

## SURVEY STUDY OF 'AYURMAAN' ON THE BASIS OF TEXTURE OF NAILS

## W.R.T. CHARAK SAMHITA

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## ABSTRACT

*CharakSamhita* describes many topics about birth of infant, which includes conception care of pregnant woman, maternity ward; management of labour, puerperium including signs of infant which when gathered together will result into the healthy and long life<sup>1</sup>. These body signs are about every part of the infant, which also include the signs of nails if these signs are present the infant would have long life<sup>2</sup>. If the nails do not fulfill the signs; then care should be taken for health of that infant; and it will very useful for society as precautionary measure for health of baby. Although, from above verse all the signs should take into consideration for only with the help of signs of nails, it will help to predict ill health of the same. Charak states that *Jirnavastha* (old age) of human being is above 60 years i.e. up to 100 years of age. That means the age which is called *Jirnavastha* (old age) can be considered as long life<sup>3</sup>. We need to tally the statement given in the *sharirsthan* about nails i.e. if the infants nails possess those signs will have long life. For confirmation of above statement, we have to observe the nails of individuals who are in *Jirnavastha* (old age) stage of life. If the nails of those individuals show the above signs stated in *sharirsthan* 8<sup>th</sup> chapter then it will prove the statement true.

**Keywords-** *Ayurmaan*( Prediction of age ) , *Jirnavastha*(old age) , long life ,Nails

## INTRODUCTION

*Charak* has described about good health, its signs, diseased condition, their signs, manifestations, and treatment. Main principle of '*Ayurveda*' is to protect the man kind from diseases with help of healthy life style and healthy food. *Acharya Charak* describes particular signs of healthy life, which can be obtained by good life style. On the basis of those signs one can easily predict the quality of life of particular individual. It is also seen regarding infants. *CharakSam-*

*hita* explains about signs of long life of infant. It states that if those signs are present together the infant will have long life. These signs are about all parts of the body, amongst them the signs of nails are also given. If infant have stable, round, unctuous, coppery, high, and tortoise shaped nails it is sign of good health. And indicate long life of infant<sup>4</sup>. '*Ayurmaan*' stated by **charak**: There is detailed description of '*Dashvidhpariksha*' (10 types of examinations)

which includes *Vaypariksha*(examination about aging). Charak stated 3 stages of age. They are *Baal avastha* (young age) -up to 30 years, *Madhyamavastha* (middle age)-up to 60 years, and *jeernavastha* (old age) - above 60 up to 100 years.<sup>5</sup> Regarding to *sharirasthan* we can consider the word *jeernavastha*(old age) as a long life of the individual i.e. as per verse of *Sharirasthan* if all signs of nails are present in infant then it will indicate good health and infant may survive above 60 years of age i.e. it will live up to *jeernavastha*(old age) means it will be '*Dirghayu*'(long life). To tally above statement we have to observe the nails of individuals aged above 60 years and retrospectively conclusion should make.

#### **Material and method:**

To tally above statement we have to study retrospectively; for this purpose

1. We have taken 500 individuals amongst them 250 were male and 250 were female individuals.
2. All individuals are above age of 60 years.
3. All individuals are from middle class by economic background.

**Method:** Nails of each individual are observed from both extremities, and the signs stated by Charak were tally by following manner.

*Sthir* (stable): Stability of nails i.e. attachment of nails with nail bed for gradation we have given +, ++, +++, +++++ signs, + grade indicates very loose attachment, while +++++ grade indicates firm attachment.

*Vritta*(roundness): Roundness of nails i.e. presence of smoothness or edges to nails. For gradation + grade is presence of sharp edges, and +++++ grade is for complete roundness.

*Snigdha*(unctuousness): Presence of dryness or shining of nails, for gradation +

indicates totally dry nails, +++++ indicates good unctuousness.

1. *Tamra* (coppery): + indicates pallor of nails, +++++ indicates coppery red nails.
2. *Uttunga* (high): How much height nail possess from nail bed. + indicates closely attached plane nails, +++++ indicates clearly elevated from nail beds.
3. *Kurmakar* (Tortoise shaped): + indicates irregular shaped nails, +++++ indicates oval, tortoise shaped undamaged nails.

#### **Selection criteria:**

1. All individuals are selected from middle class or lower middle class. Because, high economic standard of living may causes extra nourishment which may affect the original texture of nails.
2. All individuals are above 60 years. Because we have to extract conclusion retrospectively. If they possess 50% or more signs, then conclusion can made that at younger age they would possess more percentage of those signs.
3. All individuals are from R.T.AyurvedMahavidyalay and hospital Akola.

#### **Rejection criteria:**

1. Accidental trauma.
2. Congenital anomaly.
3. Malnutrition.
4. Infection of nails.
5. Atrophy.
6. All other conditions which alter the original texture of nails.

#### **Observations:**

1. The maximum age of individuals is up to 70 years. As this project is carried exclusively in R.T.AyurvedMahavidyalay and Hospital
2. Number of individuals and there gradation percent are as follows:

Sr. no.	Typical features of nails.	Male/ Female.	+	++	+++	++++
1.	<i>Sthir.</i> (stable)	Male.	00(0%)	92(36.8%)	153(61.2%)	05(2%)
		Female.	00(0%)	158(63.2%)	85(34%)	07(2.8%)
2.	<i>Vritta.</i> (roundness)	Male.	02(0.8%)	128(51.2%)	118(47.2%)	02(0.8%)
		Female.	03(1.2%)	158(63.2%)	82(32.8%)	00(0%)
3.	<i>Snigdha.</i> (unctuousness)	Male.	01(0.4%)	167(66.8%)	77(30.8%)	05(2%)
		Female.	02(0.4%)	153(61.2%)	94(37.6%)	01(0.4%)
4.	<i>Tamra.</i> (coppery)	Male.	02(0.8%)	173(69.2%)	72(28.8%)	03(1.2%)
		Female.	02(0.4%)	187(74.8%)	57(22.8%)	04(1.6%)
5.	<i>Uttung.</i> (high)	Male.	05(1.2%)	181(72.4%)	65(26%)	01(0.4%)
		Female.	07(2.8%)	188(75.2%)	55(22%)	00(0%)
6.	<i>Kurmakar.</i> (Tortoise shaped)	Male.	2(0.4%)	152(60.8%)	88(35.2%)	08(3.2%)
		Female.	7(2.8%)	138(55.2%)	103(41.2%)	02(0.4%)

From above observational study about individuals aged between 60 to 70 years we can say

Presence of + and ++++ grade signs is very rare i.e. from 0% up to 3.2%

Presence of highest percentage of sign is of ++ grade i.e. from 36% up to 75.2%

Presence of signs of +++ grade is observed less than ++ grade i.e. from 22% up to 61.2%

### DISCUSSION

As the percentage of gradation signs found in decreasing manner, we can conclude that as age increases the signs of nails decrease. In individuals between 60 to 70 years of age the maximum presence of signs are of ++ grade. It means although the individuals aged above 60 years they possess 50% features in nails stated as *Acharya Charak*. As the presence of signs having decreasing manner, we can conclude that in individuals above 70 years the presence of signs will ++ or + grade maximally.

### CONCLUSION

If we think retrospectively; we may conclude that at younger age the signs of nails

would have fulfill all the signs at +++ or ++++ grade. It means that quality of nails can indicate the physical health & long life of individual.

In other words the verse of '*Dirghayubalakkashan*' of Acharya charak is true w.r.t. nails.

### REFERENCES

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- 3 Ibidem 1 Vimansthana, Chapter 8, citation no 122, page no 672
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