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**Address**

• Vikram Nagar, Boudhi Chouk, Latur.  
• Tq. Latur, Dis. Latur 413512 (MS.)  
• (+91) 9922455749, (+91) 8999250451

**Email**

• aiirjpramod@gmail.com  
• aayushijournal@gmail.com

**Website**

• www.aiirjournal.com

**CHIEF EDITOR – PRAMOD PRAKASHRAO TANDALE**

**Review on Premature Greying of Hairs (Palitya)- An Ayurvedic Approach****Vd. Aarti B Kuril<sup>1</sup>**

Assistant Professor,  
Samhita Siddhant Dept.,  
C.S.M.S.S. Ayurved College,  
Aurangabad

**Dr.Smita V. Dhurde<sup>2</sup>**

Professor and H.O.D.,  
Samhita Siddhant Dept.,  
C.S.M.S.S. Ayurved College,  
Aurangabad

**Abstract:**

Nowadays premature graying of hairs (Palitya) is a common cosmetic problem affecting young generation particularly in tropical and developing countries like India. Young generation seems to concentrate more on the external application type of products like dyes, shampoos, hair serums and spa treatments which are of minimal importance as long as the strength and health of hairs is concerned. Ayurveda whereas totally focuses on the internal health and growth of hairs. Premature graying of hair (Palitya) is the disorder of hair due to vitiation of Pitta and Vata dosha by Rasavaha, Asthivaha Srotas dushti and etiological factors in the form of diet, daily life style, psychological pattern of an individual and last but not the least the external environmental factors. Physiologically graying of hairs is the sign of old age and Pittaja Prakruti individuals. But it is certainly not expected to happen in the early years of life which states the underlying pathology. As once damaged grey hairs cannot be restored to their original color but the further damage can be definitely prevented by means of Samshodhan (cleansing procedures), Shamana (pacifying procedures), Nasya (nasal instillation of medicated oils and ghee) and Shiroabhyanga (head massage with medicated oil).

**Keywords:** Ayurveda, Palitya, Graying of hairs, Nasya

**Introduction:**

The stress and strain of modern life, environmental changes like air and water pollution induces premature ageing. Palitya is an accompaniment of premature graying and possesses a clinical challenge to the medical practitioners. Palitya is a common process occurring in people as they aged, some of individuals experience Akala Palitya due to familial History and pathological conditions.

Unfortunately contemporary medical science does not offer any satisfactory treatment other than artificial coloring of hair (dyeing). This regular dyeing leads to many adverse effects like hair fall and other scalp disease. Understanding hair and related problem reflects the psychological and pathological conditions of whole body.

Ayurveda has explained concept of akala Palitya in from different point of views and that too with satisfactory treatment without any side effects.

Main motive of Ayurveda is-

“प्रयोजनं चास्य स्वस्थस्य स्वास्थ्य रक्षणमातुरस्यविकारप्रशमनं च ॥”

च.सू. ३०/२६

Thus Akala Palitya (premature graying of hairs) can be included in the swasthya rakshana domain of Ayurveda.

Palitya is considered as Rasapradoshaj Vikara (Cha su.28/). Acharya Charaka has described Palitya under Shirogata Vyadhi (Cha.Chi26/). Causative factors of Palitya are- Krodh, Shok and Sharirik Sharma which increases Shariroshma leads to Palitya (A.Hru.U). For all Shirogata Vyadhi Nasya (Cha si.9/88) is important treatment because-

“द्वारं हि शिरसो नासा तेन तद् व्याप्य हन्ति तान्॥“

च.सि.९/८८

There are various types of Nasya (Cha.si.9/88) described in Ayurvedic literature for treatment and preserving health.

### Aim of the study

The aim of article is to Elaborate discussion over Pathogenesis and management of Palitya and drawing of application oriented conclusion out of the discussion

### Objective of the study

- 1) To create awareness of treatment of Palitya according to Ayurveda.
- 2) To create awareness of etiology of Palitya according to Ayurveda.

### Ayurvedic aspect of Palitya

According to Ayurveda hair (Kesha) is Mala (material that is to be excreted) of Asthi Dhatu Palitya are hair disorders which occur due to internal factors like Rasadushti, Asthi-Dhatu Dushti or due to Sthanik Dushti i.e.Dushti at the scalp region.

### A) Classification of palitya:

All Ayurvedic texts include palitya under the same category. The difference of opinion lies only in the title given to that category, as follow

### Classification of Palitya:

| S.N. | Name of the Text   | Category    | Name of Chapter           | Reference          |
|------|--------------------|-------------|---------------------------|--------------------|
| 1    | Charka Samhita     | Shiroroga   | Trimarmiya-Chikitsadhyaya | C.S.Chi.26/132,133 |
| 2    | Ashtang Hridaya    | Shiroroga   | Shiroroga-Vidnyanam       | A.H.U.23/29        |
| 3    | Susruta Samhita    | Kshudraroga | Ksudraroga-nidam          | SU.Ni.13           |
| 4    | Madhav-Nidan       | Kshudraroga | Ksudraroga-nidam          | M.N.55/28,29,32    |
| 5    | Sarangdhar Samhita | Kapal-roga  |                           | Sha.Sa.6/42        |

### D) Definition of Palitya:

क्रोधशोकश्रमकृतं शरिरोष्मा शिरोगतः ।

पित्तं च केशान् पचति पलितं तेन जायते ॥ (सु.नि.१३)

Hetusevan like krodha, shrama etc leads to increase in shariroshma which further vitiates pitta leading to change in colour of hair .This change is called palitya.According to Charakacharya, all three doshas are involved in aetiopathogenesis of Palitya, while according to Sushrutacharya only 'Pitta' Dosh is involved.

### Types of palitya

| S.N. | Sharangdhar Samhita (Sha.sa.6/22) | Vagbhat (A.H.U.23/29) | Yogratnakar | Bhel samhita (Bh.S.Su.26/11) |
|------|-----------------------------------|-----------------------|-------------|------------------------------|
| 1    | Kalajanit palitya                 | Vataja                | Vataja      | Vataja                       |
| 2    | Akalajanit Palitya                | Pittaja               | Pittaja     | Pittaja                      |

|   |   |               |         |                    |
|---|---|---------------|---------|--------------------|
| 3 | - | Kaphaja       | Kaphaja | Kaphaja            |
| 4 | - | Shirajodbhava | -       | Ativyayamjanya     |
| 5 |   | -             | -       | Vridhhavasthajanya |

**Nidana Panchaka Of Palitya**

| Nidana          | Vata Prakopaka   | Pitta Prakopak   | Kapha prakopaka  | Rakta Prakopaka  |
|-----------------|--|--|--|--|
| <b>Aharaja</b>  | Sheet,Ruksha<br>Gunatmak;Tikta<br>Rasatmak;<br>Sheetambupan.   | Tikshna Gunatmak;<br>Amla,Lavan-<br>Rasatmak;<br>Atimadyapan | Guru,sheet<br>Gunatmak;Amla,<br>Lavana Rasatmak;<br>Atyambupan,<br>Aam | Tikshna,Vidahi<br>Gunatmak;<br>Amla, lavana<br>Rasatmak. |
| <b>Viharaja</b> | Vegavidharan,<br>Prajagan<br>Atimaithun, Raja, Dhum,<br>Heemsevan;<br>Ucchabhasya<br>Atirodan,<br>Bashpanigraha; | Atapsevan;<br>Prajgran                                       |  | Diwaswap   |
| <b>Mansika</b>  | Atishok;atibhay  | Atikrodha  |  |  |
| <b>Agantuj</b>  | Abhigat  |  |  | Abhigat  |

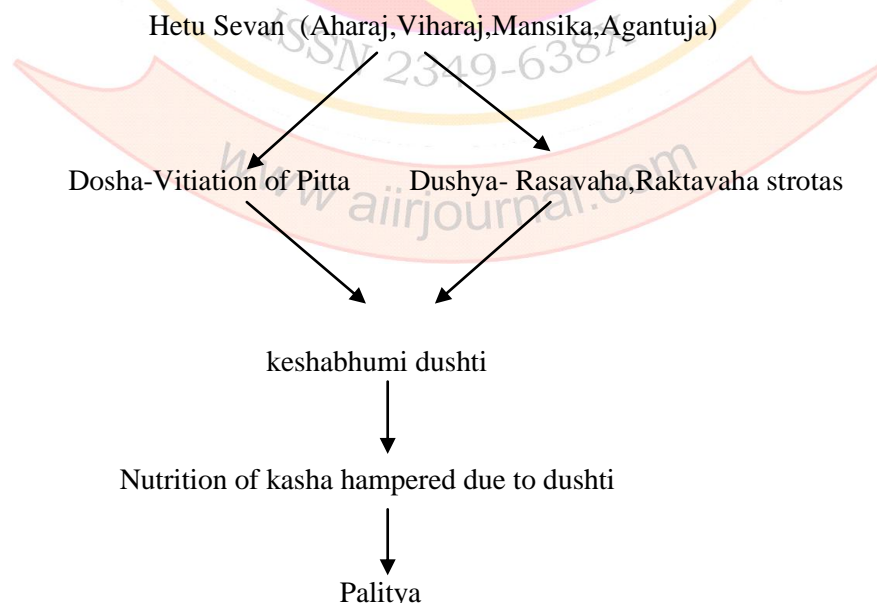
**C) Roopa (Lakshanas):**

➤ **Palitya Lakshan**

- Gradual change in colour of hair from black to white.
- Palitya due to vitiated vata dominance – hair appear blackish grey and rough.
- Palitya due to vitiated Kapha dominance –Hair appear white and shining.
- Due to pitta –Hair has yellowish tinge and burning sensation of scalp.

**D) Samprapti (Su.Ni.13)**

**Aetiopathogenesis of Palitya :**



**Samprapti ghataka-****Samprapti ghatas of Palitya**

|                             |  |
|-----------------------------|--|
| <b>Dosha</b>                | <b>Vayu (Prana, Vyana); Pitta (Bhrajaka)</b> |
| <b>Dushya</b>               | Rasa, Rakta, Mansa                           |
| <b>Upadhatu</b>             | Tvaka  |
| <b>Strotasa</b>             | Rasavaha, Raktavaha, Asthivaha               |
| <b>Strotodushti prakara</b> | Sanga, Vimarga gamana                        |
| <b>Adhishthana</b>          | Keshabhumi-Tvacha                            |
| <b>Swabhava</b>             | Mrudu  |
| <b>Agni</b>                 | Jaatharagni; Dhatwagni (rasa, Rakta, Asthi)  |
| <b>Roga marga</b>           | Bahya Rogamarga                              |
| <b>Vyakta sthana</b>        | Shira-Tvak(Scalp)                            |

**Management of Palitya-**

As main motive of Ayurveda is to maintain the health of healthy individual & relieving suffering of unhealthy person. Ayurveda describes everything for maintaining health which includes Dinacharya (Daily regimen), Ritucharya Palan (Seasonal regimen) etc. Nasya and Shiroabhyanga are healthy habits to be followed by individual.

1. Nidana parivarjana.
2. Treatment of Vata Pitta Shamana.
3. Shamana Nasya for Palitya
- Nasya Karma is said to be one of the Pancha karma which also best treatment for Palitya. E.g. Nasya with Markavadi Taila, Anu Taila, Panchendriya vardhana taila.
4. Yogasana and Relaxation.
5. Active exercise.
6. Shodhana chikitsa for Sharirashuddhi.
7. Rasayana chikitsa for avoiding Palitya.
8. Pathya aahara sevana.

**Discussion-**

Ayurveda is science of life it provide treatment as well as prevention of Varios disorder including Palitya. Life style change is main cause of many disorders, so by changing these thing and adopting hair care stated by Ayurveda can help to cure as well as prevent this problem.

**Hair Care in Ayurveda**

In Dinacharya, Ritucharya Adhyaya hair care is discussed indirectly. Here, they suggest some procedures which keep hair healthy Some of them are as follows :

- 1) **Shiroabhyanga:** Oil should be regularly or daily applied on scalp, it is called Shiroabhyanga also keeps away Palitya (Ch. Su. 5/81).
- 2) **Shirovirechana :** The importance of Nasya to prevent and to cure the diseases of hair like Palitya.

**Conclusion:**

By ayurvedic management Palitya can be prevented and treated. Dinacharya, Ritucharya palan, avoiding apathya aaharas, Vihara and Manasik hetu also by Ayurvedic management like Shiroabhyanga, Nasya.

Also different types of cosmetic like Shampoo, gel, Hair which directly and indirectly causes harm to health and hair should be avoided.

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