

WHAT IS NAIL FUNGUS?

Toenail fungus, or onychomycosis, is a common fungal infection of the toenails that often starts as a white or yellow spot under the nail bed.

RISKS FACTORS



Weakened immune system



Exposure to damp environments (think locker rooms and public pools)



Cramped Foot



Dirty and damp socks/shoes

SIGNS & SYMPTOMS



Nails Thickening



Brittle



Unpleasant Odor



Discoloration



TREATMENT OPTIONS



*Laser Treatment:
The Most Advanced Option*



*Prescription Oral Antifungals:
A Potent Solution*



*Hydrogen Peroxide:
A Powerful Antiseptic*



*Tea Tree Oil:
A Natural Antifungal*

January 2026

M	5	12	19	26	
T	6	13	20	27	
W	7	14	21	28	
T	1	8	15	22	29
F	2	9	16	23	30
S	3	10	17	24	31
S	4	11	18	25	

January

2026

Mon	Tue	Wed	Thu	Fri	Sat	Sun
			1 New Year	2	3	4
5	6	7	8	9	10	11
12	13	14 Makar Sankranti / Pongal	15	16	17	18
19	20	21	22	23	24 National Girl Child Day	25
26 Republic Day	27	28	29	30	31	

What Is Toenail Fungus?

*Toenail fungus is an infection— not a bacteria or a virus, but a **fungi**. Treatments for bacterial or viral infections will be of no use.*



Some types include:

- ▶ Distal or lateral onychomycosis
- ▶ White superficial onychomycosis
- ▶ Proximal subungual onychomycosis

February 2026

M	2	9	16	23
T	3	10	17	24
W	4	11	18	25
T	5	12	19	26
F	6	13	20	27
S	7	14	21	28
S	1	8	15	22

February

2026

Mon	Tue	Wed	Thu	Fri	Sat	Sun
						1
2	3	4	5	6	7	8
9	10	11	12	13	14	15
						Maha Shivaratri
16	17	18	19	20	21	22
23	24	25	26	27	28	

TINEA UNGUIUM (ONYCHOMYCOSIS)

Trichophyton rubrum,
Trichophyton
interdigitale

- Dermatophyte onychomycosis may be classified into two main types;
- (1) *Superficial white onychomycosis* in which invasion is restricted to patches or pits on the surface of the nail.
- (2) *Invasive, subungual dermatophytosis* in which the lateral, distal or proximal edges of the nail are first involved, followed by establishment of the infection beneath the nail plate.
- Distal subungual onychomycosis is the most common form of dermatophyte onychomycosis.
- The fungus invades the distal nail bed causing hyperkeratosis of the nail bed with eventual onycholysis, and thickening of the nail plate.



CUTANEOUS
MYCOSES.pdf

Visit

March 2026

M	30	2	9	16	23
T	31	3	10	17	24
W		4	11	18	25
T		5	12	19	26
F		6	13	20	27
S		7	14	21	28
S	1	8	15	22	29

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March

2026

Mon	Tue	Wed	Thu	Fri	Sat	Sun
30	31 Mahavir Jayanti					1
2	3 Holika Dahan	4 Holi	5	6	7	8 International Women's Day
9	10	11	12	13	14	15
16	17	18	19 Ugadi / Gudi Padwa	20 Eid-ul-Fitr (Ramzan Id)*	21	22
23	24	25	26	27 Rama Navami	28	29

*Tentative date for Eid festivals.



Athlete's Foot



Ringworm

Types of Fungal Infections



Candida



Fungal Nail

Fungal Infection:
Symptoms, Causes, and...

Visit >

April 2026

M	6	13	20	27	
T	7	14	21	28	
W	1	8	15	22	29
T	2	9	16	23	30
F	3	10	17	24	
S	4	11	18	25	
S	5	12	19	26	



April

2026

Mon	Tue	Wed	Thu	Fri	Sat	Sun
		1	2	3 Good Friday	4	5
6	7 World Health Day	8	9	10	11	12
13	14	15	16	17	18	19
20	21	22	23	24	25	26
27	28	29	30			

FUNGAL INFECTIONS



Athlete's foot



Jock itch



Ringworm



Yeast infection

May 2026

M	4	11	18	25	
T	5	12	19	26	
W	6	13	20	27	
T	7	14	21	28	
F	1	8	15	22	29
S	2	9	16	23	30
S	3	10	17	24	31

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May

2026

Mon	Tue	Wed	Thu	Fri	Sat	Sun
				1 Labour Day / Maharashtra Day	2	3
4	5	6	7	8	9	10 Mother's Day
11	12 International Nurses Day	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29	30	31

Symptoms of Fungal Infections



REDNESS & INFLAMMATION



ITCHING & IRRITATION



PEELING & SCALING



RASH/CIRCULATION PATCHES



BURNING SENSATION



CRACKES FISSURES

Fungal Infection:
Symptoms, Causes, and...

[Visit >](#)

June 2026

M	1	8	15	22	29
T	2	9	16	23	30
W	3	10	17	24	
T	4	11	18	25	
F	5	12	19	26	
S	6	13	20	27	
S	7	14	21	28	

June

2026

Mon	Tue	Wed	Thu	Fri	Sat	Sun
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30					

International Yoga Day

Muharram / Ashura*

Eid-ul-Adha (Bakri Id)*

*Tentative date for Eid festivals.



Acne



Wrinkle



Enlarged Pore



Mole



Flushing



Hyperpigmentation



Dry Skin



Blackhead



Age Spot

High Performing Facial

July 2026

M	6	13	20	27	
T	7	14	21	28	
W	1	8	15	22	29
T	2	9	16	23	30
F	3	10	17	24	31
S	4	11	18	25	
S	5	12	19	26	

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July

2026

Mon	Tue	Wed	Thu	Fri	Sat	Sun
		1 National doctor's day	2	3	4	5
6	7	8	9	10	11	12
13	14	15	16	17	18	19
20	21	22	23	24	25	26
27	28	29	30	31		

ACNE OR ROSACEA

ACNE'S SIGNS & SYMPTOMS

ROSACEA'S SIGNS & SYMPTOMS

Different types of acne on your skin — blackheads, whiteheads, pimples, or deep painful cysts and nodules.

Redness around your breakouts only.

Oily skin especially noticeable on your forehead, nose, and chin, unless treatment dries your skin.

Bumpy skin texture, due to blemishes or scars that appear when the acne clears.

Pimple-like breakouts, but no blackheads.

Eye problems, including bloodshot eyes, red and swollen eyelids, and eye discomfort.

Redness in the center of your face — on your cheeks, forehead, nose, or chin. The redness can come and go or be permanent.

Visible blood vessels.

Very sensitive skin.

August 2026

M	31	3	10	17	24
T		4	11	18	25
W		5	12	19	26
T		6	13	20	27
F		7	14	21	28
S	1	8	15	22	29
S	2	9	16	23	30

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August

2026

Mon	Tue	Wed	Thu	Fri	Sat	Sun
31					1	2
3	4	5	6	7	8	9
10	11	12	13	14	15	16
					Independence Day	
17	18	19	20	21	22	23
24	25	26	27	28	29	30
	Onam			Raksha Bandhan		

September 2026

M	7	14	21	28	
T	1	8	15	22	29
W	2	9	16	23	30
T	3	10	17	24	
F	4	11	18	25	
S	5	12	19	26	
S	6	13	20	27	



Freckles



Dark Circles



Scarce



Vascular Network



Pigmentation



White Heads



tan



Pimple



Puffy Eyes



Allergic Rashes



Dry skin



Body Odor

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September

2026

Mon	Tue	Wed	Thu	Fri	Sat	Sun
	1	2	3	4 Janmashtami	5	6
7	8	9	10	11	12	13
14 Ganesh Chaturthi	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30				

TYPES OF PSORIASIS



VULGAR PSORIASIS



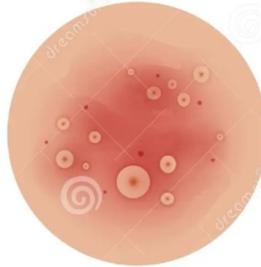
PSORIATIC ERYTHRODERMA



INVERSE PSORIASIS



GUTTATE PSORIASIS



PUSTULAR PSORIASIS

October 2026

M	5	12	19	26	
T	6	13	20	27	
W	7	14	21	28	
T	1	8	15	22	29
F	2	9	16	23	30
S	3	10	17	24	31
S	4	11	18	25	

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October

2026

Mon	Tue	Wed	Thu	Fri	Sat	Sun
			1	2 Gandhi Jayanti	3	4
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20 Dussehra / Dasara & World's Osteoporosis Day	21	22	23	24	25
26	27	28	29	30	31	

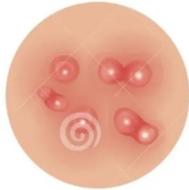
DISEASES OF THE SKIN



HERPES ZOSTER



PSORIASIS



ACNE



DERMATOPHYTOSIS



WARTS



BRUISE



VITILIGO

November 2026

M	30	2	9	16	23
T		3	10	17	24
W		4	11	18	25
T		5	12	19	26
F		6	13	20	27
S		7	14	21	28
S	1	8	15	22	29

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November

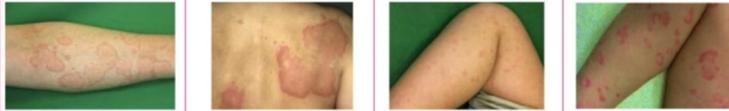
2026

Mon	Tue	Wed	Thu	Fri	Sat	Sun
30						1
2	3	4	5	6	7	8 Diwali / Deepavali
9	10	11	12	13	14	15
16	17	18	19	20	21	22
23	24 Guru Nanak Jayanti	25	26	27	28	29

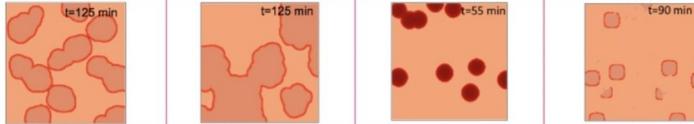
December 2026

M	7	14	21	28	
T	1	8	15	22	29
W	2	9	16	23	30
T	3	10	17	24	31
F	4	11	18	25	
S	5	12	19	26	
S	6	13	20	27	

Actual pattern of wheals



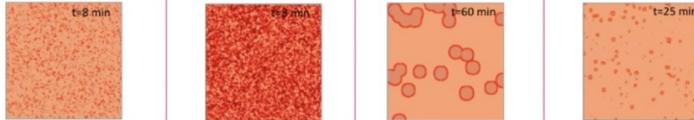
Result of mathematical model



Actual pattern of wheals



Result of mathematical model



Studying the geometry of a common skin disease

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December

2026

Mon	Tue	Wed	Thu	Fri	Sat	Sun
	1	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30	31	Christmas		
			New Year's Eve			