Ayurveda reveals exactly what you need to know about them

WHAT IS AYURVEDA?
Ayurveda is one of the oldest medical structures and has developed over thousands of years. It prevents sickness and aids your wellbeing. The meaning of the word Ayurveda is 'the science of life'. It is a healer of certain physical and mental health problems. The purpose of Ayurveda is to purify the body of toxins that cause disease and to provide stability. It has faith in herbs and other plants as well as oils and common spices.

HOW DOES AYURVEDA HELP?
- It gets rid of filth.
- Strengthens your immunity.
- Reduces stress.
- Balances your body.

WHAT YOUR NAILS REVEAL THROUGH AYURVEDA
The condition of your nails is an indicator of the health of bodily tissues and associated organs. The reasoning is that electromagnetic energy flows through the body in the form of meridians. The appearance of your nails indicates your inner health. Signs you can spot:
- Horizontal dents reveal a weak digestive system.
- White spots indicate deficiency of calcium or zinc.
- Bitten nails imply mineral deficiencies, nervousness or intestinal problems.
- Hard nails show lack of protein.
- Brittle nails point out deficiency of iron or vitamin A.

The thumb nail is a reference of the brain, the index finger of the lungs, the middle finger of the small intestines and the ring finger of the kidney. The little finger indicates the heart and kidney.

What Dr Trussy has to say about nails
One of the most common problems we face is chipping of the nails. Dr Trussy says that white horizontal streaks show prolonged illnesses such as a long period of fever – with recovery after three to four months. Spoon-shaped nails may reveal cancer of the windpipe. A small child’s nail changes can indicate congenital heart diseases.

NATURAL REMEDIES
Natural products are nearly always safe, but sometimes produce irritant reactions to which we are oblivious. To be on the safe side, you can do a patch test with the natural product. This is done by applying the preparation to a part of your body which is not visible, such as behind your ear or inner thigh, and watch for any reaction. Ideally, you should wait 24 hours to see if a reaction occurs.

Natural remedies can make your nails glow. Check your nails and see where you stand and what you need. The following preparations suggested by health experts may be made in your own home and use natural products.

### Lanolin nail cream by Rutchi
Nails can get damaged at work. You need a nail moisturizer that keeps the nails nourished as well as helping them to grow well.

**Ingredients**
- 2 tsp lanolin
- 2 tsp castor oil
- 2 tsp honey
- 2 tsp sea salt

**Method**
Place the lanolin and castor oil in a double boiler. Heat and beat in the honey and sea salt.

**Application**
Massage immediately into nails. Leave on for 5 minutes. This cream may be used for a week. Lanolin nail cream will have a gel-like consistency. The honey acts as an antibacterial and nourishes as well. Sea salt has silicon to give a shine and improve the appearance of your nails.

### Effective manicure massage by Rootchi

**Ingredients**
- 2 tsp almond powder
- 1 egg yolk
- 3 tsp sunflower oil
- 2 tsp lemon juice
- 3 tsp rose water

**Method**
Beat egg yolk and oil together. Add rose water and mix in almond powder, honey and lemon juice.

**Application**
Apply this cream to your hands and leave on until it dries. Then wash off. Sunflower oil enhances your skin. Almond powder is very rich in certain essential vitamins and the egg yolk is rich in carbohydrates and protein. Rose water helps to block the smell of egg and calms you down as well. You can now start your manicure. This cream helps to exfoliate and soften your hands.

### Natural nail strengthener by Nirmala Shetty

**Ingredients**
- Bowl of hot water
- A few rose petals
- 4 tsp gelatin
- 2 tsp brewers yeast
- 2 tsp olive oil

**Method**
Stir all the ingredients into the hot water.

**Application**
Soak your hands in this for 15 minutes, then run cold water over them to strengthen, stimulate circulation and soothe nerve endings. The gelatin is a source of protein which nails require. Yeast is rich in vitamin-B, and olive oil gives a shine. You can use lemon for cleansing stale nails by rubbing it over the nails. It will help to give a glow and keep them white. This strengthener helps prevent brittle nails from chipping easily.

HOW TO MAINTAIN YOUR NAILS
- Avoid direct contacts with chemicals and detergents.
- Don’t leave nail polish on for too long, as it will dry out your nails.
- Use an oil-based nail polish remover.
- False nails and glue damage real nails.
- Eat the right food.
- Consult a doctor if your nails reflect a purple or red shade.

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