

SOME CORRELATION BETWEEN ONSET OF SPECIFIC DISEASES AND INDICATION SYSTEM IN SKIN AND LINES OF HUMAN PALM

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Received: 17 July 1986

Accepted: 18 December, 1986

ABSTRACT: *There are various lacuna and voids in clinical studies of glandular disorders and its warning or indication system in the study of palms of human beings. This paper presents for the first time, a datum and several observations made on the conditions of skin, colour mounts, lines etc. of human palms. Studies reveal that palms of both hands play a diagnostic role in medical emergency. The colour, temperature of the skin of hands at times yield more information of impending shock than either pulse of the blood pressure. This unique method of observations was in vogue in Hindu system of Medicine, since time immemorial. Ayurveda correctly depicts the study of human health from various disciplines – “Hasta raysa” and Hasta “Kundili”.*

“Human hand is a unique organ from which an extraordinary amount of clinical information can be derived”.

INTRODUCTION

Palmistry is one of the most reliable methods for determining the genetic and endocrinologic make-up of an individual. Medical palmistry is not a new subject but this discipline has been ignored because it is taken as *pseudo-science* by fortune tellers.

I have gathered research datum from various angles especially effect of lunar phases on neurophysiological diseases, certain brain disorders due to so-called “Super-natural forces”, incidence of certain brain diseases etc. and has investigated palms for diagnostic revaluation.

An editorial on “The Hand and the Cardiovascular disease” in the journal of the American Medical Association (JAMA (1954), February, 6: 508), records that

“Despite widespread and sometimes unnecessary use of numerous laboratory tests in the day-by-day clinical practice, diagnostic methods that require no special apparatus and that depend only on simple observation can play an effective role in obtaining clinical information about patients. In this connection, the *human hand* is a unique organ from which an extraordinary amount of clinical information may be derived”.

CLINICAL EVALUATION datam

1. Arthritis: Perfect cure is not yet available for this disease but according to the consensus of all *arthritis* specialists – treatment could be satisfactory if it is *started within six*

months after the first sign of the disease. One of the reasons for frequent failure of treatment is that the crippling so-called rheumatoid arthritis is not *recognized early enough*. This type of arthritis involves swelling of the knuckles, or the joints at the base of the fingers – nearest to the hand. In contrast, osteoarthritis, a mild form of diseases, involves the joints nearest the tops of the fingers. *Nothing these signs*, sufficiently early, could encourage more effective treatment.

Dr. Theodore Berry records in his publication. “The hand as a mirror of systematic diseases” points out certain configurations of the hand is not less than fifty diseases. The hand gives clinical information about diseases and expose datum of the patient, data related directly to his or her disease as per his constitutional or endocrinological make-up and his or her personality.

2. **Glandular disorders:** In an overactive thyroid, the patient’s hand is warm, moist, trembling, where as in hypothyroidism (under active thyroid) it is cold, dry and rough.
3. **Paralysis:** In paralysis the patient has difficulty in straightening his fingers and thumb. Flexed fingers denote spastic paralysis. Extreme flexible thumb in flaccid types-prone for paralysis.
4. **Parkinson Tremor:** Easily recognized by so-called pill-rolling movement of the index finger and thumb, may be due to head injury, or carbon monoxide poisoning or arteriosclerosis of brain.
5. **Cerebellar Tremor:** Becomes evident when the patient approaches an object to touch his nose, lifts his cup to his mouth.

This is intention tremor, an important diagnostic sign of multiple sclerosis.

Texture and temperature of hand

Skin texture and temperature is barometer of mood, disposition age and health.

Healthy, happy young patients show smooth, elastic and warm hands. Sick, old, bad disposition-his skin wrinkled, coarse, cold and clammy.

Skin texture as an indicator of our inner nature. There lies close relationship between the texture of skin and endocrine glands. In cases of overactive thyroid gland (hyperthyroidism) – skin is smooth, satin like and warm. Whereas, in the hand of a person with hypothyroidism (under active gland) – the skin is dry, cold & coarse.

Alterations in skin temperature

The temperature of the skin gives definite information concerning changes in the blood circulation of the hand.

If the hand of a person remains cold despite the warm indoor temperature or if the hand is persistently cold in any kind of temperature, this is due to circulatory disorder called vasospasm, a constriction of the tiny blood vessels (capillaries) in the hand. The vasospasm is controlled by our nervous system. If the nerves are stimulated, changes will take place.

From observations on many patients, it was found that persons who suffer from insomnia and sexual frustration have cold clammy hands. Both hands are to be compared. A difference in skin temperature between the two hands is an indication of some local abnormal condition (probably, blockage of the circulation of the colder

hands). Hand is an indicator of our cardiovascular system.

Colour changes: There are three main colour changes in the skin namely (1) Rubor (2) Pallor, (3) Cyanosis.

(1) *Rubor* or extreme *redness* – is associated with increased temperature of hand and occurs when the blood vessels are dilated.

Dilation of blood vessels may be due to erythromelalgia indicated by increased skin temperature and extreme redness of the palm of profuse perspiration. It could be associated with high blood pressure, gout, rheumatoid arthritis or diabetes.

Palmar erythema – could be due to liver diseases in pregnant women and is associated with Vitamin deficiencies or chronic pulmonary tuberculosis.

(2) *Pallor* or *Paleness* of the skin is accompanied by decreased temperature, an important sign of anemia or anxiety.

(3) *Cyanosis* (bluish discolouration) is due to congestive heart failure, congenital heart diseases, or may be due to Raynaud's disease, and occur in patients with under active thyroid gland.

Raynaud's disease is a vasospastic disorder precipitated by emotional distress. Tips of fingers of both hands become pale, then cyanotic or intensive red, with throbbing and swelling.

Types of hands

1. The *flabby hand* – characterized by a lack of muscular tone and lack of resistance to pressure or palpation – it

indicates (show) underdeveloped thyroid gland.

2. Firm hand: has more muscle and less fat.

3. Hard hand: denotes strong resistance to pressure.

Nails: (beds – at the point of coming out of finger) – showing bluish discolouration, pallor – denoting cyanosis. Early sign of jaundice or gall bladder or liver diseases can be determined. Emotional disorders change the nails in form of pitting, thinning and splitting.

Dr. Hauptman (1946) in his paper on Capillaries in Finger Nail fold in patients with Neurosis, Epilepsy and Migraine: Arch of Neur & Psy : 56:31 – found 88% of 304 constitutionally neurotic persons showed abnormal capillaries in the fingernail, whereas only 4% of the patients with acquired neurosis showed abnormal capillaries. He observed that most of the schizophrenic patients had immature capillary formations resembling the capillaries of children and infants.

He also found the most of the patients with manic depressive psychosis had twisted capillaries. It appears that the *immature capillaries* reflect the *immature mind* of the schizophrenic and the twisted capillaries denote the twisted mind of the manic depressive (extremely mentally depressed) patients.

Dr. Theodore Berry associated 24 nail configuration with different diseases.

1. *Hippocratic nails:* found in tuberculosis, lung tumors, heart diseases and in cirrhosis of liver.

2. *Spoon nails*: concave on outer surface, found in nutritional deficiencies, syphilis, skin disorder, hypothyroidism and mental defectives.
3. *Beau lines*: transverse ridges on nails – Beau lines indicate acute infection, diseases such as scarlet fever, influenza typhus, accidental traumas, nutritional deficiencies and nervous shock.
4. *Mee's lines*: transverse white lines – occur in high fever, arsenical poisoning and coronary heart disease.
5. *Longitudinal ridges*: longitudinal ridges on finger nails are associated with chronic diseases, such as chronic colitis, skin disorders, and hyperthyroidism.

Coronary Palmar Changes: It is observed that coronary heart disease may cause palmar changes below the little finger and ring finger, near where the heart line is located. Coronary disease probably irritates a nerve centre near the heart, which is related to ulnar nerve in the left hand. Irritation of this nerve causes a *lump* of scar like tissue in the palm of the hand (a nodule).

Internal & Mental diseases

Schizophrenia occurs in mental illness and can be seen in the hand. Dr. Friedeman points out that patients with flexible fingers and palm with atrophied muscles are signs of schizophrenia. Long, flexible fingers are also indicative of under developed pituitary or sex glands.

Dr. Charlotte Wolff found an interesting aspect of the fingers and their relationship to disease is that each of the five fingers is associated with a different organic system of the body.

Thumb is associated with vitality and general state of health; Index finger with respiratory system and the stomach, the middle finger with the liver and Intestines, the ring finger with the kidney and blood circulation and the little finger with feet and sexual glands.

Signs of Malignancy

An editorial in the journal of the American Medical Association of December 20, 1965 – records that palmar changes occur in large number of patients with Carcinoma. These are *Palmar Keratoses*. They are few in number and located mainly on the *Mount of Venus* and the Mound of Luna (Moon) – there are pearly, yellow or flesh – coloured and are translucent.

Dr. Dobson R. L. (1965) – Archives of Dermatology, November 1965 – studied 671 patients with proved cancers. They found palmar keratoses in 46% of the men and 28% of the woman. In a control group of 685 persons without cancer, palmar keratoses were seen in only 12% of men and 5% of the woman. These lesions were observed in all types of cancer e.g. Palmar lesions were found in 54% of men with cancer of skin, 45% with cancer of lung, 44% cancer of colon.

Presence of *Palmar Keratoses* indicate presence of some type of cancer, the lesion should be carefully looked into.

Dr. Richard Gible (1965) Alterations of Palm & Soles – Indicators of Internal Disease N. Y. State Journal of medicine May 1965 – studied palms of 42 patients with all types of cancer and found 16 had palmar lesions.

Congenital Heart Disease

Dr. T. Takashina and S. Yorifuji reports journal of the American Medical Association entitled “Palmar Dermatoglyphics in heart diseases” found that there was frequent displacement of the palmar axial triradii in either hand and were found in 64% patients with congenital heart disease.

Anxiety Neurosis: Abundance of accessory lines on the palm denotes most nervous and sensitive people. Dr. Charlotte Wolff (1944): The Human Hand Knopf Co., New York p. 124 – records that emotional stimuli and emotional tension nervousness are registered in the accessory crease lines of the palm.

Heart line: Krafft-Ebing R (1950): Psychopathic Sexualist, Pioneer Pub. N. Y. p. 15 (1950) states that to a woman love is life, to man, it is the joy of life. Misfortune in love bruises the heart of man but it ruins the life of a woman and wrecks her happiness. The heart line has an influence over a person’s longevity.

Summary and Conclusions: Palm if carefully studies could reveal the type of prolonged disease and warn of future ailments. In Hindu system of Medicine, all these aspects were taken into consideration, for prolongation of life span.

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