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### RESEARCH ARTICLE

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

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Pitta

#### 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.

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#### 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 Dhamanisthrough 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<sup>1</sup>.

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.

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Pijaratva<sup>2</sup> is known to be ParyayaofPalitya in which the hair becomes brown in colour due to several reasons like environmental changes, Dryness of hair, and pollution.

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

Acharya Vagbhata, In Ashtanga Hridaya, mentioned Hair follicles are formed during 6<sup>th</sup> month of pregnancy<sup>4</sup>.

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

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<sup>6</sup> 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 Panmahabhoot. 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% lgds'kHkqfeanX/ok rkdq;kZr [kfyfroujL; A  
fdafpÙkqnX/ok ifyrkfudq;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 ranjakdravya (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 Rasapradoshaj 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<sup>7</sup> and what we take from the outside. The Aahara after digestion of jatharagni and bhutagni vyaparabecomes 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 moolsthana, this rasa dhatu<sup>8</sup> being pushed by Vyan Vayu reaches the Hridaya. The rasa from the heart enters 24 dhamanis from which it reaches different body parts. Rasa dhatus 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 dhatus 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 vahasrotas is needed and for waste material to be excreted out through Romakupa (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 Romakupa. Additionally, according to Acharya Dalhana, Romakupas are fed by the Rasavahi Dhamanis.

#### Palitya Roga AS Shiroroga (As In Trimarmiya Adhyaya)<sup>9</sup>

rstks-fuykn~,kS% lgds'kHkqfeanX/ok rkdq;kZr [kfyfroujL; A  
fdafpÙkqnX/ok ifyrkfudq;kZn~/kfjRizHkRoa p f kjks: gk.kke~ AA

These are the symptoms of AkalajaPalitya. Vatadidoshgets aggravated along with Pitta Prakopaand burns the hair root hence hairfall starts and when this Pittaaggravates in small amounts, hair ripens and becomes white. As Palityaroga is classified under Trimarmiya Chikitsa Adhyaya as Shirogataroga. 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 it colour to white. This condition of hair is known to be Palityaroga.

#### PalityaRoga As Kshudra Roga<sup>10</sup>:

In Ayurveda, we come across a group of diseases which have been classified as Kshudraroga. Kshudrameans small or minor or negligible. Acharya Sushrut and in various Laghutrayi, mentioned Palitya rog under Kshudra rog. dzks/k'kksdJed`r% 'kjhjks"ekf'kjkXkr%AfiÜka p ds'kku~ ipfrifryarsutk;rs AA

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

#### Historical Review:-

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

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

I. **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 Srotodushti affecting nourishment factors responsible for hair growth and hair colour. Lavana rasa<sup>18,19</sup> and Ksharaati sevana<sup>20</sup> increase the Pitta dosh and cause Ushmata of the body and also increase rukshata leading to drying of scalp. The ViruddhaAahar<sup>21</sup> 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, atiruksha, ati shit padarth<sup>22</sup> causing premature greying of hair.

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

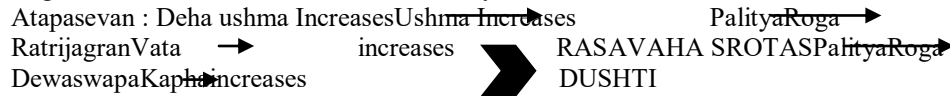
2. Kshara Atisevana (p-fo-1@18½

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 Divaswapaincrease the shirogatarukshata 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.



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<sup>23</sup> 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<sup>24</sup>.

**Samprapti:**

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

Pitta and Vata Prakopa occurs

Pitta ushma increased  
 [overuse of chemical (Dye), hard shampoo]

It increases Sharir ushma

Vata carries Pitta ushma in Shir Pradesh

In shir sthana Tridoshadusti occur

Leads to Dushti of Sthanika Bhrajaka Pitta



Sthansamshrayain Kesabhumi / Romakupa



Keshmala or Sweda Dushti occur



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



### **AKALA PALITYA I.E PREMATURE GREYING OF HAIR SAMPRAPTI GHATAK :**

**Dosha:** Tridosha mainly Pitta dosha

**Dushya:** Twak, Rasa

**Srotas:** Rasavahasrotas, Swedavahasrotas

**Agni:** Agnimandya

**Sroto Dushti :** 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<sup>25</sup>, 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<sup>26</sup>, 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<sup>27</sup> has properties of Pitta and Vata Samana and the oil is known to be Keshya.
- Nili tail<sup>28</sup>: Leaves of Nili help in Ranjan of hair mentioned in Sushrut Chikitsa chapter 25 Mishrak Chikitsa.
- Dugdika + Kaner<sup>29</sup> together mixed with milk then applied on hair root.

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

Dhumpna<sup>30</sup>, 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 adaptation 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 Bhayaare the main causes of Palitya as it aggravates Pittaushma, 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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