



**A REVIEW ON DECODING NAIL ABNORMALITIES WITH HOMOEOPATHIC THERAPEUTICS**

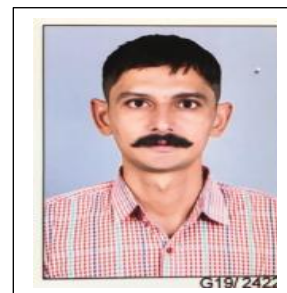
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**ABSTRACT :**

Nails reflect the internal health of the body. Any Changes in nails may indicate towards systemic diseases. Nail examination helps in early diagnosis of certain medical conditions. Homoeopathy offers effective treatment for nail disorders by treating the patient as a whole.

**KEY WORDS:** Nails, Nail abnormalities, Systemic diseases, Nail examination, Homoeopathic therapeutics

**INTRODUCTION:**

Nail is one of the essential parts of human body. <sup>[1]</sup> Any disturbance in normal functioning of human body gets also reflected through nails and nails play an important part in diagnosis of disease. Nail disorders consist approximately 10% of all dermatological conditions. Since many more nails finding



have been found to be associated with several systemic diseases. Therefore, examination of nails should be an important part of dermatological examination. [2]

**EXAMINATION OF NAILS:** [3]

The nails should be examined for the following:

1. Pallor
2. Koilonychia
3. Onychia
4. Discoloration
5. Clubbing and Cyanosis
6. Hemorrhages
7. Trophic changes

**NAILS ABNORMALITIES:** [1,2,4,5]

NO.	NAILS ABNORMALITIES	CHARACTERISTICS FEATURES	SYSTEM AFFECTED	DISEASE INVOLVED
1.	Clubbing	Bulbous enlargement, increase convex curvature between nail and nail fold	Pulmonary System  Cardiovascular System  Gastro-intestinal System	Bronchiectasis, Lung abscess, Lung carcinoma  Congenital heart disease, Infective endocarditis  Ulcerative colitis, Crohn's disease, biliary cirrhosis



2.	Koilonychia (Spoon Nails)	Concave curvature, Spoon shaped nail, nail thin and soften	Hematological System  Endocrine System  Cardiovascular System	Iron deficiency anemia  Hypothyroidism  Coronary Artery Disease
3.	Beau's Lines	Transverse furrows across nail plate, arrest of nail growth	Central Nervous System  Cardiovascular System  Renal System  Pulmonary System  Infectious disease	Epilepsy  Coronary thrombosis  Chronic Renal Failure  Pulmonary Embolism  Measles, Mumps, Pneumonia
4.	Mee's Lines	Single white transverse band in nailbed	Toxic / systemic	Arsenic poisoning
5.	Muehrcke's Lines	Paired white parallel transverse line in the nail bed.	Renal System	Nephrotic Syndrome, Glomerulonephritis



		Band disappears on pressure.	Hepatic System	Hypoalbuminemia, Liver disease
6.	Terry's Nails	Proximal portion of nail: white / pink Nail tip: red / brown	Hepatic System  Cardiovascular System  Endocrine System	Cirrhosis of Liver  Congestive Cardiac Failure  Diabetes Mellitus
7.	Half and Half Nails (Lindsay's Nails)	Proximal half of nail: white Distal half of nail: red / pink	Renal System	Chronic Renal Failure, Uremia
8.	Splinter Hemorrhages (Horder's Line)	Thin, longitudinal hemorrhagic streaks under the nail	Cardiovascular System  Autoimmune System  Dermatological System	Subacute Bacterial Endocarditis (SBE), Mitral Stenosis  SLE, Rheumatoid Arthritis  Psoriasis
9.	Periungual Telangiectasia	Dilatation of small blood vessels around the proximal nail folds.	Autoimmune System  Endocrine System	Scleroderma, SLE  Diabetes Mellitus



10.	Onycholysis <b>(Plummer's Nails)</b>	Distal separation of nail from nailbed	Endocrine System  Dermatological System	Thyrotoxicosis, Diabetes mellitus  Psoriasis, Lichen Planus
11.	Pitting Nails <b>(Thimbles Nails)</b>	Depression / punctate erosion of nail surface	Dermatological System	Psoriasis, Alopecia areata, Atopic Eczema
12.	Yellow Nail Syndrome	Thick, yellow nail. Curved both transversely and longitudinally	Respiratory System  Lymphatic System	Bronchiectasis, Pleural effusion, Chronic Sinusitis, Chronic Obstructive Pulmonary Disease (COPD)  Lymphatic Drainage, Lymphoedema of legs
13.	Melanonychia	Blackish / Brownish discoloration of nail plate. Vertical / horizontal strips along nail plate single or multiple or in spot.	Endocrine System  Neoplastic	Addison's Disease  Subungual Melanoma <b>(Hutchinson's Sign)</b>



14.	Onychomadesis	Proximal separation / falling of nail plate	Central Nervous System  Drug Induced	Peripheral Neuritis, Hemiplegia  Drugs like carbamazepine, lithium, retinoids and chemotherapeutic agents
15.	Anonychia	Absence of nails	Genetic	Nail-patella Syndrome, Ectodermal Dysplasia
16.	Platynychia <b>(Flat nail)</b>	Nail surface becomes flat and broad	Hematological System	Iron Deficiency Anemia
17.	Paronychia <b>(whitlow)</b>	Painful / Swollen nail with intermittent discharge	Infectious Disease	Bacterial or Fungal Infection
18.	Onychomycosis	Nails become thick, yellowish, misshaped. Most commonly affect great toe. Causative organism: <b>Trichophyton rubrum</b>	Infectious Disease  Gastro-intestinal System	Tinea Unguium  Biliary Cirrhosis
19.	Onychauxis	Nail become hypertrophy, thick, yellow, hard	Endocrine System	Acromegaly



			Dermatological System	Psoriasis, Pityriasis rubra
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**MIASMATIC APPROACH OF NAIL ABNORMALITIES:<sup>[1,2]</sup>**

PSORA	SYCOSIS	SYPHILIS	PSEUDO-PSORA
<ul style="list-style-type: none"> <li>• Dry nails</li> <li>• Harsh appearance</li> <li>• On pressing tip it shows anemic appearance.</li> </ul>	<ul style="list-style-type: none"> <li>• Thick nails</li> <li>• Ridges, either longitudinal or horizontal.</li> <li>• Wavy, corrugated, dome shaped nails.</li> <li>• Convex nail surface.</li> <li>• Eg, Claw like finger nails</li> </ul>	<ul style="list-style-type: none"> <li>• Thin nails</li> <li>• Break easily</li> <li>• Pitted nails</li> <li>• Brittle edges of nails</li> <li>• Concave nails</li> <li>• Eg, Spoon-shaped nails</li> </ul>	<ul style="list-style-type: none"> <li>• Brittle nails which often drop off and grow.</li> <li>• Glossy nails</li> <li>• Scalloped edges</li> <li>• Spotted nails</li> <li>• On pressing tip appears red.</li> <li>• Tendency of pus formation at junction.</li> </ul>

**HOMOEOPATHIC THERAPEUTICS: <sup>[6,7]</sup>**

**1. ALUMINA:** Nails become brittle or thick, breaks down easily during cutting. Gnawing beneath finger nails which may be associated with tingling sensation radiating to the arm. Dryness of mucus membrane, skin, lack of vital heat with debility in the patient.

**2. ANTIMONIUM CRUDUM:** Nails become brittle, split or horny. nails grow slowly and grow out of shape. Arthritic pain in joint of fingers. Soles, feet very tender especially during walking.

**3. BERBERIS VULGARIS:** Neuralgic pain under finger nails, with swelling of finger joints. Tender to touch.



**4. BUFO RANA:** Panaritium; pain radiating upward to arm. Swelling, blue, black around nails, followed by suppuration.

**5. DIASCORIA:** Sharp, agonizing, pricking type of pain. Nails brittle. Cramps in fingers and toes.

**6. FLOURIC ACID:** Nails grow rapidly. Feeling as of splinter under nail. Nails are crumble, distorted. Panaritium, onychia with ulceration, sharp, striking pain at root of thumb of right side of nails.

**7. GRAPHITES:** Finger nails become thick, black, rough, brittle, crippled, deformed, painful, sore. Toe nails crippled. Cracks or fissures in ends of fingers. Eruptions oozing out a thin and sticky exudation. In growing nails.

**8. HEPAR SULPHUR:** Whitlow. Pain aggravated on slight pressure. Sensitive to cold. Suppuration is hastened and inevitable. There is superficial inflammation around the root of the nail with extreme tenderness to touch.

**9. MYRISTICA SEBIFERA:** More specific action in panaritium. Pain in the finger nails associated with swelling of the phalanges. Hastens suppuration and shortens its duration. It frequently acts more strongly than Hepar sulph or Silicea.

**10. NATRIUM SULPHURICUM:** Inflammation around the root of nails. Hangnail. The affected finger may develop a blister filled with clear fluid. Tingling type of pain under nail, in tips of finger. The pain gets aggravated in damp cold weather and amelioration in open air.

**11. SILICEA:** Nails rough, yellow, brittle, crippled, blue in fever. Deep seated pain. Affections of finger nails, typically white spots on nails. In growing toe nails and distorted. Sensation in tip of fingers as if suppurating. Panaritium. Finger tips painful, dry as if made of paper at night.

**12. THUJA OCCIDENTALIS:** Nails brittle, crippled, soft, discolored, distorted, ribbed, lengthening of limb. Ingrowing toe nail. Fingers cold, numb as if dead on walking at night.

## **CONCLUSION:**

Nail examination is a significant part of clinical diagnosis. Nail changes indicate underlying systemic diseases. Homoeopathic treatment helps in managing nail disorders effectively by treating the root cause.

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