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CHIPPA VYADHI IN AYURVED AND MODERN MEDICINE A CRITICAL REVIEW OF CLASSICAL FEATURES AND THEIR CLINICAL CORRELATION

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ABSTRACT

Background: Chippa is mainly described in kshudra roga in ayurvedic literature and mainly characterized by pain, burning and suppuration involving tissue around the nail. Acharya Sushrut has described Chippa as Kshudra roga in Sushrut Samhita Chapter 20 in chikitsa sthan and Nidansthan chapter 13. Modern correlation of chippa is paronychia. Paronychia is an inflammation or infection of the nail folds surround the fingernail or toenail. The symptom overlaps between these two diseases supports clinical comparison, but does not establish that these two diseases are identical. Chippa and paronychia may be compared at the level of clinical features.

KEYWORDS: chippa vyadhi, kshudra roga, paronychia.

INTRODUCTION

Ayurveda is science which is still in practice having the unbroken continuity. According to Acharya Sushrut chippa is one of the kshudra roga. Chippa is the pitta vataj disorder that also vitiates mausa dhatu. Paronychia is inflammation or infection of nail folds caused by bacteria commonly Staphylococcus aureus. Paronychia has clinical features as redness, swelling, pain, tenderness, and sometimes formation of pus around the nail.

Causes

1. Bacterial infection: commonly Staphylococcus aureus and Streptococcus species
2. Fungal infection: Candida species, especially in chronic paronychia
3. Trauma: nail biting, nail picking, manicure injuries or cuticle damage
4. Predisposing factors: diabetic mellitus, immunosuppression, and ingrown toenails.

Clinical features according to Ayurveda

Inhabiting the muscle/tissue around the nail, Pitta and Vata produce pain, burning sensation, and suppuration (pus formation). This disease should be diagnosed as Chippa. The same condition is also known as Akshataroga or Upanakha."

Akshata is a disease occurring between the nail and the flesh, characterized by the vitiation of blood and muscle, leading to severe burning and suppuration.

A nail that becomes vitiated due to trauma (injury), and turns dry, dark/blackish, and rough, should be known as Kunakha, which is also designated by the name Kulīna.

Clinical features according to modern sciences

Types

1. Acute paronychia: Sudden onset, usually due to bacterial infection, commonly Staphylococcus aureus.
2. Chronic paronychia: Persists for more than 6 weeks, commonly associated with repeated moisture exposure and irritants; Candida may sometimes be involved.

- Pain and tenderness around the nail.
- Redness and swelling of the nail fold.
- Pus formation in acute cases.
- Nail plate changes in chronic cases.

Management according to Ayurveda

The physician should bathe/sprinkle Chippa with warm water, excise (or scrape out) the unhealthy/suppurated tissue, and let the discharge flow out.

After anointing it with Cakra taila (oil extracted from oil-mill wheels), it should be dusted with Sarjarasa (resin) powder.

It should be managed with a proper bandage; if excision is not possible, it should be cauterized with fire(dahan karma).

Afterward, the wound should be healed using medicated oil prepared with sweet drugs (Madhura varga).

This very same therapeutic protocol should be adopted by the physician for Kunarakha.

Management according to modern sciences

- Acute mild cases: Warm soaks and appropriate topical treatment.
- Abscess: Incision and drainage by a clinician.
- Oral antibiotics if indicated by surrounding cellulitis or systemic infection.
- Chronic cases: Avoid moisture and irritants; topical corticosteroids are often first-line treatment.

COMPARATIVE DISCUSSION

Parameter	Ayurvedic description	Modern description
Disease category	Described under kshudra roga	Inflammation of periungual tissues
Core features	Vedana, daha, paka	Pain, redness, swelling, may be abscess sometimes
Treatment principle	Excision if possible, if not possible dahan karma should be done	Abscess must be drained when indicated, barrier protection in chronic cases.

CONCLUSION

Chippa is mentioned in kshudra roga in Shusrut Samhita. It is described as a diseases of tissues around the nail, causing Vedana, daha and paka. Paronychia is a reasonable modern clinical comparator because of overlapping manifestations.

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