FINGERS, FINGERNAILS

What is shown here are the organs that respond to the various fingers. If you have difficulty with any particular finger or nail, this may give you some ideas to look for problems.
Also, if you see for instance that the index finger is pulling towards the middle finger, then the bowel is weak and is being pulled away from its rightful place.



What follows are some ideas of what could be deficiencies or problems in the body when you see changes in the fingernails:

COLOUR:

Fingernails a pale colour: biotin

Black nail: gangrene, perhaps from diabetes. Infection (could take 6 months to clear taking antibiotics)

Blue/Black: stagnant blood or hemophilia or trauma, tendency to bleed easily. This can be painful

and can be treated by drilling a small hole in the side of the nail and squeezing the blood out.

Brownish: check kidney trouble

Brown: possible sign of arsenic poisoning

Brownish/Black: may indicate chronic mercurial poisoning.

Black, splinterlike bits under the nails: may be infectious endocarditis, a serious heart infection; other heart disease; or bleeding disorder.

Dark nails and/or thin, flat, spoon-shaped nails: Vit. B12 deficiency or anemia. Nails can also turn gray or dark if hands are placed in chemicals like cleaning supplies (eg. bleach) or a substance to which one is allergic.

Cyanosis (bluish): usually anemia, poor circulation or blood stagnation.

Deep Blue nail beds: pulmonary obstructive disorder such as asthma or emphysema.

Isolated dark blue band in nail bed: esp. in light skinned people, can be sign of skin cancer.

If white moon area of nail turns slate blue: can indicate either heavy metal poisoning (such as silver poisoning) or lung trouble.

White spots: trauma, usually found in women. White dots on nails show elimination of sugars.

Location on nail shows approx. date sugars eaten.

Which nail has the white spot? On ring finger: calcium deposits in kidney. On index finger: calcium deposits in lungs. On baby finger: heart.

White spots on fingernails (pancreas): broad spectrum enzyme compound containing HCl, pepsin, and pancreatin for best results (eg. 125 mg. each of Betaine HCl, Pepsin, Pancreatin, Ox Bile), Zinc, pancreas extract. Check also for KPU (zinc def. is strongly linked to KPU)

White spots on fingernails: zinc, calcium

Almost always indicates possible zinc deficiency

Half white nail with dark spots at tip: possible kidney disease.

Two white horizontal bands that do not move as the nail grows: hypoalbuminemia (a protein deficiency in the blood)

White lines: possible heart disease, high fever, or arsenic poisoning.

White lines across the nail: may be liver disease.

White streaks horizontal may be liver, heart or kidney disease but can also be lack of iron or zinc.

If white moon area turns red: may be heart problems.

White nails: liver or kidney disorder; anemia

White nails with pink near the tips: cirrhosis

White spots: zinc; low pancreatic enzymes; gluten intolerance

Yellow nails or elevation of nail tips: internal disorders long before other symptoms appear.

Pale: anemia

Red: heart disease

Tiny black lines: may get heart problems.

Greenish nails: if not as result of localized fungal infection, may indicate internal bacterial infection.

Yellow: delicate liver. Yellowish fingernails may be from diabetes or liver dysfunction or respiratory disease.

Blue: delicate lungs and heart. Bluish tint: may be low oxygen or symptom of pneumonia or other respiratory problem like emphysema or asthma.

Dark blue line on fingernail: may be skin cancer.

Red Skin around cuticles: poor metabolism of essential fatty acids or of a connective tissue such as lupus.

Moon is blue: disturbed liver; Slate blue can be heavy metal poisoning (eg silver) or lung probl.

Moon is red: cardiac failure or heart trouble.

Moon is absent: thyroid and adrenal insufficiency

Pitted red-brown spots and frayed and split ends: psoriasis; vit. C, folic acid and protein.

Half and Half (Lindsay's Nails): look for an arc of brownish discoloration. May appear in a small percentage of people who have kidney failure.

Mee's lines: white lines that run across your nail, following the shape of the nail "moon". Arsenic poisoning is the cause.

Terry's Nails: Your nail looks opaque and white, but the nail tip has a dark pink to brown band. May accompany cirrhosis, congestive heart failure, adult-onset diabetes, cancer or aging.

Yellow Nail Syndrome: one or more nails turn yellow or green. Nails grow more slowly, and the cuticle and "moon" disappear. May be associated with swelling of the hands and feet, or a variety of respiratory diseases such as bronchitis.

Transverse white bands in all nails may be a sign of acute or chronic arsenic poisoning.

Reddish spots: Vit. C

Cuticals dark or discolored: may be melanoma.

GROWTH:

Slow growth of nails and hair: zinc, manganese

STRENGTH OF NAIL:

Cuticles tear easily (hangnails): either inadequate intake of protein or poor ability to break down and digest protein-rich foods.

Cuticles tear easily (hangnails): C

Soft, pink, tender: Pitta type

Thick, strong only: Kapha type

Thick: vascular system weak, blood not circulating properly. May indicate thyroid disease.

Thin or pale nail beds: anemia (nail beds may also become indented).

Thinning: may be lichen planus, an itchy skin disorder

Thickening or weakening of the nails: is directly related to the metabolism of Vit. A.

Brittle nails: see arsenic toxicity; calcium and copper imbalance. Vata type

Brittle nails: possible iron deficiency, thyroid problems, impaired kidney function, circulation problems.

Brittle, soft, shiny nails without a moon: may be overactive thyroid.

Brittle, cracked or splitting: thyroid disorder or lack of calcium. Psoriasis may also cause splitting and pitting of nail beds.

Brittle, cracked: thyroid disorder, liver or kidney disease (if thickened in addition to brittle may be due to fungal infection or psoriasis)

Pale, indented, dry, cracked, brittle etc: Deficient Liver Blood

Nails weak, ridged(hypoadrenal): ISB, CL Adrenal

Thin, weak, chip & crack easily: check for low stomach acid and pepsin production; intolerance to refined sugars; weak thyroid

Soft: gallbladder function low, weak. Thin from veg. quality food

Hard/large: body has good energy reserve

Peeling & cracking: repetitive exposure to water (swimming, dishwashing, bathing, chemical exposure,), repetitive trauma such as biting.

Dry nails which split easily: calcium, iron, Vit. A and D, B12 deficiency.

SHAPE:

Flattened: Iron, B12, protein deficiency

Thin: sulfur

Wide, square: hormonal disorder

Broadened toward tip and curve downward: lung damage as from emphysema or exposure to asbestos.

Clubbing: your fingertips widen and become round. Nails curve around your fingertips. Delicate heart & lungs.

Caused by enlargement in connective tissue as a compensation for a chronic lack of oxygen. Lung disease is present in 80% of the people who have clubbed fingers. Also may appear in heart disease or cancer. A spongy excess of soft tissue at the base of the nail. Chronic pulmonary conditions such as heart disease.

Spoon Nails: soft nails that look scooped out. Depression is usually large enough to hold a drop of liquid. Often indicates iron deficiency anemia. Absence of HLC or anemia caused by a decrease of blood cells. May have diabetes, not enough blood circulation, low blood sugar, low blood pressure. Spoon shaped nails can also indicate a thyroid disorder.

Dips: throughout all the nails: skin problems. Absence of HCl or anemia caused by a decrease of blood cells.

Hangnails: Vit. C

Curve under at tips: heart or lung problem

RIDGES - LINES:

Horizontal ridges: zinc, also check for iron deficiency. Result of severe stress, either psychological or physical such as from infection and/or disease.

Vertical: check liver, check for iron deficiency, malabsorption or poor diet;

General poor health, poor nutrient absorption and/or iron deficiency; kidney disorder. Ridges running up and down the nails also indicate tendency towards arthritis.

Grooves across nails: calcium def.

Transverse groove: Chronic fever or long standing illness.

Vertical Ridges: Malabsorption. Sign of defective nutrition, or after serious illness. Narrow ridges that run the length of your nails. May appear in adulthood and become more obvious as you age. Also may accompany kidney failure. Too many lines vertically, liver problem, use too much energy.

Beau's lines: horizontal indentations that run across your nail. This can appear when growth at nail root is interrupted by severe illness such as heart attack, measles, pneumonia or by fever.

Horizontal indentations show changes in diet also. If entire nail grows during 6 months and indentation is one-third of way from bottom, changes took place two months ago.

Stepped Surface: Malnutrition

Transverse lines: can result from earlier interference with nail matrix growth. This can result from local or systemic imbalances and can be dated according to the place of the line considering it takes 4-6 months to generate a nail).

Two white horizontal bands that do not move as the nail grows: hypoalbuminemia, a protein deficiency in the blood.

LOSS OF NAIL:

Loss of nail/hair: selenium

Parrot beak (curves under like bird claw): Chronic cough, kapha derangement.

Peeling: too much yin foods, vitamins, chemicals, drugs which deprive body of minerals, producing nutritional imbalance. Indigestion, gas, fatigue, menstrual irregularity, sexual weakness, depression, nervousness, insomnia.

Split: sulfur. Chaotic diet, esp. eating too much yin and drinks. Shows circulatory, reproductive and nervous systems in disorder, esp. functions of testicles, ovaries, and nervous reactions subnormal. If one thumbnail shows this condition and the other is normal, shows that testicles or ovaries corresponding to abnormal side are malfunctioning. Prolonged contact with chemicals and too frequent manicuring

MOONS:

No moons or smaller moons: slow metabolism. During childhood and youth, everyone usually has moons, but this varies during adulthood and the moons generally disappear during old age.

Lack of moons: Low thyroid and adrenal function

Less mentally active person usually has larger moons. Physically inactive but mentally active tends to have smaller moons. Very large moons show abnormal conditions such as oversensitivity and physical weakness due to excessive consumption yin foods and drinks.

No moons on fingers(except pinky): illness

Moon is blue: disturbed liver

Moon is red: cardiac failure

If moon on pinky finger: congested heart failure

If white moon area of nail turns red: may indicate heart problem.

If white moon area of nail turns slate blue: can indicate either heavy metal poisoning such as

silver poisoning) or lung trouble.

PITTING:

Pitting: small pits or depressions. Most common nail problem seen in 25-50% of people with psoriasis.

Pitted red-brown spots and frayed and split ends: psoriasis; vit. C, folic acid and protein needed.

Pitting resembling hammered brass: tendency to partial or total hair loss.

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NAIL SEPARATING:

Onycholysis (On-i-ko-ly-sis): nail separates from the nail bed. Most of the time this problem is associated with physical injury (trauma), psoriasis, drug reactions, fungal disease or contact dermatitis from using nail hardeners. Sometimes onycholysis is related to an over or underactive thyroid gland, iron deficiency anemia or syphilis.

Nails separated from nail bed: thyroid disorder or local infection.

Nails raised at base with small, white ends: respiratory disorder like emphysema or chronic bronchitis. Or may be inherited.

BUMPS, CRACKS, ETC:

Nail beading (bumps on surface of nail): rheumatoid arthritis

Chipping, peeling, cracking or breaking easily: general nutritional deficiency and insufficient hydrochloric acid and protein. Minerals also needed.

OTHER:

Nail shedding or permanent atrophy of the nail: can follow injuries and nerve injuries and also hyperthyroidism has to do with regulation of liver qi.

Injury to nerve or finger (neuritis), raynauds disease (cold feet and hands), pulmonary osteoartopy, fungoid conditions of fingers are also seen on the nail and can involve liver imbalances.

Atrophy of the nail: Can be a result of congenital defect.

Peeling: excessive water exposure (washing hands, dishes, swimming); repetitive trauma (eg. biting); calcium, iron, Vit. A,D, B12 lead to dry nails which split easily.

Fingertips:

Expanded, swollen fingertip: yang animal with yin sugar, fruits, juices, sweets resulting in offensive aggressive self-centered discriminating character. If thumb has this shape, like head of poisonous snake, shows father had wild aggressive personality.

Cracked split fingertips: excess yin being discharged incl. sugar, sweets, chemicals. Internal functions in disorder incl. circulatory, excretory, reproductive. Sexual weakness, impotence, frigidity.

White fatty skin on tips: accumulation of fat from both animal and veg. sources esp. overconsumption dairy.

Digestive and lymphatic may be in disorder and kidneys and liver may be forming cysts or tumors. Also may be fat and mucus accumulating in lungs.

Red or purple tips: overconsumption yin. Lungs and respiratory, heart and circulatory abnormal. Over sensitivity, nervousness, irritability, depression occurring, changes of mind.

Hard, flaky skin on tips: Overconsumption dairy, other animal fats with excessive protein mainly from animal sources. Hardening of arteries and muscles arising along with rigidity in mind and body. Overconsuming eggs can also cause this.

Soft, peeling skin on tips: Eating too much liquid and sugar, beverages, fruits, juices, alcohol, drugs. Heart and circulatory, kidneys and excretory now overactive. Mentally, oversensitivity and emotional irritability present.