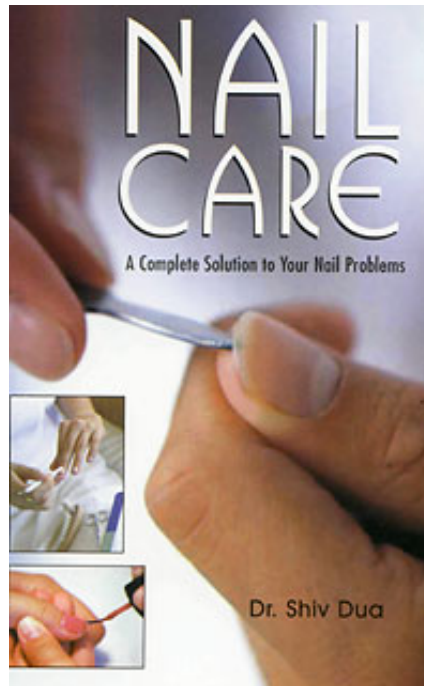


Shiv Dua Nail Care

Reading excerpt

[Nail Care](#)
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General Treatment of Nails

ROLE OF DIET AND FOOD

- Those who are prone to nail affections time and again, they should take care of their diet.
- In case of nails splitting and breaking, vitamin A deficiency may be present. Carrot, eggs and milk should be taken in such cases.
- For bacterial or fungal infections, it is better to increase intake of onions and garlic along with increase of green leafy vegetables.
- If the part of nail has broken by some injury and is painful, leaves of pomegranate ('Anaar' in Hindi) should be grinded and a paste of the same be made with little water. This should be applied on the broken nail.
- If the nails are dry and lack shining, immerse nails in a luke-warm castor oil for some time everyday. The oil need not be thrown and can be used everyday after heating it. Repeat this immersion act of nails for about seven days. If you cannot do this immersion act, apply castor oil on the nails with some cotton every night before retiring. Alternatively, application of glycerin with

the help of cotton on the nails will also serve the purpose to remove dryness and bring shine on the nails.

- If there is slow growth of nails, squeeze some lemon juice in warm water and immerse fingers in it for five to seven minutes and then put your fingers in cold water. Repeat this three times and continue this treatment for about seven days. There is another method also. Lemon cut into two parts, can be rubbed against each tip of fingers and around nails. After rubbing the juice of lemon in this way, allow the fingers to dry and then wash the fingers for after about ten minutes.
- For making the nails strong, apply coconut oil on the nails and tips of fingers daily.

ROLE OF MASSAGE AND EXERCISE

Massage of body and the swollen or painful part of the body has been in vogue since times immemorial. A massage on the hair after hair cut or a massage of the legs with some oil after tiredness, athletic events and long walking is a blessing to the body's health. Massaging and exercise of fingers in particular has a beneficial effect on nails. If you happen to see the nails of a musician who plays 'Harmonium,' 'Sitar', 'Tabla' or any other instrument that needs help of fingers, you will find that their nails are mostly free of diseases. Similarly work on a typewriter or a computer for some time in a day is a good exercise for keeping the nails healthy. Besides this, there are few exercises that are helpful.

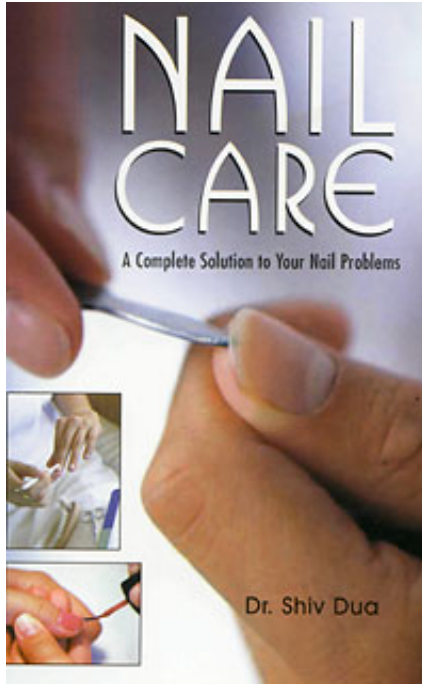
- With the help of right hand thumb and right hand index finger, hold the thumb of left hand in such a way that your right hand thumb holds the nail bed and right hand index finger placed exactly beneath the left hand thumb.

Now make slight pressure and release it after counting ten. Repeat it three times. Now hold the index, middle, ring and little fingers of left hand turn by turn and repeat the same exercise. After left hand fingers are done with, you can now hold right hand fingers turn by turn with you left hand thumb and index finger and repeat the exercise. Indirectly, you are first making the nail bed pale and then releasing the pressure means making it red.

- With the help of you right hand index finger press the tip of left hand thumb in the direction against the nail growth, count ten and release the pressure. Repeat the same on the other fingers of right hand. Now with the help of left hand index finger, press the fingers of right hand turn by turn in the same manner.
- *This sort of ischaemia (temporary deficiency of blood) and hyperemia (excessive blood) restores the normal blood circulation in both the above exercises.*
- Place the left hand on the table, palms facing the table and spread the fingers. Now with the help of right hand index finger, press the area near the growth of nail for some time and release the pressure. Massage the area with soft strokes of finger near the nail growth junction and the massage should be towards the tip of finger. Repeat this procedure of action on every finger of your hands.
- Massage the areas on both the left and right lateral walls of nail. Hold the left hand thumb with right hand thumb and index finger at the lateral walls of nail and stroke it out towards tip of thumb while keeping a pressure towards the center of nail. Repeat this act with all the fingers.
- Fold you both hands in such a fashion (making half-

open fist) that nails of both the hands (except thumb nails) touch each other. The nails in this way will be in one row. Now rub the nails of all the eight fingers of both hands together in vertical strokes gently. Do it for fifty times. This type of rubbing stimulates the blood in the fingers and according to Su Jok therapy; it improves overall health of a person.

- Scratch the nails turn by turn with the help of thumb. The scratching should be both vertical and horizontally.
- Tapping the tips of fingers gently on the table every day for some times helps in treatment of chronic disorders of nails (Su Jok therapy).



Shiv Dua

[Nail Care](#)

A Complete Solution to Your Nail Problems

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