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A homoeopathic approach for nail disorders with therapeutics

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Abstract

Nails are a variety of modified skin and they safeguard of the soft end of fingers and toes. Nail disorders comprehend about 10% of all dermatological conditions. Nail disorders are one of the most common cause for dermatologic consultation. Nail disorders can be allocated with homoeopathy both in acute as well as chronic cases. Abnormalities of nails are frequently caused by skin diseases and can be expressive of systemic disease. Examining the nails for the growth, shape, color of the nail along with the observe of the processes around the nails helps in the nosological and miasmatic diagnosis.

Keywords: Homoeopathy, Nail disorders, Miasmatic diagnosis, Therapeutics

Introduction

Nail disorders comprise approximately 10% of all dermatological conditions and influence a high percentage of the elderly^[1]. Numerous changes and disorders are seen in the aging nail, many of which are very painful, affecting stability, perambulation and other functions. The precaution and management of these conditions essential periodic cutting of the nails relevant medical care. Unfortunately, these are tough for the elderly because of thickness of the nails, difficulty in gaining the feet, bad vision and sometimes, lack of motivation for personal care^[1].

Since then many more nail findings have been found to be associated with systemic diseases. Therefore, examination of the nails should be an integral part of a complete dermatological examination. Clinicians must acquaint themselves with these nail findings as they can provide a clue in diagnosing certain systemic diseases. Moreover, at times, some nail changes can be a presenting feature before other signs of a systemic disease become clinically evident. With the convenience with which all 20 nails can be examined; certainly, they serve as an important diagnostic tool. Fingernails usually provide more accurate information than toenails, because clinical signs on toenails are often modified by trauma^[2].








| Sr. No. | Nail Type | Image | Possible Diseases |
|---------|-----------------------------|---|---|
| i. | White Nails |  | <ul style="list-style-type: none"> i. Jaundice ii. liver trouble iii. Anemia. |
| ii. | Yellow Nails [13] |  | <ul style="list-style-type: none"> i. lung disease ii. diabetes or psoriasis iii. thyroid disease |
| iii. | Bluish Nails |  | <ul style="list-style-type: none"> i. heart problems ii. emphysema |
| iv. | Pale Nails [13] |  | <ul style="list-style-type: none"> i. Anemia Congestive heart failure ii. Liver disease iii. Malnutrition |
| v. | Dark Lines Beneath the Nail |  | <ul style="list-style-type: none"> i. melanoma(dangerous type of) skin cancer |
| vi. | Beau's Lines |  | <ul style="list-style-type: none"> i. systematic disease |
| vii. | Terry's lines [15] |  | <ul style="list-style-type: none"> i. Hepatic failure ii. Cirrhosis iii. Diabetes iv. Mellitus v. Congestive Heart failure vi. Hyperthyroidism. |

Fig 1: Shows nail type image and its possible diseases

Table 1: Classification [3].

| Systemic association | Nail changes |
|--|---|
| Renal Disease | Half and half nail, Muehrckesline, Terry nail, Splinterhemorrhages, mees lines |
| Pulmonary Disease | Beau’s lines, yellow nail syndrome |
| Gastrointestinal Disease | Terry nails, Azure lunula, Muehrckes line, Brittle nail, longitudinal stritations, true leukonychia, onycholysis |
| Cardiovascular Disease | Splinter hemorrhage, koilonychias, red lunula, nail shedding, pitting |
| Endocrine Disease | Koilonychia, longitudinal pigmented band, short and brittle nail, periungual erythema and telangiectasia, plumber’s nails |
| Hematologic Disease | Hemorrhages, grey or blue nails, leukonychia |
| Central Nervous System | Destruction of digits (Lesch-Nyhan Syndrome), Beau’s lines, Micronychia |
| Infectious Disease | Elkynosis, Paronychia, Onychomadesis, Fragility, racket nails, subungual abscess, lilac lines of milan, Anonychia |
| Lupus Erythematosus, Systemic Sclerosis, | Beau’s line, periungual telangiectasis, capillary drop outs, splinter hemorrhages, ragged cuticle, pitted scars |
| Rheumatoid Arthritis, Dermatomyositis | Milky white nails with prominent onychodermal band (Terry’s nails) |
| Hepatic Cirrhosis | Clubbing nail |
| Cardiopulmonary Disease | Transverse white lines (Mees lines) |
| Arsenic Poisoning | Double white transverse lines (Muehrcke’s lines) |
| Chronic Hypoalbuminemia | Thin everted distal edge (Koilonychia) |
| Anaemia, | Pigmented bands |
| Plumer Vinson syndrome | Onychotillomania, straited leukonychia |
| Autoimmune Disease | |
| Psychological Disease | |



Fig 2: Shows A. Nail matrix psoriasis and B. Nail bed psoriasis

Dr. Hahnemann also felt the need to observe these signs, changes in normal color, structure or other abnormality. He advised the physician to take a note of specifically the color of the face, eye and skin generally or anything that may strike as being remarkable so that we do not miss any important sign in guiding a diagnosis or remedy selection as well as miasmatic diagnosis.

Psoric Nails

- Nails that are of dry and harsh appearance
- On pressing tip of the nail, the nail beds present an anaemic appearance.

Sycotic Nails

- Nails are thick as a result of hyper or excess deposition

of tissue.

- Ridges or ribs, which can be longitudinal or horizontal
- Wavy, corrugated nails with protuberance or bumps and domeshaped
- Convex appearance of the surface of nails.
- Irregular hape of nail with thick edges.
- Claw like finger nails are example of sycotic nail.

Syphilitic Nails

- Nails are thin (as a result of destruction the cells) bend and tear easily.
- Pitted nails with indentations (longitudinal or transverse indentations)
- Brittle edges are syphilitic nails.
- Spoon-shaped, concave nail is syphilitic.

- Whitlows and panaritium, with pus points at the end or corners of the nails

Tubercular Nails

- Frequent and recurrent brittle nails, which often drop off and grow.
- Glossy nails with white specks and scalloped edges and spotted nails.
- On pressing the tip of the nail it appears red flush in the nail bed.
- Asymmetrical nails which come out easily, breaks and split easily.
- Formation of pus at the junction of the nail ^[4,5].

Some homoeopathic remedies for nail disorders

- **Alumina:** Panaritium with brittle nails, lancinating pains and tendency to ulceration of finger tips; gnawing beneath the fingernails with crawling along the arm as far as the clavicle; nails brittle or thick, spots on nails. Ingrowing toe nails, white spots on nails.
- **Anthracinum:** Violent burning pain in panaritium; absorption of pus into the blood-gangrenous destruction.
- **Antimonium Crudum:** Deficient growth of nails, split nails, growing cracked.
- **APIS Mellifica:** Burning, stinging, throbbing panaritium, very sensitive to touch; the fingers swell rapidly with tense glossy red surface extending to the arm.
- **Arnica Montana:** Ulceration around root of nails, with painful soreness of the end of the fingers.
- **Bufo Rana:** Bluish black swelling around nails, followed by suppuration; pains run in streaks up the arm to axilla.
- **Dioscorea Villosa:** Nails brittle, deposition to felons; frequent sharp pains in bones of fingers, one finger at a time.
- **Fluroricum Acidum:** Panaritium, onychia with ulceration, sharp, sticking pain at root of right thumb nail. Nails grow more rapidly, crumpled or longitudinal ridges in them; soreness between toes. ingrowing toe nails.
- **Graphites:** Ingrowing toe nail; sides and roots of the finger and toe nails become sore, ulcerate and smell, violently burning and throbbing. Hypertrophy of nails.
- **Hepar Sulphur:** Superficial erysipelatous onychia around the root of the nail;(before suppuration-Hep., after it suppurates-Lach.). Exfoliation of nails.
- **Hypericum Perforatum:** Panaritium; injuries of parts rich in sentient nerves, especially fingers, toes and matrices of nails, pain severe and of long duration, mechanical injuries by splinters or needles under nails.
- **Ledum Palustre:** In first stage of injury, as by pulling off abruptly a hang nail.
- **Sepia Officinalis:** Itching with shooting, burning, throbbing at intervals or alternately; part dark red and pus visible. White spots on nail.
- **Silica Terra:** Ingrowing toe nail, tearing pain as if the bones would be actually torn out, preventing all sleep. Nails are corrugated, distorted, thick or brittle and falling out, white spots on nails.
- **Thuja Occidentalis:** Fingernails distorted, crumbling, soft, discolored, toe nails brittle and distorted; ingrowing toenails, white spot-on nails.

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