

Descriptive study of Prakrutik Nakha Parikshan

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Abstract-

There are several diagnostic tools that are commonly practiced in Ayurveda and one of the main include Nakha Pariksha. Nakha parikshan from prakrutik and sara parikshan point of view has been done. Nakha parikshan is important from Physiological and Pathological aspects. Nakha Parikshan is also important in cosmetic purpose.

Keyword – Nakha pariksha, Prakruti, Sarta

Introduction-

Ayurveda is an ancient and developed science of India. Concept of beauty of Ayurveda is not only achieving an attractive external appearance but also good health. Most of practices mentioned in Ayurveda maintain good health are dependent on *Ritucharya* and *Dincharya*. Factors responsible for damaging and making nail unhealthy are Globalization factor , stress, unhealthy food habit . other factors like stress, trauma, medication of various drug, heavy metals in water and food, smoking etc. affect on nail. According to Ayurveda *Nakha* are *Mala* of *Asthi Dhatu*. So health of bones can be reflected in the health of your nails.

Nakha-

(*Kha*) means cavity or *Strotas* . part devoid of *strotas* present at the tip of finger is known as '*Nakha* '

Utpatti-

Vagbhata described *Utpatti* of *Nakha* in sixth month of *Garbha avastha*. *Nakha* is developed by *Asthiposhak ansha* as *Mala* part of *Asthi dhatu*

Swarup-

Charaka has described *Swarup* of *Nakhas* are *Stula*, *Sthira*, *Murta*, *Guru*, *Khar*, *kathin*

Malas of Asthi dhatu-

<i>Asthi mala</i>	<i>cha.sa.</i>	<i>su.sa.</i>	<i>Bhava.</i>
<i>Kesha</i>	+	-	-
<i>Loma</i>	+	-	+
<i>Nakha</i>	-	+	+
<i>Roma</i>	-	+	-

Human body is made of five element air , ether , earth, water and fire. Combination of these five element determines one *Prakruti* or constitution. The combination of these five element gives rise to three *Doshas* i.e. *Vata* , *Pitta* & *kapha*. Together these three *Doshas* determine the physiological balance and constitution of the individual which is the called p *Prakruti* in *Ayurveda*. Every person has three *Doshas* (physical humors) *Vata*, *Pitta* & *Kapha* and *Triguna* (physiological quality) *Satva*, *Raja*, *Tama* in different proportions.

Prakruti parikshan related to Nakha

<i>Vata Prakruti</i>	<i>Pitta Prakruti</i>	<i>Kapha Prakruti</i>
<i>Parush nakha</i> (<i>Cha.</i>)	<i>Tamra nakha</i> (<i>Su.</i> , <i>A.S.</i>)	<i>Parush nakha</i> (<i>Cha.</i>)
<i>Nakha vrudhhi</i> (<i>Ha.S.</i>)		
<i>Alpa nakha</i> (<i>A.S.</i>)		
<i>Stabdha nakha</i> (<i>A.S.</i>)		

Doshas are associated with the following different nail characteristics

Vata-generally thin , brittle nail

Vata predominant persons also tend to bite their nails due to nervousness. They may also be prone to malabsorption of nutrients which is indicated by vertical lines on the nails.

Pitta - typically pink and medium sized finger nails

Kapha - wide strong and white nails

There are several physical diagnostic tools for nail examination that are commonly practiced in Ayurveda. Out of these one main examination is nail assessment (*Nakha pariksha*).

- *Nakha parikshan* according to *Dhatu vrudhi kshaya*
- In *Astidhatu vrudhi* increase *Nakha (Nakha ativrudhi)* is seen
- In *Asthikshaya* fragile (*Asthibhangur*) nail is seen
- *Nakha parikshan* according to *Datu sarta*
- In *Raktasarta* (*Rakta varn*) red colour nails in seen
- In *Medasarta (Snigdha)* *Nakha* is seen
- *Asthisarta (Brihit Nakha)* is seen

Conclusion –

Prakrutik and *Sara Parikshan* of *Nakha* is important from knowledge of health according to Ayurveda.

Discussion-

Nakha is mala of *asthi dhatu* according to Ayurveda. *Nakha parikshan* is important from the health point of view. There is very less quantity of published literature of *nakha parikshan* according to Ayurveda, *Nakha* literature study on *nakha parikshan* from *parkruti* and *sara parikshan* point of view has been done and it was found that *nakha*

parikshan is very important *parkrutik* and *sara parikshan* of *nakha* is important from knowledge of health according Ayurveda.

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