

## **A REVIEW ON ONYCHOPHAGIA & ITS MANAGEMENT BY HOMOEOPATHY**

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### **Introduction:**

**Onychophagia is Body Focused Repetitive behaviours also called Nail biting. It is a non destructive behaviour of person.**

It is considered a pathological oral habit and grooming disorder, it's an uncontrollable mania that is destructive to fingernails and surrounding tissue.

Nail biting is a common and frustrating habit for many children, teenager especially girls, and patients those are suffering from any mental disorder like depression. Children are the main victim those who start growth age 2-8 year .Nail biting occurs most often during puberty in female because of hormonal misbalance. Even though some young adults, ages 1 to 22 years, bite their nails. Most people stop biting their nails on their own by age 30. Boys bite their nails more often than girls after age 10.



### **CAUSES OF NAIL BITING**

- Genetic link to nail biting behaviour.
- Anxiety, depression, over thinking etc, because this act relieves stress, tension, or boredom.

- It can be a habit usually in children and girls.
- Some people do not use nail cutter because of laziness and cut the nail by biting.
- Babies have also addiction of nail biting during growth period.
- Over thinking is another cause of nail biting.

#### **HOW WE OBSERVE:**

- Visually see the damages of nails with frizyness
- Patient mouth damage, abscess or ulceration found in inside the lips.
- The unattractive appearance of physical damage to skin and nails may cause feeling of shame, embarrassment, and guilt, leading to complicated family and social relationships.
- It can be associated with deficit hyperactivity disorder or ADHD, oppositional defiant disorder, separation anxiety, enuresis, tic disorder and other mental issues.
- Skin of fingers looking weak thin and sometimes bleeds easily.

#### **Some of the risks of nail biting include:**

- ✓ Soreness or infection in and on the skin around the nails.
- ✓ Damage to the tissue that makes the nails grow.
- ✓ Changes in how your nails look.
- ✓ Abnormal growth.
- ✓ More frequent colds and other illness from placing dirty fingers in mouth.
- ✓ Damage to teeth from chewing hard nails.

#### **Prevention:**

Some tips for preventing the habit of nail biting behaviour.

- Cut nails short—If there's not enough nail to grab with your teeth, it won't feel as satisfying when you give biting a try.
- Coat nails with a bad taste---There are special nail polishes available in market with a bitter flavour you can paint on your nails. The terrible taste will make you think twice before chewing
- Splurge on manicures—Spending money and time at a nail salon will give you both good looking nails and a reason to keep them that way.
- Wear gloves—wear gloves regularly for ignore the habit of nail biting.
- find out the reasons when your mood starts to cut the nail by bite so you can overcome on this problem.
- Keep your hands or mouth busy.—Find something to fiddle with – a stress ball, a worry stone, or even a pen to click. Chew gum so your mouth has a job. Give your nail-biting energy another place to go.

#### **Management by Homoeopathic Remedies:**

Homeopathy is a system of alternative medicine; it is totally based on the law of similia similibus curenter. On the basis of this first totality of symptoms is compulsory to take before selection of medicine. Traditional homeopathy is based on these philosophical foundations which is first Hahnemann established and have become refined over the two centuries that have passed since. Homeopaths believe treatment that obeys the laws of natural healing must lead to heal the disease in one way. Same as in onychophagia in this condition first we can see the root cause and then apply the rule of homeopathy on the basis of totality of symptoms. Homeopathy is a holistic science and considers the individuality of the person while treating in every disease such as his mental state, disposition, physical generals and his constitution.

### Homeopathic medicines:

**Argentum Nitricum:** Great Anxiety, Fear and Persistent Impulsive Thoughts. Fears and Anxieties, Hidden Irrational Motives For Actions. Dreads Ordeals. Fear of Impending Evil of Crowds, Passing a Certain Point of High Buildings of Dark. Fear of high buildings, Heights, Flying In Air-planes.

**Calcarea Carb:** They Are Easily Frightened Or Offended. Child Afraid Of Everything He Sees. Desire For Chalk, Pencil Etc.

**Medorrhinum:** Common Fears Are The Dark, Being Alone At Night Large Bodies Of Water, Closed In Spaces, Animals, Dogs, Slimy Animals Like Toads A Snakes, Of Being Observed, That Someone Is Behind Him, Cancer, Heart Disease, Death, Insanity. They Bite Their Nails

**Natrum Muriaticum:** Nail Biting In Children, With Nervousness. They Are Depressed And Introverted. They Are Irritable And Cannot Cry In Front Of Others. Children Learn To Talk Slowly. Awkward In Talking, Hasty, Drops Things. They Prefer For Salt And Salty Foods.

**Ammonium Bromate:** Irritability under the Nails Causing Nail Bite. Due to Nervous Irritation. Irritable Feeling in Fingernails, Better By Biting It

**Sanicula:** Nail Biting and Enuresis In Children.

**Dr. Boger In His Little Synoptic Key, Gives 3 Remedies For Nail Biting; Arsenicum, Sanicula, Hyocyamus.**

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