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Infection of nail caused by microorganisms which feed on keratin of the nail is known as nail fungus. There are certain factors which can cause nail fungus such as entry of fungus through broken nail, weak toenails, multiple small cuts in the skin, dampness of the feet and wearing same shoes every day. Some of the common symptoms of nail fungus are flaky nails, brittle nails, discoloration, pain and bad odor.

Nail fungus, Toenail Fungus Home Remedies

There are several home remedies for nail fungus which are simple to use and are quite safe to try at home without any risk of side effects. Some of the popular home remedies for nail fungus which are being used since a very long time and have proved to be quite effective in many cases are:

1. One of the most effective remedies for nail fungus is the use of tea tree oil. Tea tree oil is known to act as an antiseptic and fungicide. All you need to do is take a cotton ball and soak it in tea tree oil. Now dab this cotton ball on your fungus infected nail. Practice this home remedy two times in a day, one in the morning and one in the evening.
2. Baking soda is considered to be one of the efficient remedies for nail fungus. All you have to do is take some baking soda and mix it with little water to form a paste. Now apply this paste on the affected nail.
3. Oregano oil can prove to be very useful in treating nail fungus. Just take some oregano oil and mix it with vegetable oil. Applying this mixture two to three times daily for next six months will completely cure this ailment. This is one of the most capable home remedies for nail fungus.
4. Vinegar is known to stop the growth of certain microorganisms. Take two parts of warm water and mix one part of vinegar in it. Now soak the infected nail in this mixture for fifteen to twenty minutes. Later rinse with water and use tissue paper to pat it dry. You can even use a hair dryer to make it completely dry. This is one of the most effective home remedies for toenail fungus.
5. Consume kefir and yogurt on daily basis. Avoid consumption of dairy products and sugar. This can prove to be one of the most efficient remedies for toenail fungus.
6. Use of cotton socks can be one of the simplest home remedies for toenail fungus. Wear cotton socks only as they will soak the moisture from your feet. Those suffering from excessive perspiration should try wearing open footwear. This will keep your nail dry and will prevent further growth of fungus.
7. Vicks VapoRub is also very helpful in curing toenail fungus. Just apply it on your infected nail on regular basis.
8. Take some mouthwash and soak your infected nail in it for twenty minutes. Use this remedy twice daily for better results.

These were some of the most popular home remedies for toenail fungus which are simple, cost-effective and safe.

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