

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

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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.

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

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

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

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

Teja + Prithvi

Teja + Prithvi + Vayu

rstks-fuykn~,kS% lg ds'hKkqfea nX/ok rq dq;kZr [kfyfra ujL; A

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

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

AYURVEDIC VIEW

PALITYA AS RASAPRADOSHJ VIKAR:

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

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

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

PALITYA ROGA AS SHIROROGA (AS IN TRIMARMIYA ADHYAYA)⁹

rstks-fuykn~,kS% lg ds'kHkqfea nX/ok rq dq;kZr [kfyfra ujl; A

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

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

PALITYA ROGA AS KSHUDRA ROGA¹⁰ :

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

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

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

HISTORICAL REVIEW:-

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, Shamshru, 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 <i>Pitta dosha</i> 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 nidana</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>Yogaratnakara</i>	In <i>Yogaratnakar</i> ¹⁶ , <i>Palitya Roga</i> is classified under <i>Kshudra Rog</i> in <i>Shloka 32 Pg no. 267</i>
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 69,71</i> .

Premature greying of hair occurs due to several reasons such as :

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

NIDAN [Cause]:

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

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

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

2. *Kshara Atisevana* (p-fo-1@18½

3. *Viruddha Ahara Sevana*

4. *Ignorance of Pratishtyaya*

5. *Nutritional Deficiencies*

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

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

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

Dewaswapa → *Kapha* increases → DUSHTI

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

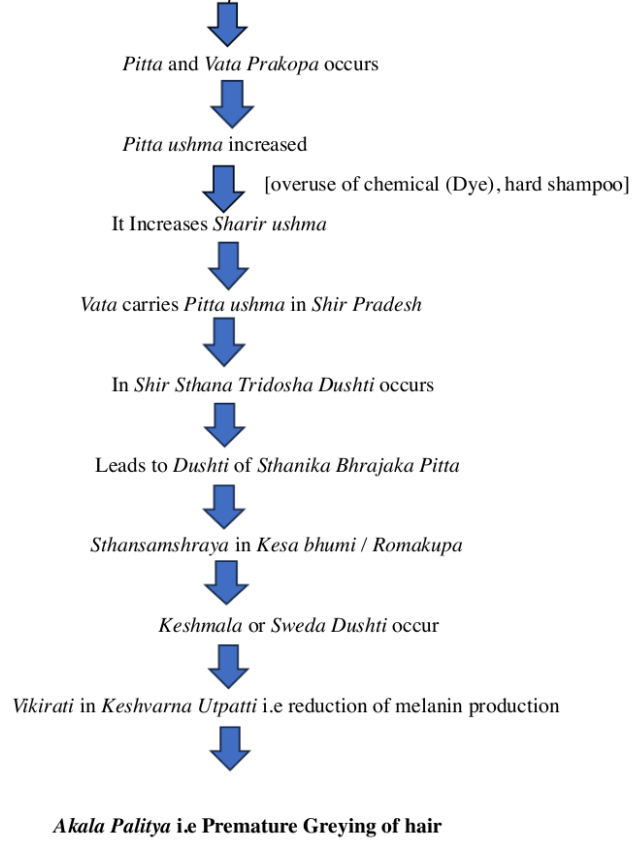
4. **Anya Hetu:** Excess use of Chemicals such as Dye substances, and hard shampoo, and excess use of straighteners, and dryers leads to dryness of hair causing premature greying of hair. Excessive sun exposure, environmental pollution, emotional factors such as stress, Nutritional deficiency, Thyroid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

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

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

SAMPRAPTI:

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



SAMPRAPTI GHATAK :

Dosha: *Tridosha* mainly *Pitta dosha*

Dushya: *Twak, Rasa*

Srotas: *Rasavaha srotas, Swedavaha srotas*

Agni: *Agnimandya*

Sroto Dushiti : Sanga, Vimargagamana

CHIKITSA:

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

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

Main Strategies for Management:

1. Balancing the *Doshas*: Balance of *tridosha* mainly *Pitta Dosha*.
2. Dietary modifications and lifestyle changes are needed for the balance of aggravated doshas. may assist balance the *doshas* by avoiding foods that aggravate *Pitta*, like spicy, sour, and greasy foods, and by lowering stress levels.

3. Herbal Remedies:

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

- *Amla*²⁵, also known as Indian gooseberry, is high in antioxidants and vitamin C, which helps to preserve hair color and nourish hair follicles.
- *Brahmi*, also known as *Bacopa monnieri*, is a relaxing herb that balances *Pitta dosha* and helps lower stress levels.
- *Eclipta alba*, also known as *Bhringraj*²⁶, strengthens hair follicles, encourages hair growth, and aids in the restoration of natural hair color.
- The antimicrobial and antifungal qualities of *Neem* (*Azadirachta indica*) are good for the health of the scalp and the growth of hair.
- *Nariyala*²⁷ has properties of *Pitta* and *Vata Samana* and the oil is known to be *Keshya*.
- *Nili tail*²⁸: Leaves of *Nili* help in *Ranjan* of hair mentioned in *Sushrut Chikitsa* chapter 25 *Mishrak Chikitsa*.
- *Dugdhika* + *Kaner*²⁹ together mixed with milk then applied on hair root.

Some more preventive measures such as:

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

DISCUSSION:

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

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

CONCLUSION:

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

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