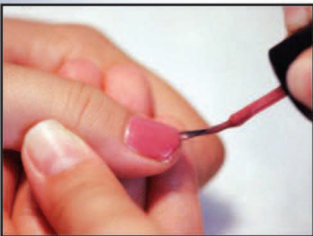
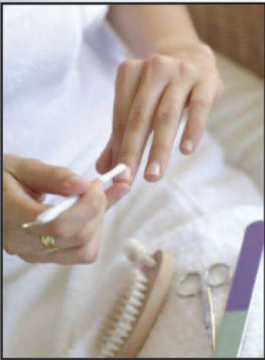


# NAIL CARE

A Complete Solution to Your Nail Problems



Dr. Shiv Dua

# **NAIL CARE**

**A COMPLETE SOLUTION TO YOUR**

## **NAIL PROBLEMS**

### **includes**

- *Fungal diseases of nails*
- *Splitting of nails* • *Cracked nails* • *Hangnails*
- *Nail biting* • *Spoon nails* • *Ingrowing toe nails*
  - *White spots on nails* • *Diet* • *Massage*
  - *Excercise* • *Ayurvedic cures*
  - *Homeopathy cures*

**Dr. Shiv Dua**

**HEALTH  HARMONY**

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## **Note from the Publishers**

Any information given in this book is not intended to be taken as a replacement for medical advice. Any person with condition requiring medical attention should consult a qualified practitioner or therapist.

### **NAIL CARE**

A COMPLETE SOLUTION TO YOUR

**NAIL PROBLEMS**

**First Edition: 2006**

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## Book Owes Its Gratitude To

Almighty, whose blessings have always been with me inspiring me to learn, grasp, cultivate and express through creative writing including fictions and poetry. He has been kind and gracious enough to make me understand Homeopathy according to my little caliber. Human being is a tiny creature with negligible existence. No birth or death can take place without God's will. This means that our knowledge about health is through His gift of natural food and natural environment. Homeopathy is a therapy that has natural powers due to their 'atom-like' contents of drugs. Homeopathy heals spiritually first and hence very near to God. Homeopathy and its amazing cures are due to His grace.

## Dedication

I express my respects to late Shri Moti Lal Ailwadi who had ample of forbearance and expertise of rise from a petty bookseller and guide his sons in the right direction. A qualified engineer by profession, he was compelled to sell books after he lost everything during partition of India. His tireless hard work and knowledge about worldly affairs remain an example as to how a man can feel elevated without riches.

I also remember his son late Shri Narinder Kumar Ailawadi who dedicated his life to the service of 'Sai Baba, Shirdi Wale' and always helped the poor in need.

## Important Note

Information and advice on general medicines and prescriptions on homebased methods (desi) are not intended as replacement of medical advice. The book is not a medical manual but a general reference manual. It is not a substitute for any treatment that may have been suggested by your doctor.

If any reader has a suspicion that he or she has some medical problem, it is suggested that a competent medical help should be sought.

## Thanks

To my daughter, Nilima Rawal and daughter-in-law Anuradha Dua for their efforts to find out material for this book. I also thank my wife Uma Dua who gave me many hints about home made remedies on care of hair and nails. The subject is nearer to women and many of my patients in Arya Samaj Dharmarth Hospital, Sector 19, Faridabad and Swami Sarvdanand Dharmarth Hospital, Gopi Colony, Faridabad made me rich in my experiments to arrive at certain tested formulas to avoid hair loss. I thank all them.

To Shri Tara Chand Sachdeva, Rajhans Refractories, Dhanbad for his support to me and my wife Uma during the times when I was posted in GSI camp Isri Bazar and Girdih of Bihar and lived in jungle/tents (during 1966-68) where no amenities like telephones, electricity, etc. existed. He used to send message of my family at Delhi to me through his car driver and take me to Dhanbad for telephone talks.

To Mrs. Leela Ailawadi, Shri Surinder Ailawadi and Shri Ravinder Ailawadi for their co-operation in all respects to write this book.

To Shri Lakshmi Chand, Pardhan and Shri Ashok Arya, Mantri, of Arya Samaj, Sector -19, Faridabad for showing their confidence in me to give my independent charge of charitable homeopathic dispensary and support my experiments for better healing of the poor. It is this dispensary and its six to seven hundred patients a month that enabled me write and publish tens of articles and four books on homeopathy.

To Dr. Bhim Sen Chowdhry and Shri Om Prakash Wadhwa for continuous encouragement to me to write this book.

To all my colleagues who devote their services to Mahrishi Dayanand Dharmarth Aushdhalya, Sector-19, Faridabad. In their own modernst way, they help the poor: Dr. R.C. Aggrawal, Dr. Protima Arora, Dr. Narender Kumar Vivek, Dr. Mukesh Goswami, Vaid Sant Ram Goyal, Dr. Sanjeev Kumar, Shri Krishan Kumar Bhatia, Shri Ram Ji Dubey, Shri Uma Shankar,



Shri Pawan Kumar, Shri Gopi Chand, Pandit Suresh Shastri, Shri Ram Chand Arora, Mrs. Parbha, Mrs. Santosh, Mrs. Suman, Shri Om Parkash, Shri Bihari Lal, Shri Gaya Baksh, Shri Dhani Ram, Mrs. Kamla and Mrs. Sudha.

To respected Sai Ji (Sant Kishore Ji), the great saint and head of Prem Parkash Ashram, Gopi Colony, Faridabad for his kind blessings to write this book.

**Dr. Shiv Dua**

M. A., D. I. Hom., HMD (London)

## **OTHER BOOKS BY THE AUTHOR**

1. Practioner's Guide to Gall Bladder and Kidney Stones.
2. Oral Diseases.
3. Neck Pain—Cervical Spondylosis.
4. Know and Solve your Thyroid Problems.

## The Best Nail

Hard horny and slightly curved,  
NAILS have protective functions.

Pink, rosy and shining,  
NAILS are healthy junctions.

They grow continuously all the life,  
NAILS need care resumption.

Some grow their NAILS lengthy and stylish,  
Some trim their NAILS with shining polish.

The best is the NAIL,  
That tells no disease-tale.

## Know about Nails

- Nails are said to be in healthy condition when they look smooth, strong and display color of flesh, somewhat pink.
- If nails develop grooves or lines, or are rough looking, spoon-shaped and brittle (breaking easily), consider them as unhealthy.
- Some Ayurvedic doctors are capable of judging the condition of your health after examining nails. The reason behind this capability is that the nails are made of keratin, a type of protein, which is the main content of skin and hair. If protein is less, the body reflects.
- If a nail is removed or broken due to some injury, it takes about six months to grow from base to tip. A toenail may take more than six months to grow.
- Some people get worried when they see white spots on their nails. White spots on some nails do not indicate any disease and some doctors view it as deficiency of zinc in the body. Huge deficiency of protein in the body can also make a nail bed appear white.
- On the other hand, iron-deficient nail can change the profile of nails to become spoon-shaped. Iron deficiency or anaemia also changes the color of nail to pale and make it brittle.
- If bacteria infect the nails and its surrounding skin, nails can become soft, discolored and thick. Some skin diseases also make the nails look dirty, damaged and thick.

## Care of Nails

- As soon as you notice a change in nail's condition and color or the nails are growing late or too soon, consult a doctor.
- Cut your nails regularly so that there is no dirt in them.
- Those, who are prone to nail infection (perionychia), should file their nails instead of cutting them.
- After washing the hands and feet, dry them thoroughly.
- If you are using nail polish and the nails are rough or dry, apply lemon juice on them and wash them after 15 minutes. Repeat this for seven days and the nails will return to their normal looks.
- Wearing of gloves while washing utensils or clothes is a good care for nails.
- If you have to do washing for a long time, wear cotton gloves and then wear plastic gloves over them.
- Wear hand-gloves while cutting juicy vegetables like tomatoes, lemons, ginger, etc.
- If you do not have hand-gloves, use wooden board for cutting the vegetables.
- Take care of your diet include key-nutrients like food items containing calcium, vitamin C and zinc.
- Do not use inferior, cheap quality nail polish on your nails.
- If you are using nail remover, use it only once in a week. Excessive use of nail remover makes the nails brittle. Similarly cuticle remover should be used sparingly.
- Avoid smoking because it may leave permanent smoke stains on the nails.

- Inside grown nail has intractable dirt. Do not try to scratch it out with sharp pins. Cut them.
- Take care of toenails by wearing cotton socks and changing the socks everyday.

*Read More About Nails in the Book*

## Preface

### Nails . . .

Every part of human body has some purpose for which it is made. Nails in the body have some useful purpose. In our olden story books we find description of ghosts, demons, devils and evil spirits having dreadful long nails that can tear apart anything. These are all in fictions. Nursing long nails is considered unhealthy. In ancient religious books, there is reference of 'Narsimha-avtar' who was half a man and half a lion. He had long nails with which he toe apart the king, 'Hiranyakashyap' who was blessed to be mortal under certain conditions. Today, we have no reasons to believe that nails can be used as weapon to tear apart the flesh. However, description of nails in the books makes them important. Writers and poets could not resist the temptation of creating imaginative (?) stories about nails.

In animals, nails are meant for their protection, survival during fights and tearing the hunted weaker animal so that the torn meat can be easily taken in pieces. In human beings, nails are not for this purpose but for protecting the fingers. Nails are dense horny formations that protect the soft tissues of fingertips from possible mechanical damage.

Just imagine fingertips without nails. Hold a glass of water with nail-less fingers. Any time, the glass can slip from

the hand because the grip will lack the strength and the pressure of fingers on the glass would make the finger tips flat as if they were deflated cycle-tubes. Without nails, we cannot hold things properly, scratch head, satisfy body-itch; open lid of a tin, unscrew lid of a bottle, do typing work on computer or play musical instruments. Not only the fingers without nails would be listless, the whole pattern of life will be listless. Without nails, we would feel discomfort even when dialing a number on the phone. When you shake hand with someone, you would feel as if there is no grip and fingers are listless. You can imagine the condition of your fingers without nails when you get an injury. There is no protective plate of strength to save your fingers from serious cuts. As a matter of fact, Almighty has made everything in the body with some utility. No part of the body is without any meaning. Removal of hernia, gall bladder, appendix, spleen and one kidney is said to be harmless as per modern medical concepts and advance medical science. Let the medical science claim that one can live without these organs but you have to agree *that living with certain limitations and without complete organs is not full-scale living*. There are certain restrictions one has to follow after removal of these organs. The life is never normal self.

In case of nails, normally we do not adopt surgery for removal of diseased nails. The exceptions are always there. In such cases, artificial nail plates are fitted but actual efficacy and longevity is not known. If a nail has been removed, another grows up and if the whole depression of nail bed has been severed due to accident or disease, the finger ends become hardened so that it is not without a protection or appear listless. If all the finger ends were severed, they would get hardened at ends. Still hardened ends of fingers do not do the job that a nail can do. The surprising fact is that medical

science has not paid much attention to the treatment of nails and research in this field is inadequate.

Villagers in India believe that shining and pink nails of a person denote good health. Nails are index of clean habits. Long nails accumulate dirt in their grooves. This dirt becomes the source of infection when taking food. This is the reason that children are taught to trim their nails periodically. Teachers in schools check the nails regularly. In military establishments, nails are essentially cleaned and trimmed without failure every fortnight or so.

*According to Su Jok therapy (China, Japan, Korea), the nails have a purpose of maintaining and restoring health. Each finger represents a particular organ of body.*

Nail has been associated with many proverbs or sayings in grammar. *Nail biting* is one of them. I have seen people biting their nails (onychophagy) when they are tense. They would not hesitate to bite nails in seminars, public meetings, and private gatherings or at home. *Nail biting finish* of a game in sports is the one that thrills the spectators to the end. When India and Pakistan play cricket or hockey, the spectators in the playground and viewers on TV experience the nail-biting finish and their hearts throb. This is importance of nails that proverb of nail-biting finish has been coined. Only nails can *satisfy itch* in your body. Children cannot express their hate and fight without scratching the faces of others. *Fighting tooth and nails* is another proverb meaning a brave and terrible fight with enemies. Take example of ladies. Beauty has been coined nicely with nails, called *beasts*. Beauty and *beast* go together when the *beast* or the *nail* is polished. Beautiful ladies with their slender fingers, shapely, decorated and polished nails matching the color of their dress, feel pride in exposing their nails. *Decoration and upkeep of nails is an upcoming profession in the health and beauty industry.*



VLCC, the chain of popular beauty parlors, has even introduced exclusive nail studios for their customers. This studio is both for women and men. This is the latest trend and increased consciousness about health of nails. Beautiful nail on fingers or toes deserve appreciation only if they are healthy, decorated, well groomed, nicely trimmed, shaped and polished. Cosmetic care of nails is called manicure. Nails are integral ornaments of the body. They are weapons in need and friend in deed.

*There are many books written on skin ailments in homeopathy but to my knowledge, there is no exclusive book on nails and their diseases.* It is because the subject is very much limited, short and medical narrations cannot be made voluminous even if someone desires to give this subject a longer and exclusive length. So, this book has its beautiful brevity. My objective of writing this book is to make the subject interesting and to the point with logical sequences so that students and practitioners select the required choice without wasting time in confusing notes found in other books. Selecting therapeutic and repertory of nails is section-wise and hence easier than finding the same from Kent or other voluminous repertories.

Treatment of diseases of nails is not different from other diseases. The principle of homeopathy applies in all the diseases, the symptoms being the sole criteria. The advantage from homeopath's point of view is that he or she can examine the progress of cure with naked eyes than relying on the version of the patient. What counts here in case of nails is that one should have proper knowledge of all those factors like symptoms, etiology, pathology, diagnosis, treatment and prognosis. It is the clinical and practical experience that makes us aware of diseases of nails. Clinical experience must be supplemented by knowledge of some concisely explained

textbook. I am sure this book is going to serve your purpose to gain knowledge about nails and cure the diseases of nails.

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Phone: 2281764

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# Ayurvedic System of Medicines and Nails

**HAVING DISCUSSED** about the nails in orthodox system of medicine, let us have a view of the subject in Ayurveda system of medicine so that we have a comparative study of nails before we switch over to Homeopathic system in treatment of diseases of nails.

## **VIEWS ON CODITIONS OF NAILS**

Ayurveda is a 'Sanskrit' term meaning 'science of life'. According to it, the man is a microcosm, a universe within oneself. Man depends upon the cosmic forces of the external environment, the macrocosm. Ayurveda is of the opinion that health and disease are holistic terms and there is an inherent relationship between individual and cosmic spirit, individual and cosmic consciousness, energy and matter. Every human being has biological and spiritual instincts, which every one desires to fulfill. The biological instinct is to attain good health. Every one desires to have it. Ayurveda helps the ailing person to gain health and helps healthy person to remain healthy.

Ayurveda has eight main branches of medicines like pediatrics, gynecology, ophthalmology, obstetrics, geriatrics, otolaryngology, general medicines and surgery. All of these are governed by theory of five elements i.e. air, fire, water, ether and earth, three bodily humors, 'tridosha', seven 'dhatus'( body tissues), three 'malas' i.e. urine, sweat and stools, and the trinity of life i.e. body, mind and spiritual awareness. We are not going into more details of Ayurveda and confine to our subject.

In Ayurvedic system of medicines, the diseases of nails are classified in a different way. According to this doctrine, nails are a waste product of the bones. Ayurveda-doctor examines the nails in respect of their size, color, contour, surface, shape and also their condition like soft, hard, brittle, dry, crooked, rough, etc.

As prevalent in this system, all diseases are divided into three main branches, 'Tridosha' i.e. 'Vata, Pitta and Kapha'.

- Nails affected with 'Vata' are brittle.
- Nails having soft, pink and tender appearance are due to 'Pitta'.
- Nails having thick, strong and oily appearance belong to 'Kapha' nature.

## **DIFFERENT DISEASES OF NAILS AND DIFFERENT ELEMENTS**

- 'Vata' derangement shows bitten nails and state nervousness of the person.
- 'Agni' derangement shows stepped surface of nails and state malnutrition.
- 'Vata' derangement again shows longitudinal striations and state malabsorption.

- Poor 'Prana' derangement shows clubbed nails and state of delicate lungs and heart.
- 'Kapha' derangement shows parrot beak of nails and state of chronic cough.
- 'Kapha' derangement also shows bump at end of nails and state of chronic lung infection.

## **NAILS, COLORS AND DISORDERS**

- A yellow nail indicates delicate liver or jaundice.
- A pale nail shows anemia.
- Undue redness of nails is an indicator of excess of red blood cells.
- Blue nail is indicator of delicate lungs and weak heart.
- White spots on the nails on different fingers have different interpretations. A white spot on the ring finger shows calcium deposits in the kidneys. If the white spot is on middle finger, it shows unabsorbed calcium in the intestines and if the white spot is on the index finger, it indicates calcium deposits in the lungs.
- If the lunula (Luna) is blue in color, it shows a disturbed liver.
- If the lunula is red, it is a sign of cardiac failure.
- Longitudinal lines on the nails show malabsorption in the digestive system.
- Transverse grooves on the nails indicate defective nutrition or a long-standing disease or chronic fever.
- When nails become prominent, convex and bulbous like a drumstick, this shows delicate lungs and heart.
- When the nails are spoon shaped and concave, there is deficiency of iron.
- White spots on nails indicate deficiency of zinc or calcium.

## **APPEARANCE OF NAILS AND NUTRITIONAL DEFICIENCY**

When the appearance of nails is pink or flesh colored, they are strong, smooth and shining, they are stated to be healthy. There are a number of diseases that affect their appearance. If the appearance is dull, rough, horny, white, lined, thin, ridged and are easily broken (brittle), the nails are diseased. As a matter of fact, appearance is an indicator of underlying state of health of a person. There are many nutritional deficiencies that make the ill appearance of the nails.

The ancient Chinese system of medicines also relates nails with diseases. By examining the nails, one can check the condition of liver. According to it, the greenish color of the nails point to disorder of the liver. If there is some touch of black on the nails or they have many strips, there is a possibility that gall bladder has some obstruction. If the nails are elastic, firm and solid, the liver is in good state. A decreased function of liver will show nails as weak, soft, deformed and brittle.

**It is then possible that the condition of nails have a link with disorders of the rest of the body.**

□□□

# Homeopathy in Nails

1. **HISTORY OF HOMEOPATHY**
2. **HINTS ABOUT CONDITIONS OF NAILS—A QUICK LOOK**
3. **REMEDIES FOR EACH DISEASE**
4. **MEDICINES FOR NAILS TREATMENT**
5. **MAJOR CONDITIONS OF NAILS AND MEDICINES**
6. **COMPARITIVE THERAPEUTICS**
7. **REPERTORY SUGGESTIONS**
8. **REPERTORY—NOSODES AND SARCODES**
9. **MIASMATIC STUDY IN TREATMENT OF NAILS**

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# Homeopathy in Nails

**IN OUR** hair section of the book, the introduction to homeopathy has already been made and there is no need to emphasize that homeopathy has wonderful results in treatment of diseases of nails. In this section I would like to state about the history of homeopathy so that readers are not misled.

It is not that homeopathy is very popular and you have no other choice for any alternative system of medicine. It is not that the conventional system of medicine, allopathy, totally turns you down. You may get the relief by allopathic medicines, by the physiotherapy methods suggested and may be ‘cured’ in a short time even if it is temporary. All this apparently benefit your body since your pains are over and whenever the pains occur again, you know the name of pain killer tablets and you take the same. The pain subsides. Where is the need for shifting to homeopathy then?

**The first reason** to shift to homeopathy is your inquisitive nature.

**The second reason** is that you want to see if better results can be achieved without repeating the medicines. You desire a permanent relief. You have also option of ayurveda but you have noticed that the cost of medicines is too high in



comparison with homeopathic medicines.

**The third reason** is that the medicines are cheap and treatment costs less.

**The fourth reason** is that there is no side effect as is found in conventional drug therapy.

## **HISTORY OF HOMEOPATHY**

### **Father of Medicine**

The oldest link and origin of homeopathy relates to the era of fifth century BC (470-400) when **Dr. Hippocrates, the father of medicine** invented two methods of healing, the ‘contraries’ and the ‘similars’. There was a misconception those days that the ailments or illness was the punishment from the Gods. According to him, ‘every disease has its own nature and arises from external causes, from cold, from the sun, from changing winds and that our nature is the physician of our diseases’. His very theory that diseases can be cured by ‘similars’ was not accepted then and it remained in dormant stage for **thousands of years**.

### **Father of Chemistry**

A German doctor, **Paracelsus** (1493-1541) went against the winds of his times. He saw the great earth as a chemical laboratory and identified the value of chemical experiments in medicines, both for understanding physiological processes and as a source of medicinal preparations. **Paracelsus** was called **the father of chemistry** because he desired to treat illness through pharmaceutical means. He made his study based upon the animals and minerals and rallied against those who believed that contraries cured. *He turned to German folk medicine, which believed in ‘like curing like’ or that the poison that*

*causes a disease should become its cure.* In this process, he found that giving smallest dose of poison could cure the disease. This was not the law of cure in actual meaning, which was exposed by another doctor after more than two hundred years.

### **Father of Homeopathy**

It was Christian Friedrich Samuel Hahnemann of Germany (1755-1843), **the father of homeopathy** who made a history of change in the field of treatment. He qualified as a doctor in 1791 and practiced medicine for about nine years. He became disillusioned by the cruel and ineffective treatments of his time (blood-letting, purging, poisonous drugs with horrendous side effects). He had an inordinate thirst for knowledge and his greatest talent was for learning languages, mathematics, geometry and botany. In his routine work of translating, he came across translation of a book, ‘Treatise on Materia Medica’ by Dr. William Cullen. Cullen wrote about Cinchona’s (a herb) ability to cure malaria. Following his ‘like cure like’ principle, he took this herb and experienced all symptoms of malaria. This meant that cinchona produced in a healthy person the symptoms of malaria, the very disease that it was known to cure. This discovery paved a way for homeopathic doctrine. During the next six years, Hahnemann conducted many proving on his family and friends and also studied accounts of the symptoms by the victims of accidental poisonings. In his further practice he looked for the *similimum*—the remedy whose ‘symptom picture’ most matched that of his patients. His colleagues ridiculed him but he continued his efforts. It was unheard of those days to give a single remedy when other conventional doctors made fortunes by mixing numerous substances, many of which were highly noxious. He used

smaller and minimum doses for his patients. In 1810, he published his first edition of 'the Organon', which later ran into six editions. This book is supposed to be 'GITA' of homeopathy.

Hahnemann was apparently a man with irritating nature with an antagonism but in spite of this, he had many followers who converted from allopathy to homeopathy. **Dr. Constantine Hering** (1800-80) was his first follower. It was he, who was told to write a paper disproving Hahnemann's theory but while studying 'Organon', he gave credit to the theory of medicine proved by Hahnemann. He was successfully treated by homeopathy for inflammation of his hand that threatened amputation. He was thus totally convinced about homeopathy. It was he who made a proving of a snake poison, *Lachesis mutus*.

After Hering, his next follower was **James Tyler Kent** (1849-1916) of America. His wife fell seriously ill and was treated by homeopathy successfully. He was a man with a high moral sense and remarkable energy for writing. Kent's books are dogmatic, like Hahnemann's later works. He advocated use of very high potencies of medicines but like Hahnemann, his emphasis was on low potency like 30. He developed constitutional remedies and wrote many books of which his *Materia Medica*, *Repertory* and *Philosophy* are even used today by all. Those doctors who use high potencies of medicines and follow Kent's methods of prescribing are known as Kentians, a term that speaks of high caliber of a man, he was!

Homeopathy is now popular not only in USA, Britain but in Asia as well, right from India to Pakistan, Bangladesh to Nepal and Sri Lanka. It is now recognized as official branch of medicine in India. *Self-treatment of nails is difficult and it is better to consult a competent homeopath for treatment of nails.*