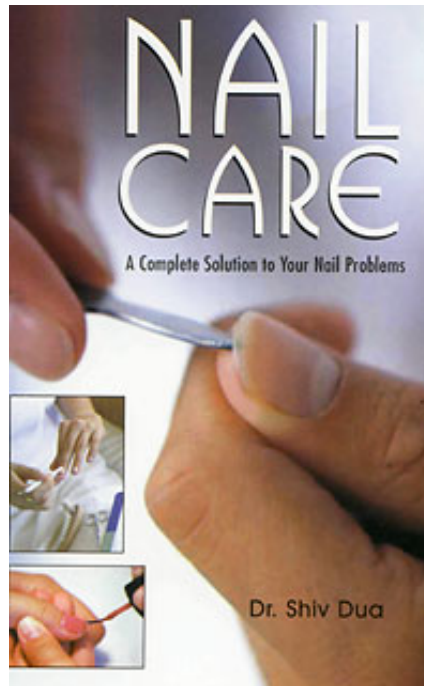


# Shiv Dua Nail Care

Reading excerpt

[Nail Care](#)  
of [Shiv Dua](#)

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## 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 tore 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.*

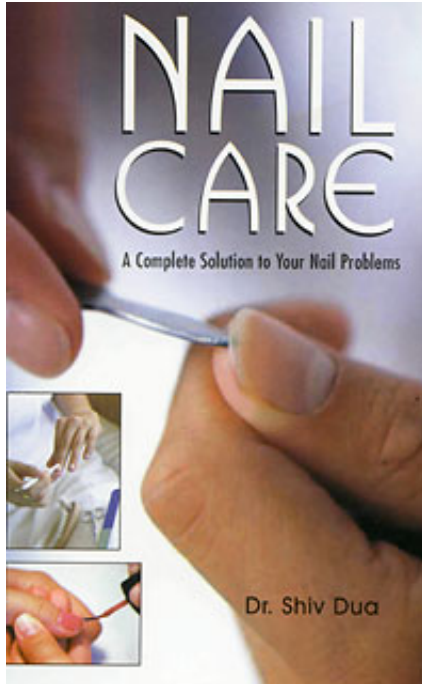
VLCC, the chain of popular beauty parlors, has even introduced exclusive nail studios for their customers. This studio is both for women and men. This is the latest trend and increased consciousness about health of nails. Beautiful nail on fingers or toes deserve appreciation only if they are healthy, 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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