


	<b>NAIL FUNGUS: HOMEOPATHIC APPROACH</b>		 
	<b>DR. RONAK SHAH'S</b> <b>DIVINE HOMEOPATHY</b> Restoring Vitality SINCE 1991 M.D.(HOM.)	It do not kill the fungus. It enhances the immunity of the body so that the body can fight against the fungus and resist it. Regularly using Homeopathic medicines helps restore the nail and prevent recurrent infections.	

## **NAIL FUNGUS: HOMEOPATHIC APPROACH**

Nails are not commonly associated with disease but when fungal infection does occur, it causes a person's nail to get distorted due to a change in color or shape, affecting normal finger movements. Though not a crippling affliction, fungal infection in the nails does cause discomfort, pain or even irritability in the affected person when it penetrates into the deeper tissues and damages the nails.

### **CAUSES:**

- Fungi thrive in warm and moist conditions. Wearing tight or non-breathable shoes for extended periods, walking barefoot in swimming pools and gym showers, and keeping the feet damp can create an environment conducive to fungal growth.
- Injuries to the nail or surrounding skin, such as cuts, bruises, or ingrown toenails, can create entry points for fungi to invade the nail bed.
- Inadequate foot hygiene, such as not keeping the feet clean and dry, can contribute to the development nail fungus.
- Certain chronic medical conditions, such as diabetes, peripheral vascular disease, and psoriasis, immune deficiency disease increase the risk of onychomycosis. A history of athlete's foot and excess perspiration are also risk factors.

### **SYMPTOMS:**

- The affected nail may become discoloured, typically developing a yellowish or brownish hue. In some cases, the nail may turn white.
- The nail may thicken and become more brittle. As the infection progresses, the thickness of the nail can increase significantly.
- Infected nails often become brittle and crumbly, making them more prone to breakage.
- The surface of the nail may become rough or irregular.
- The infected nail may lose its normal shape and become distorted. This can include changes in curvature and an irregular outline.
- The infected nail may separate from the nail bed. This separation can create a gap between the nail and the underlying skin, and debris may accumulate in this space.
- It can cause pain or discomfort, especially when pressure is applied to the affected nail, such as during walking or wearing shoes.
- In some cases, onychomycosis may be associated with a foul odour, particularly when the infection is advanced.
- Fungal infection may extend to the surrounding skin, leading to symptoms such as redness, itching, and peeling.
- It's important to note that onychomycosis can progress slowly, and some individuals may not experience noticeable symptoms in the early stages. As the infection advances, the symptoms become more apparent.

### **HOMEOPATHIC TREATMENT FOR NAIL FUNGUS:**

Homeopathic medicines do not kill the fungus. It enhances the immunity of the body so that the body can fight against the fungus and resist it. Regularly using Homeopathic medicines helps restore the nail and prevent recurrent infections.

After starting homeopathic medicines, natural healing takes place. The nail, if mildly damaged, is repaired. If largely damaged, it falls off and the new nail that comes is healthy and generally can withstand the fungal infection.

Few of homeopathic medicines for Nail fungus are Sepia, Graphites, Silicea, Sulphur, Antim Crud. It's important to emphasize that homeopathic remedies should be chosen based on a thorough evaluation of the individual's overall health, constitution, and specific symptoms.