



## Chapter 20. Herbal Nail & Hand Care Treatments

### 1 ▶ Why We Focus on Hands & Nails

Everyday Observation	Ayurvedic Angle	Beauty/Health Reason
Brittle nails split easily	<b>Vāta dryness</b> in <i>Asthi-dhātu</i>	Need oil-rich nutrition & gentle filing
Yellow nails or cuticle fungus	<b>Kapha-Āma</b> stagnation & dampness	Keep nails dry after wash; use anti-fungal herbs
Rough, dark knuckles	<b>Pitta-heat / friction</b>	Brightening, cooling packs lighten tone

### 2 ▶ Quick Look at Nail Anatomy (Plain English)

Layer	What It Does	Ayur Hack
<b>Matrix</b> (root)	Creates new nail cells	Eat calcium-rich – sesame laddus
<b>Nail Plate</b>	The hard part we see	Oil & buff, don't scrape
<b>Cuticle</b> (skin seal)	Blocks germs going inside	Massage ghee nightly
<b>Nail Bed</b>	Tissue under plate, pink colour	Keep circulation high – mini-massage

### 3 ▶ Ingredient Toolbox - What Each Herb Does

Herb/Oil	Why We Use It
<b>Castor oil</b>	High ricinoleic acid → mega-thick cuticles
<b>Sesame oil</b>	Warm, Vāta-soothing, fast absorbing
<b>Henna leaf</b> (lawsonia)	Natural anti-fungal, faint tint strengthens keratin
<b>Lemon peel</b>	Mild AHA removes yellow staining
<b>Neem</b>	Anti-bacterial soak for hang-nails
<b>Sandal &amp; Licorice</b>	Brightens dark knuckles
<b>Kokum or Shea butter</b>	Seals moisture, non-greasy film

### 4 ▶ Formulas You Can Make in Class

#### 4.1 “Castor-Henna Cuticle Oil” (30 ml dropper)

Ingredient	Role	Qty
Cold-pressed castor	Base oil	15 ml
Sesame oil	Thins texture	12 ml
Henna CO <sub>2</sub> extract	Anti-fungal	0.3 ml (1 %)
Vitamin E	Anti-oxidant	0.3 ml
Lavender EO	Pleasant scent	10 drops

Warm 2-3 drops, massage nail rims nightly.

#### 4.2 “Chick-Pea Lemon Hand Scrub” (Single use)

<b>Chick-pea flour</b>	2 Tbsp
Fine sugar	1 Tbsp

**Chick-pea flour 2 Tbsp**

Lemon juice 1 Tbsp  
Honey 1 tsp

Massage 2 min → rinse. Removes dead cells & minor stains.

**4.3 “Sandal-Licorice Bright Pack” (Enough for both hands)****Sandalwood powder 2 tsp**

Licorice powder 1 tsp  
Aloe-gel 2 tsp

Apply 10 min, keep moist; wipe off.

**5 ▶ Flow-Chart - Herbal Hand & Nail Spa (Class Demo)**

(5 steps: soak, scrub, cuticle oil, bright pack, moisturise.)

**6 ▶ Weekly Planner (Printable for Clients)**

Day	AM Routine	PM Routine
Mon	Neem-Rose warm soak 5 min	Ghee cuticle dab
Wed	Chick-pea lemon scrub	Castor-Henna oil
Fri	Bright pack 10 min	Kokum butter massage
Daily	SPF on back of hands	8-glasses water rule

**7 ▶ Safety & Hygiene Checklist**

1. **Always file one direction** - zig-zag causes micro-splits.
2. Sterilise manicure tools in hot water + 3 drops neem EO.
3. Diabetics: no cutting cuticles - use soak + soft push only.
4. Allergies? Patch-test lemon & henna inside elbow 24 h.

**8 ▶ Mini-Quiz**

1. Which oil is “thicker”: castor or sesame?
2. Why do we need acid (lemon) in the scrub?
3. Name the doṣa behind brittle, cold nails.

(Answers: castor; dissolves yellow stain & dead skin; Vāta.)



## Key Take-Aways

- Hands look young when **exfoliated, fed with oil, and sealed with butter.**
- Use **warming oils** for Vāta brittleness, **cool packs** for Pitta darkness, **dry scrubs** for Kapha fungal issues.
- Follow the 5-step spa flow – your nails will shine plus you avoid salon chemicals.

**Mantra:** “Soak • Scrub • Oil • Pack • Butter – five minutes a day for forever-pretty hands.”

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