

CRITICAL ANALYSIS OF AKALA PALITYA W.S.R TO PREMATURE GREYING OF HAIRS AS PER AYURVEDA

ABSTRACT

Hair plays an important part in the body which enhances an individual's beauty and is the first sign of health. The nourishment and colour of hair depend on the *Aahar* we eat. *Rasa* is the first *Dhatu* formed and *Vikriti* leads to many diseases. *Palitya* known as Premature Greying of hairs is known to be the ripening of hair due to the reduction of melanin which provides natural colour to hairs and skin. In Ayurveda, the *Bhrajak Pitta* is responsible for colour. According to different Ayurvedic Samhitas, *Palitya* is classified under various diseases like *Rasa Pradoshaj Vikar*, *Trimarmiya Shirorog*, *Shirokapalgat rog*, *Kshudra rog*, etc. *Palitya* is one among them which refers to the Premature Greying of hairs at a young age. Nowadays, due to unhealthy lifestyles, busy routines, stressful conditions, polluted environments, and overuse of chemicals, people face challenges, which lead to a lack of nutrition and a gradual reduction of Melanin production, resulting in hair fall and insignificant ripening, i.e., white hairs. In Ayurveda, *Bhrajak Pitta* is responsible for natural colour of hair and skin. Hence this article has been chosen to know the concept of *Palitya*, their etiopathology and aware people for prevention and control of disease.

KEYWORDS: *Palitya*, *Rasa Pradoshaj Vikar*, *Premature Greying of hairs*, *Bhrajak Pitta*.

INTRODUCTION

Ayurveda is an ancient science dealing with various approaches and constitutes a structural and fundamental unit. Hair Follicles are formed during the embryonic stage and are the first part to be noticeable in the context of the beauty of an individual. According to ancient and contemporary science, hairs play a vital role as the hair follicles are the end part of *Dhamanis* through which waste material is excreted through sweating. It protects us and maintains the body temperature by preventing heat. For the treatment also hair is of utmost importance as it is directly connected to skin and whatever we apply on hair follicles is absorbed by the skin and circulates all over the body. The nourishment of hair depends on whatever we intake from outside and any *Vikriti* in *Poshan* leads to diseases such as *Palitya*¹.

Palitya means the Premature Greying of Hairs also known as Canities is an insignificant ripening of hairs during the early stage of life due to lack of nutrition and gradual reduction of melanin formation. *Palitya* rog is classified as under various diseases such as *Rasa Pradoshaj Vikar*, *Trimarmiya Shirogat rog*, *Shirokapalgat rog*, *Kshudra rog*, etc.

*Pijaratva*² is known to be *Paryaya* of *Palitya* in which the hair becomes brown in colour due to several reasons like environmental changes, Dryness of hair, and pollution.

*Kesha*³ are the elements that grow on the *Scalp*, *Mastak*, or *Shira*. *Kesh* (Hair) plays an important role in our body.

40 Acharya Vagbhatta, In Ashtanga Hridaya, mentioned Hair follicles are formed during 6th
41 month of pregnancy⁴.

42 In Kashyap Samhita, Sutrasthana Lakshana Adhyaya mentioned Ayu Parikshana in which
43 Snigdha, Mridu, black in color are known to be healthy (Prasata Kesha)⁵.

44 According to Ayurveda Samhitas, during Foetal development, different Bhava manifest in
45 Garbha i.e Matrij, Pitrij, Rasaj, Satmjya, Satvaj, Atmaj. Snayu, Sira, and Loma (Hair
46 follicles) are derived from *Pitraj Bhav*⁶ which means the structure, colour, and quality of hair
47 of progeny depends on the Paternal side. Pertaining to the effects of Prakriti, Jati, Desha,
48 Kala, Vansha, etc. the colour of hairs is also observed differently.

49 Ayurveda states that the production of every element in the human body has been formed
50 from *Panchamahabhoot*. *Kesha* (Hairs) consists of *Parthiv Dravya*. *Teja Mahabhoot* is
51 responsible for the production of hair colour. One of the manifestations of Teja is “Bhrajak
52 Pitta” the type of Pitta responsible for producing colour when it combines with *Prithvi* and
53 *Vata Mahabhoot* and produces black colour.

54 Teja + Prithvi

55 Teja + Prithvi + Vayu

56 rstks·fuykn~_kS% lg ds'kHkqfea nX/ok rq dq;kZr [kfyfra ujL; A

57 fdafpÜkq nX/ok ifyrkfu dq;kZn~/kfjRizHkRoa p f'kjks:gk.kke~ AA

58 These are the symptoms of *Akalaja Palitya*. Nowadays it is known as Premature Greying of
59 hairs and dosha which are caused by *Sharir ushma* due to ageing are *Kalaja Palitya*. Due to
60 anger, grief, and anxiety induced by Vata, the *ranjak dravya* (dry substance) got coated
61 resulting in *Palitya rog*. This is a senile change that may occur prematurely, but occasionally
62 sudden whitening of the hairs occurs after fright, intense emotion, or as a consequence of
63 neuralgia. It is probably due to the development of air bubbles, which conceal the pigments.

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AYURVEDIC VIEW

PALITYA AS RASAPRADOSHJ VIKAR:

67 *Dhatu* is an essential constitution of our body. The formation and nourishment of *Dhatu* is a
68 continuing process that occurs from the embryonic stage of the Foetus to death. *Palitya Roga*
69 is known to be Premature Greying of hairs in which due to lack of nourishment there is a
70 gradual loss of melanin formation which provides color to our skin and hairs. The
71 nourishment of all *Dhatu* depends on the *Aahar*⁷ and what we take from the outside. The
72 *Aahara* after digestion of *jatharagni* and *bhutagni vyapara* becomes the *Ahara rasa* which is
73 analogous to seven *dhatu*. After proper digestion, the *Poshak rasa dhatu* is formed. As the
74 *Hridaya* and *Dhamanis* are the *mool sthana*, this *rasa dhatu*⁸ being pushed by *Vyan vayu*
75 reaches the *Hridaya*. The *rasa* from the heart enters 24 *dhamanis* from which it reaches
76 different body parts. *Rasa dhatus* through 10 *dhamanis* traveling towards an upward direction
77 nourishes the upper body parts, 10 *dhamanis* traveling towards a downward direction
78 nourishes lower body parts and 4 *dhamanis* going laterally nourishes the lateral parts of the
79 body. The *rasa dhatu* is always in motion (Circulation) throughout life to the different body

80 parts.and their important function is to nourish the different parts of the body while traveling
81 with the help of *dhamanis*. The *dhamanis* are further divided into many small branches and
82 supply each cell of the body. These branches appear in the form of a large network and their
83 terminal ends open up in the roots of hair follicles through which waste material is excreted
84 out through sweating. In Ayurveda, it is mentioned that *Srotas* or channels for the circulation
85 of material throughout the body. For the movement of *Rasa dhatu*, *Rasa vaha srotas* is needed
86 and for waste material to be excreted out through *Romakupa* (Hair follicles) *Swedavaha*
87 *Srotas* is needed. Any *dushti* in *Srotas* leads to disease

88 According to *Acharya Sushruta*, *Kesha* receives nourishment from the last section of the
89 *dhamanis*, which are linked to the *Romakupa*. Additionally, according to *Acharya Dalhana*,
90 *Romakupas* are fed by the *Rasavahi Dhamanis*.

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93 **PALITYA ROGA AS SHIROROGA (AS IN TRIMARMIYA ADHYAYA)⁹**
94 *rstks-fuykn~,kS% lg ds'kHkqfea nX/ok rq dq;kZr [kfyfra ujL; A*

95 *fdafpÙkq nX/ok ifyrkfu dq;kZn~/kfjRizHkRoa p f'kjks:gk.kke~ AA*

96 These are the symptoms of *Akalaja Palitya*. *Vatadi dosha* gets aggravated along with *Pitta*
97 *Prakopa* and burns the hair root hence hairfall starts and when this *Pitta* aggravates in small
98 amounts, hair ripens and becomes white. As *Palitya roga* is classified under *Trimarmiya*
99 *Chikitsa Adhyaya* as *Shirogata roga*. *Acharya Sushrut* mentioned *Shira* as *Trimarma* and
100 stated that every *Marma* point is the seat of *Prana* (Life) and if the *Vatadi dosha* is vitiated,
101 the *Prana* is disturbed. The aggravated *Vata* creates a blockage in the normal channels of
102 *Vyana Vayu*. This *Vyana Vayu* helps in the free circulation of nutrients to all body tissues and
103 any disturbances in *Vyana Vayu* disturb the circulation of nutrients and result in improper or
104 insufficient nutrition which leads to affect the normal hair and starts damaging the growth of
105 hair. It changes the colour of hair from black to slightly brown. At last it completely change it
106 colour to white. This condition of hair is known to be *Palitya roga*.

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108 **PALITYA ROGA AS KSHUDRA ROGA¹⁰ :**

109 In Ayurveda, we come across a group of diseases which have been classified as *Kshudra*
110 *roga*. *Kshudra* means small or minor or negligible. *Acharya Sushrut* and in various
111 *Laghutrayi*, mentioned *Palitya rog* under *Kshudra rog*.

112 *dzks/k'kksdJed`r% 'kjhjks"ek f'kjXkr%A fiÙka p ds'kku~ ipfr ifyra rsu tk;rs AA*

113

114 Due to warmth produced by *Krodha*(anger), *Shoka*(grief), *Shrama*(exhaustion) the *Pitta*
115 *dosha* gets aggravated result in the increase of body heat, which results in the ripening of hair
116 and become white known as *Palitya roga*. *Acharya Sushrut* and in various *Laghutrayi*,
117 mentioned *Palitya rog* under *Kshudra rog*.

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No.	Samhita	Description
1.	<i>Charak Samhita</i>	<i>Acharya Charak</i> in <i>Sharirasthana</i> described that the total no. of hairs (<i>Kesha, Shamsru, Loma</i>) is 29956 which are the same as capillaries or terminal end of dhamanis ¹¹ . <i>Acharya Charak</i> mentioned <i>Palitya roga</i> in <i>Trimarmiya Chikitsa Sthana</i> which states that when aggravation of Pitta dosha along with <i>Tridosha</i> burns the hair root then the hair of the person ripe that is, it becomes white. Various <i>Acharya</i> mentions <i>palitya rog</i> as <i>Shirogat rog</i> . <i>Acharya Sushrut</i> mentions <i>Shira</i> as a part of <i>Trimarma</i> , which is a shelter for <i>Prana</i> . Any deformity or vitiation by <i>Doshas</i> quickly destroys <i>Prana</i> (Life).
2.	<i>Sushrut Samhita</i>	<i>Acharya Sushrut</i> mentions <i>Palitya roga</i> in <i>Kshudra Nidana Sthana</i> Chapter 13 where he states that warmth produced due to anger, and grief leads to vitiation of <i>Pitta</i> that goes to <i>Shira</i> where ripening of hair occurs and hair becomes white in colour.
3.	<i>Ashtanga Sangraha</i>	<i>Acharya Vagbhatta</i> mentions it under <i>Kapalgata rog</i> which is a subdivision of <i>Shirorog</i> ¹² . <i>Shira</i> is known to be <i>Uttamanga</i> as it is the most important part of the body. <i>Acharya Sushrut</i> mentions <i>Shira</i> as a part of <i>Trimarma</i> , which is a shelter for <i>Prana</i> . Any deformity or vitiation by <i>Doshas</i> quickly destroys <i>Prana</i> (Life).
4.	<i>Sharangdhar</i>	In <i>Sharangdhar Purva khanda Palitya roga</i> ¹³ is classified under <i>Shiro Kapalgat Roga</i> .
5.	<i>Bhava Prakash</i>	In <i>Bhava Prakash</i> ¹⁴ , <i>Palitya roga</i> is mentioned as <i>Kshudra roga</i> .
6.	<i>Madhava Nidana</i>	In <i>Madhava nidan</i> ¹⁵ , mentioned <i>Palitya roga</i> in <i>Kshudra roga</i> Chapter 55. It is mentioned that the whitening of hair is known as <i>Palitya</i> . It is caused mainly by <i>Pitta</i> and the anger aggravates <i>Pitta</i> and grief aggravates <i>Vayu</i> and the white colour is caused by <i>Kapha</i> also. So the <i>Palitya</i> is caused by <i>Tridosh Prakopa</i> .
7.	<i>Yogaratanakara</i>	In <i>Yogaratanakar</i> ¹⁶ , <i>Palitya Roga</i> is classified under <i>Kshudra Rog</i> in <i>Shloka</i> 32 Pg no. 267
8.	<i>Bhaishajya Ratanawali</i>	In <i>Bhaishajya Ratanawali</i> ¹⁷ , Treatment of <i>Palitya roga</i> as <i>Kesha Ranjan yoga</i> is mentioned under <i>Kshudra roga</i> in Chapter 60 <i>shloka</i> 69,71.

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- Excessive sun exposure, environmental pollution, emotional factors such as stress
 - Nutritional deficiency
 - Thyroid deficiency

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132 **NIDAN [Cause]:**

133 1. *Aharaja Nidan* ; 2. *Viharaja Nidan* ; 3. *Manasika Nidan* ; 4. *Anya hetu*

134 I. **Aharaja Nidan:** The *nidan* caused by improper dietary habits affecting *Dhatu poshan*
135 leading to improper or insufficient *Rasa dhatu Poshana* which causes many diseases like
136 *Rasa Pradoshaj Vikar* and leads to *Sroto dushti* affecting nourishment factors responsible for
137 hair growth and hair colour. *Lavana rasa*^{18,19} and *Kshara ati sevana*²⁰ increase the *Pitta dosh*
138 and cause *Ushmata* of the body and also increase *rukshata* leading to drying of scalp. The
139 *Viruddha Aahar*²¹ such as salt and sugar (Fruit shakes); fruit and milk together give rise to
140 *Vikriti* in dosha leading to improper digestion and intake of junk food, *ati guru, ati ruksha, ati*
141 *shit padarth*²² causing premature greying of hair.

142 1. *Lavana rasa atisevana* (p-lw-26@42¼3½ / p-fo-1 @18½

143 2. *Kshara Atisevana* (p-fo-1 @18½

144 3. *Viruddha Ahara Sevana*

145 4. *Ignorance of Pratishyaya*

146 5. Nutritional Deficiencies

147 2. **Viharaja Nidan:** Exposure to very cold, humid, unhygienic, dusty, and polluted
148 environments, Improper sleeping habits such as *Ratrijagran*, and *Divaswapa* increase the
149 *shirogata rukshata* causing dry scalp leading to loss of *snigdhansha* of hair follicle results in
150 hair dryness and discoloration of hair and it becomes white in colour.

151 *Atapa sevan* : Deha *ushma* Increases → *Ushma* Increases → *Palitya Roga*

152 *Ratrijagran* → *Vata* increases 15 → *RASAVAHA SROTAS* → *Palitya Roga*

153 *Dewaswapa* → *Kapha* increases 15 → *DUSHTI*

154 3. **Manasika Nidan** : *Krodha, Shoka, Shrama* increases *Vata* and *Pitta dosha*.

155 4. **Anya Hetu:** Excess use of Chemicals such as Dye substances, and hard shampoo, and
156 excess use of straighteners, and dryers leads to dryness of hair causing premature greying of
157 hair. Excessive sun exposure, environmental pollution, emotional factors such as stress,
158 Nutritional deficiency, Thyroid deficiency.

159 The *Nidan* which are responsible for *Dhatu Pradushana*²³ are *Yavak, Mandak, and Vish*
160 mentioned by *Chakrapani* in *Charak sutra* chapter 1.

161 *Palitya* is mentioned as *Akalaja* i.e. white hair at a young age and *Kalaja Palitya* occurs in
162 old age. *Kalaja Palitya* is a sign of the aging process. *Ashtanga Hridaya* and *Ashtanga*
163 *Sangraha* mentioned that *Tridoshaj Palitya* is *Asadhaya*²⁴.

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168 **SAMPRAPTI:**

169 Due to *Krodha, Shoka, Shram*; Faulty diet; Polluted atmosphere; improper sleeping habits

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Pitta and Vata Prakopa occurs

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Pitta ushma increased

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[overuse of chemical (Dye), hard shampoo]

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It Increases *Sharir ushma*

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Vata carries *Pitta ushma* in *Shir Pradesh*

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179

In *Shir Sthana Tridosha Dushti* occurs

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Leads to *Dushti* of *Sthanika Bhrajaka Pitta*

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183

Sthansamshraya in *Kesa bhumi / Romakupa*

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Keshmala or *Sweda Dushti* occur

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Vikirati in *Keshvarna Utpatti* i.e reduction of melanin production

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***Akala Palitya* i.e Premature Greying of hair**

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192 **SAMPRAPTI GHATAK :**

193 ***Dosha:*** *Tridosha* mainly *Pitta dosha*

194 ***Dushya:*** *Twak, Rasa*

195 ***Srotas:*** *Rasavaha srotas, Swedavaha srotas*

196 ***Agni:*** *Agnimandya*

197 *Sroto Dushti* : Sanga, Vimargagamana

198 **CHIKITSA:**

199 Preventive and Curative measures for *Akala Palitya* (premature greying of hair) in Ayurveda
200 involve holistic approaches aimed at the following:

201 Management of *Dosha* imbalances, nourishing hair follicles, and promoting overall well-
202 being.

203 **Main Strategies for Management:**

204 1. Balancing the *Doshas*: Balance of *tridosha* mainly *Pitta Dosha*.

205 2. Dietary modifications and lifestyle changes are needed for the balance of aggravated
206 doshas. may assist balance the *doshas* by avoiding foods that aggravate *Pitta*, like spicy, sour,
207 and greasy foods, and by lowering stress levels.

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209 3. Herbal Remedies:

210 Herbs from Ayurveda, which are known for their restorative qualities, are used to feed hair
211 follicles and encourage hair pigmentation.

212 • *Amla*²⁵, also known as Indian gooseberry, is high in antioxidants and vitamin C, which
213 helps to preserve hair color and nourish hair follicles.

214 • *Brahmi*, also known as *Bacopa monnieri*, is a relaxing herb that balances *Pitta dosha* and
215 helps lower stress levels.

216 • *Eclipta alba*, also known as *Bhringraj*²⁶, strengthens hair follicles, encourages hair
217 growth, and aids in the restoration of natural hair color.

218 • The antimicrobial and antifungal qualities of *Neem* (*Azadirachta indica*) are good for the
219 health of the scalp and the growth of hair.

220 • *Nariyala*²⁷ has properties of *Pitta* and *Vata Samana* and the oil is known to be *Keshya*.

221 • *Nili tail*²⁸: Leaves of *Nili* help in *Ranjan* of hair mentioned in *Sushrut Chikitsa* chapter 25
222 *Mishrak Chikitsa*.

223 • *Dugdhika* + *Kaner*²⁹ together mixed with milk then applied on hair root.

224

225 **Some more preventive measures such as:**

226 *Dhumpana*³⁰, *Taila Gandus*, *Nasya*, *Shiroabhyanga*, *Shiro lepa*, *Sanshodhana*, *Snehan*,
227 *Swedan*.

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229 **DISCUSSION:**

230 *Akala Palitya* is known to be a leading problem nowadays due to a polluted environment,
231 unhygienic conditions, the adaption of modern lifestyles such as overuse of chemicals like
232 dye substances, hard shampoos, use of straighteners and dryers, eating unhealthy food like
233 excessively cold, heavy, spicy diet results in aggravating *pitta dosha* results in loss of

234 nourishment and reduction of melanin production which is responsible for colour of hair. In
235 Ayurveda *Shoka*, *Shram*, and *Bhaya* are the main causes of *Palitya* as it aggravates *Pitta*
236 *ushma*, increasing body heat and changing hair color. In Ayurveda *Bhrajak Pitta* is
237 responsible for colour. This pigment is found in the skin's outermost layer, or "*Avabhasini*."
238 Premature graying of hair is referred to in Ayurvedic medicine as "*Palitya*" and is included in
239 the general category of "*Shiroroga*," or disorders of the head. In Contemporary science,
240 *Palitya* is also known as Premature greying of hairs, also called canities, and is caused by
241 nutritional deficiencies, a Faulty diet, and several reasons affecting the growth and
242 nourishment of hair follicles. The prevention and control of *Palitya* is important as hair plays
243 an important role in enhancing an individual's beauty. Dietary modification, lifestyle changes,
244 and herbal remedies are needed to provide hair growth and nourishment.

245

246 **CONCLUSION:**

247 As per the literature review mentioned above these articles help us understand the disease, its
248 etiopathology, and its management. Hence this article is chosen to know the proper
249 etiopathology of *Palitya* and proper management by focusing on dietary modification,
250 lifestyle changes, which helps in a better understanding of the disease and its management,
251 which is further helpful for people by creating awareness about a disease.

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UNDER PEER REVIEW