

## **Management of Kukunaka W.S.R. to Congenital Naso Lacrimal duct obstruction A case report**

**Dr Nabisab Kamatnur<sup>a</sup> Dr Naziya Attar<sup>b</sup>, , Dr Reena Kulkarni<sup>c</sup>, Dr Prabhakar Apraj<sup>d</sup>**

a--Lecturer, Dept of kaumarabhritya ,SDMTAMC Terdal-587315

b-PG Scholar, Department of Shalakyta Tantra , SMVVS RKM,AMC& Hospital, VIJAYPUR -586103,

c- Professor and Head , Department of Kaumarabhritya, SDM College of Ayurveda and Hospital, Bangalore -560060,

d- Principal and Chief Medical superintendent, a ,SDMTAMC Terdal-587315

Kukunaka is a one type of Netravartama Vyadhi seen in Shishu during infancy period of child. 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. Nasolacrimal duct obstruction affects as many as 20% children aged < 1 year worldwide and is often resolved by without surgery. **Purpose of the study:** The present clinical study was undertaken to evaluate effectiveness of Ayurvedic management along with lacrimal sac massage (Sthanika Abhyanga). **Method:** Subject aged 12 months, k/c/o CNLDO (2019 ICD-10-CM **Diagnosis Code Q10.5**) with continuous discharge from the left eye since birth was selected and treated with Kshira Bala 101 drops for local massage and Pratimarsha Nasya with the same. Along with ophthocare eye drops and Dashamola Kashaya. Department of Koumarabhritya SDMTAMC &Hospital Terdal, . The child was evaluated once in 15 days for a period of 45 days. Changes in the clinical manifestation were recorded and analyzed statistically. **Results:** complete relief in the symptoms was documented and the child was free of CNLDO. **Discussion:** The Ayurveda medicines helps to remove partial obstruction of nasolacrimal duct: CNLDO can be effectively managed in office practice.

**Keywords:** Ayurveda, kukunaka, CNLDO,