



Review Article

## PALITYA W.S.R TO PREMATURE GRAYING OF HAIR - AN AYURVEDIC OVERVIEW

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### ABSTRACT

Premature graying of hair is referred to as "Palitya" in the Ayurvedic method and falls under the general category of "Shiroroga." Palitya mainly shows Dosha's imbalance of our body. This premature graying of hair refers to the graying of hair in young age or before the age of 35 years. In Ayurveda this is known as "Palitya". Grey Hair is caused by gradual reduction of melanin production overtime in your hair follicles. Melanin a pigment that gives colour and smoothness to your hair. Eventually the hair begins to lose its colour. Ayurveda says, the "Bhrajaka Pitta a pigment responsible for imparting natural colour to our skin as well as to hair also seated in superficial layer of skin (Avabhasini). Soft, lustrous, silky, black hair are the sign of long healthy life span as per said by Acharya Charaka. In the present era sedentary life style, imbalanced diet, tense, mental conditions and polluted air, water and food have led to lot of complications which are difficult to remove. Therefore global interest these days is developing towards Ayurveda to face the Challenge be it preventive aspect or curative treatment method of pacification, management of disease in its initial stage or final stage. To gather all information related to Palitya at one place which is availed in different Ayurvedic texts and for elucidation of this knowledge in a proper manner the present study has been undertaken.

### INTRODUCTION

Healthy hair is the important part of the beauty and hair also defines the immunity of any person as well as hormonal level. The health or infirmity of the body can also be seen in the hair. Ayurvedic literature from thousands of years ago describes a wide variety of everyday hair care regimens which includes some procedures like Nasya, Snana, Moordha taila etc. While in the 21<sup>st</sup> century, industrialization has affected every aspect of life, making it impossible for people to find the time to follow the correct Dinacharya (particularly Moordha Taila) or Ritucharya. The word Palitya has been derived from the root "Pali" with prefix "kta" meaning whitening of hair with ageing.

Today a well developed scientific, mechanical world, busy lifestyle, excess use of poisonous drugs or plants of food and fruits, air water and sound pollutions competitive lifestyle, stress and psychological disturbances, improper irregular diet intake, lack of nutrition (nutritional gap) etc are making opposite results and developing various diseases and aging before time ultimately results in Dosha's imbalance of an individual and does Palitya.<sup>[1,2]</sup>

### MATERIAL AND METHODS

A compilation of information was made using almost all reference available in Ayurvedic texts and lexicons. Various Samhitas, Nighantu, textbooks, dissertation were used to fulfil the purpose.

### AIM AND OBJECTIVES

- To compile all information related to Palitya which is availed in different Ayurvedic texts and after elucidation of knowledge it is presented in a proper manner.
- Compilation of all information related to Palitya.
- Elucidation of proper knowledge.

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- Presented in a proper manner so it can be easily understand.

### Synonyms of *Palitya*<sup>[3]</sup>

*Kesha Shukalta, Palit, Palitya, Keshpaka, Vridha, Shelaj, Tap, Kardam.*

### *Nidana*: Etiology<sup>[4-7]</sup>

#### According to Ayurveda

Those villagers and townsmen and denizens of cities, who use alkaline ashes frequently and in large quantity becomes affected with baldness and graying hair. People, who are accustomed to the excessive use of salt, suffer from premature baldness, graying of hair and wrinkles. The excessive use of saline tastes it provokes the *Pitta dosha* and generates or induces wrinkles, graying hair and baldness. All these etiological factors are divided into basically two categories. First one is physical and mental is the other one.

#### Physical Factors

- Suppression of natural urges
- Inhalation of unwholesome odour
- Morbid chime
- Excess sunlight, exposure to cold weather, fog, dust, frost.
- Waking at night
- Day sleeping, excess consumption of cold water and alcohol.
- Excessive involvement in sexual act
- Facing ahead wind breeze
- Excessive weeping
- Talking too loud
- Massage unwillingness

#### Mental Factors

- Overwork
- Fatigue, excessive grief or anger, provoked body heat and *Pitta Dosha*

#### According to Modern Science

- Fast lifestyle
- Excessive environmental expose to high pollution
- Excessive use of spicy, oily food, fast food and junk food
- Prolonged medication
- Genetic causes
- Hormonal imbalance
- Use of strong hair cosmetics
- No or less use of hair care

#### *Poorvaroopa*- Predromal Symptoms<sup>[8]</sup>

- Thinning of hair
- Black hair turn to brownish

- Dryness of scalp and hair
- Temples usually shows graying fast

### *Roopa*- Signs and Symptoms<sup>[9]</sup>

Not any specific sign & symptoms are described related to disease.

### *Samprapti*- Pathogenesis<sup>[10-12]</sup>

Mechanism by which *Doshas* are vitiated by their *Nidanas* and the way by which they spread up in the body to manifest a disease called *Samprapti*. But, because of over work, fatigue, excessive grief or anger provoked *Dehoshma* (body heat) along with *Pitta dosha* enter into region of head (scalp). Thereby tends to make hair grey prematurely and such silvering the hair before the natural period of senile decay is called *Palitya*, as per said by *Acharya Sushruta*. *Acharya Charaka* said *Teja* along with *Vatadi doshas* burn the *Kesha bhoomi* (scalp) to produce *Khalitya* but when scorches partially, it causes graying of hair.

### Components of Pathogenesis<sup>[13]</sup>

*Udbhava Sthana*- Amashaya

*Sanchara*- Rasayanies

*Vata*- Saman, Udana

*Pitta*- Bhrajaka, Pachaka

*Dushya*- Asthi Dhatu, Rasa Dhatu

*Srotas*- Asthivaha, Rasavaha

*Srotodusti*- Sanga

*Vyakti Sthana*- Sirah Pradeshastha Kesha

*Agni Dusti*- Jathragni Mandya and Rasa agni, Asthya agni mandhya

### Site of Occurrence<sup>[14]</sup>

The graying process usually is gradual and firstly appears near the temple region "*Shankha*". Then the greyness spreads to the crown and later to the back of the head.

### Types<sup>[15]</sup>

#### On Account of Age - 2

- *Akala Palita* (Premature graying)
- *Kala Palita* (Graying due to ageing)

#### *Akala Palita* (Premature Graying)<sup>[16]</sup>

When it occurs in very young age, it said to be *Akalaja* or premature graying. People who regularly consume too much salt experience early baldness, hair graying, and wrinkles.

#### *Kala Palitya* (Graying due to ageing)<sup>[17]</sup>

- Graying manifested in proper age
- Sign of old age

#### Types of *Kala Palitya*-5<sup>[18]</sup>

*Vataja, Pittaja, Kaphaja, Sannipataja, Shirorujaudbhava*

### In Ayurvedic texts<sup>[19-27]</sup>

- *Palitya* was common in the period of *Samhitas*; but *Acharya's* have described it shortly and consider it as "*Kshudra Roga*".
- *Acharya Bhela* in *Ashtodariya* chapter about five types of *Palitya* disease.
- *Acharya Sushruta* described *Palitya* in *Kshudra Roga* in *Nidana Sthana*.
- *Acharya Vagbhatta* has mentioned *Palitya* and its types.
- *Madhavakara* in *Madhava Nidanam* as a *Kshudra Roga*. *Sharangdhara* described *Palitya* as a *Shirakapala Roga* in *Poorva Khanda* and T/T mentioned in *Madhyama Khanda*.
- *Acharya Bhavamishra* described *Palitya* as *Kshudra Roga*- and also mentioned *Keshya dravyas* for the treatment.
- *Yog Ratnakar* described *Palitya* disease and also its *Nidana*, types and *Samprapti*. In *Bhaisjya Ratnavali*, *Palitya* and its treatment drugs are described. *Acharya Chakrapani* has mentioned medicated oil for *Palitya*

### In Modern Texts<sup>[28]</sup>

A vast description of graying/premature graying of hair is available in modern books. Premature graying has defined as onset of graying before natural process. It occasionally manifests as an isolated autosomal dominant condition and most likely has a genetic basis. Premature graying of hair refers to the graying of hair in young age or before the age of 35 years. Hair is caused by gradual reduction of melanin production overtime in your hair follicles. Melanin is a pigment that gives colour and smoothness to your hair. Eventually the hair begins to lose its colour.

### Management<sup>[29]</sup>

Nutrients and hair care are the keys for grooming hair. A balanced diet with iron, proteins, minerals, vitamins are essential for good health of hair along with these proper hygiene of scalp and regular head massage are also important.

**Hair care:** No combing, not wearing of turban, no use of nasal drops, no use of medicated smoke etc.

### Hair care in Ayurveda<sup>[30-31]</sup>

In the chapter *Dincharya* and *Rutucharya* hair care is discussed indirectly. Here, they provide a few methods for maintaining good, healthy hair, including the ones listed below:

- *Moordha Taila*, *Kshaur Karma*, *Kesha Prasadini*, *Ushnisha*

Drugs which are described as *Keshya*, *Keshranjana* or *Palityanashaka* in Ayurvedic Lexicons are *Yastimadhu*, *Amalaki*, *Tila*, *Bhringraja*, *Vibhitaki*,

*Nimba*, *Gambhari*, *Mayaphala*, *Beejaka*, *Nirgundi* which we can use in various form of formulations for e.g. powder, tablets, juice, decoction as internal medication or in *Tail*, *Lepa* etc form as external medication.

### DISCUSSION

Many several factors are there for development of *Palitya* disease i.e., dietetic, environmental, genetic, as a complication of different disease, due to improper metabolism, worse hygiene, mental health etc. But all these etiological factors are mainly responsible for *Vata-Pitta* imbalance. Due to imbalance of these *Dosha's* persons were basically affected by *Palitya* disease. In Ayurveda, *Palitya* is mentioned as a *Rasa Dushti Janya Roga* and also *Kesha*. *Shamshu* etc different type of body hair are affected due to *Asthi Dhatu Dhusti* and mentioned as *Asthi Dhatu Dhusti Janya roga*. In Ayurveda it is mentioned that to treat *Rasa Dushti Janya Roga* you have to follow all types of *Langhana* and these ten *Langhana* types are *Vamana*, *Virechana*, *Shirovirechana*, *Niruha Vasti*, *Pippasa*, *Vayu Sevana*, *Aatapa Sevana*, use of *Pachana Dravya*, *Upwasa*, *Vyayama* and also to treat *Asthi Dhatu Dhusti Janya roga*, *Basti karma* and use of *Ghrita* and milk which consists of *Tikta Dravyas* is mentioned. Also with this proper hair health has to be maintained in terms of dietetics and environmental factors.

### CONCLUSION

Ayurveda says, the "*Bhrajaka Pitta* a pigment responsible for imparting natural colour to our skin as well as to hair also seated in superficial layer of skin (*Avabhasini*). In Ayurvedic approach, premature graying of hair is coined out as in term of "*Palitya*" under the broad heading of *Shirorga*. Today a well developed scientific, mechanical world, busy life style, and psychological disturbances, improper irregular diet intake, lack of nutrition (nutritional gap) etc are making opposite results and developing various diseases and aging before time ultimately results in *Dosha's* imbalance mainly *Vata-Pitta* of an individual and does *Palitya*. For *Palitya* management a balanced diet with iron, proteins, minerals, vitamins, head massage, proper combing, *Nasya* of different medicated oils, use of different drugs which are described as *Keshya*, *Keshranjana* or *Palityanashaka* in Ayurvedic Lexicons are essential for good health of hair.

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