to the disease Congenital Naso Lacrimal Duct Obstruction. It is usually seen in new born babies. It is characterized by continuous watery discharge from the eye associated with frequent rubbing of nasal area, itching of eye frequently and photophobia. *Ayurvedic* treatment has good scope in managing *Kukunaka*. Here in this case study patient was suffering with watery discharge in left eye since birth and itching sensation in and around the eye. The baby was treated with *Sthanika Abhyanga*, *Shamana Chikitsa* and *Satvavajaya Chikitsa*. After treatment patient showed remarkable improvement in symptoms.

**KEY WORDS:** *Kukunaka*, Congenital Naso Lacrimal Duct Obstruction, Photophobia, *Sthanika Abhyanga*, *Shamana Chikitsa*, *Satvavajaya Chikitsa*

## INTRODUCTION

*Kukunaka* is a one type of *NetraVartmagata Vyadhi* seen in *shishu* i.e. during infancy period of child. <sup>1</sup>*Kukunaka* is exclusively described in elaborative manner by *Acharya Kashyapa* who dedicated one whole separate chapter for *Kukunaka Chikitsa*. *Acharya Vagbhata* explained it under the *Dantotpatti Kaleena Vyadhi*.<sup>2</sup> As per *Harita samhita* it occurs due to intake of *Kshara Dugdha*. *Acharya Sushruta* described that *Kukunaka* is caused due to the vitiated *Stanyapaana*.<sup>3</sup> It is characterized by *Abhikshnamastram Sravate* (Continuous watery discharge from eyes), *Saprakasha Na Sahate* (Photophobia), *Netram Kanduyate Abhikshnam* (Itching in the eyes frequently), *Lalata Akshikoota Nasa Parimardana* (Rubbing the forehead, eye, nose), *Nasikam Parimridgaati* (Frequent rubbing of the nasal area), *Karnam Vanchhati* (Frequent touching of the auditory area with pain), *Paanina Chavyativa* (Rubbing eyes with hands).<sup>4</sup>

Congenital nasolacrimal duct obstruction (CNLDO) is a common condition causing excessive tearing or mucoid discharge from the eyes, due to blockage of the nasolacrimal duct system.<sup>5</sup> It affects as many as 20% children aged <1 year worldwide and in India the incidence of the condition in newborn range between 1% and 6%.<sup>6,7</sup> A diagnosis usually can be made with a history focusing on (CNLDO) and a physical examination.

## CASE REPORT

A 12 month old Male baby was brought by his father to *Kaumarabhryta* OPD of Padma Ayurvedic Hospital, Terdal on date: 23/03/2021 with following details:

Patient name: XYZ

Age/Sex: 12 month/ Male

OPD No: 7378/21

Address: Terdal

### Chief Complaints :

- Watery discharge in left eye since birth.

- Itching sensation in and around the eye.

**Associated Complaints:**

- Photophobia and local discomfort.

**Birth History:**

Baby was normally delivered on full term at hospital. Baby cried immediately after birth. Birth weight was 2.5 kg.

**General Examination:**

General condition of the child was good.

**Systemic Examination:**

Respiratory System – Normal vesicular breath sound heard and no added sounds.

CVS - Normal findings were noted.

CNS - Motor system - Normal

Sensory system- Normal

**Local Examination:**

Symptoms	Left eye	Right eye
Lacrimation	Present	Absent
Redness of eye	Present	Absent
Frequent rubbing	Present	Absent
Local infection- discharge	Present	Absent
Matting of eye lashes	Present	Absent

**Laboratory Investigation :**Not required

**Treatment (23/03/2021 to 06/05/2021)**

- **Sthanika Abyanga** : Local massage with *Kshirabala Taila* 101 drops followed by *Ushna Jala Prakshalana* (Luke warm water) after 15 minutes
- **ShamanaChikitsa:**

Sl. No.	Treatment given	Doses	Route
1	<i>KshirabalaTaila</i> <sup>8</sup> 101 Drops	2 drops morning and evening	<i>Pratimarsha Nasya</i>
2	<i>DashamoolaKashaya</i> <sup>9</sup>	2.5 ml with equal quantity of water morning and evening	Oral
3	Ophthocare eye drop	2 Drop morning and evening	

- **Satvavajaya Chikitsa:** Parental counselling was done , explained about the nature of the disease and also explained importance of the maintains of cleanness/hygiene of the eye

**Assessment of Patient:****Table -1 Response of therapy in Epiphora**

Epiphora	BT	15 days	30days	45days	FU
Grade	4	4	2	0	0

**Table -2 Effect of therapy on associated symptoms**

Associated symptoms	BT	AT
Photophobia	Present	Absent
Itching sensation	Present	Absent
Mating	Present	Absent
Local discomfort around eye	Present	Absent

**Table - 3 Overall effect of therapy**

Result	Unchanged	Improvement	Moderate	Complete remission (100%)
Time period of attainment	1st sitting	-	2nd sitting	45 days of treatment



**Image no. 1 Before Treatment.**



**Image no.2 After Treatment**

### **OBSERVATION AND RESULT:**

After completion of one and half month of *Ayurvedic* therapy (*Sthanika Abhyanga, Shamana Chikitsa and Satvavajaya Chikitsa*) patient had found significant relief. Assessment of the patient was carried out by specific symptoms which are shown in Table No.1, Table No.2 and Table No.3.

### **DISCUSSION:**

*Kukunaka* is explained under *Dantotpatti Kaleena Vyadhi* seen in *baal*, affecting *Netra*. It is *Sadhya* in nature. It can be compared with Congenital NasoLacrimal Duct Obstruction. The treatment principle applied for the management of this disease condition is *Sthanika Abhyanga, Shamana Chikitsa and Satvavajaya Chikitsa*. The probable mode of action of these treatment principles can be explored as follow:

#### ➤ ***Sthanika Abhyanga***

Lacrimal massage to create sufficient pressure, parents were instructed to place a finger above the medial canthus to occlude the canaliculi and then press firmly and slide downwards.<sup>10</sup> Massaging serves several purposes. It empties the sac, reduces bacterial growth and applies hydrostatic pressure to the obstruction. To open the duct *Sthanika Abhyanga* was done with *Kshira Bala* 101 drops.

*Kshira Bala* 101 drops are used because of its quality and it is produced after *Mrudupaka*. Eye is very sensitive area and one among the sensory organ. *Taila* mitigates *Vata* and we can achieve *snehana* (if we do Lacrimal sac massage with bare hand it may lead to discomfort for child). *UshnaJala Prakshalana* may helpful to remove *Srotas* obstruction and produce *Laghuta* (Lightness).

➤ ***Shamana Chikitsa***

- Most of the drugs in *Dashamoola* are *Ushnaveerya*, *Katuvipaka*, *Laghu Ruksha Guna* were help to relive the *Srotas* obstruction.
- Opthocare eye drop has *Brihmana* and *Prasadaka* in nature. It strengthen the eye and helps to avoid repeated eye infection.

➤ ***Satvavajaya Chikitsa***

Child is passive recipient of the treatment, counselling to the parents about nature of the disease.

**CONCLUSION:**

CNLDO effectively can be managed in clinical practice by use of Ayurveda formulation and Lacrimal sac massage. Ayurveda medicines are safe and as well as effective in children suffering from CNLDO. No adverse effect reported during period of study.

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