

ROLE OF NIDANA IN AKALA PALITYA (PREMATURE GREYING OF HAIR)

Hemanth R P¹, Venkatesha S²

¹P.G. Scholar, ²Reader and HOD,

Dept of Roga Nidana, JSS Ayurveda Medical College and Hospital, Mysuru, Karnataka, India

Email: hemanthrp14@gmail.com

ABSTRACT

The lifestyle reflects an individual attitude and way of life values. Hair forms an important Style statement of the body. It has protective function but also adds on to his/her beauty factor. Prime importance is given to cosmetic value and appearance in the present era. The faulty eating habits and life style in modern time is responsible for varied health problems including disorders related to hair. The most obvious cause is *Ahara*, which is exceptionally low in nutrition coupled with lot of stress and anxiety along with usage of hazardous chemicals like pesticides and inorganic fertilizers. Be it a male or female, healthy hair is everybody's dream and for those who naturally have beautiful and healthy hair are proud to have them.

Keywords: *Palitya, Nidana*, Premature greying of hair

INTRODUCTION

Premature greying of hair is a burning problem, as large percentage of population especially young men and women are affected. Around the world, men spend about one million dollars yearly for caring of hair, whereas women spend 500 billion dollars, without having awareness about the role of improper diet in causation of grey hair.

Even though heredity is one of the causes of premature greying of hair, *Ahara* and regimens also cause, which includes excessive intake of spicy and salty food, tea. Lacks of sleep, exercise, stress etc. are possibly the

most common and important causes for the condition. There is evidence that people with premature greying of hair might develop low bone density and osteopenia later in life along with cardiac disorders²¹.

AIMS AND OBJECTIVES

To study the *Nidanas* of *Akala Palitya* and their role in manifestation of disease, as mentioned in *Ayurvedic Samhitas* in viewing with present scenario.

STUDY MATERIAL

Palitya is studied with different lexicon present in central library and relevant matter described on Journal magazine and internet.

PALITYA NIRUKTI

- Palitya derived from palita

Palita

According to *shabdakalpadruma*,

- Phaleritajathescha
- Phalativruddavasthanamkeshashukladikamprapnoti

According to *Amarakosha*,

- Palitamjarasashouklayamkeshadouvisrasajara
Palitya is one of the lakshana of Jaravastata.
- Krodha shoka shramakruta sariroshma shirogata

*Pittam cha keshan pachati palitam tena jayathe*¹

- Shoka shrama krodhakrutasariroshma shirogata
Keshan sa dosha pachati palitam sambhavatyata²

The heat of the body produced by anger, grief or exertion mixing with *pitta* and getting localized in the head causes ripening of the hairs and produces *palitya*.

CLASSIFICATION

According to *Sushruta*¹

- Prakrita Palitya.
- Vaikrita Palitya.

According to *Sharangadhara*³

- Kalajanitapalita.
- Akalajanitapalita.

Table 1: Classification

VAGBHATA ²	YOGARATNAKARA ⁴	BHELA ⁵
VATAJA	VATAJA	VATAJA
PITTAJA	PITTAJA	PITTAJA
KAPHAJA	KAPHAJA	KAPHAJA
DWANDVAJA		TRIDOSHAJA
TRIDOSHAJA		AGANTUJA

Akala Palita as an inclusion

- Rasapradoshajavikara²⁰
- Kshudra Roga¹
- Kapalagata Roga⁴

The Etiological factors can be studied under following headings-

- Aharaja
- Viharaja

- Manasika
- Anya Hetuja

AHARAJANIDANA⁶

- Amla Ahara
- Atisheetambu Ahara
- Atimadyapana
- Dustabhojana
- Aamabhojana

- *Ati Guru ahara*
- *AtiSheetaahara*
- *Lavanaatisevana*
- *Ksharaatisevana*

- Further vitiation of *rasa dhatu* leads to *akala palitya* as it is one the *rasa pradoshja vyadhi*.
- *Apathya* / Improper diet is a major contributory factor for *Akala-palitya*.

➤ These *nidanas* affect the *Rasadhatu*.

Table 2: Gunas and Karma of Rasas and Their Role in Akalapalitya^{7,8,9}

RASAS	GUNAS	COMPOSITION	EFFECT ON DOSHA'S	EFFECT ON DHATU'S
AMLA	SNIGDHA LAGHU USHNA	PRITHVI TEJAS	KAPHA PITTAKARA	CATABOLIC
LAVANA	SNIGDHA GURU USHNA	JALA TEJAS	KAPHA PITTAKARA	CATABOLIC
KATU	RUKSHA LAGHU USHNA	VAYU TEJAS	VATA PITTA KARA	CATABOLIC

Charaka opines *palitya* as a *lavana atisevana-janya vikara*¹⁰

- *Kledana*
- *Chedana*
- *Bhedana*
- *Tikshna*
- *Vikasi*
- *Avakashakara*

These qualities increases the catabolic activity of the body and results in *Akala Palitya*

VIHARAJA NIDANAS¹¹

- *Ratrijagarana*
- *Atapasevana*
- *Rajosevana*
- *Dhumasevana*
- *Dushitavayusevana*
- *Shiroabhyangaayoga*
- *Dushitajalasnana*

- *Upavasa*

- *Ativyayama*

- ***Ratrijagarana:***

Due to regular indulgence in *ratri jagarana*, *Vatavridhhi* takes place which in turn causes *Rasavaha Srotodushti*. This may be the cause for *Akala-palita*.

- ***Atapasevana:***

Due to excessive *Atapasevana*, like continuous working in field farmers or other hard workers over hot sun may develop *Akala-palita*. This *Bahya Nidana* directly increases *Dehoshma* in turn increases the *ushma* of *Keshabhumi* and *Romakupa* to produce *Akala-palita*.

- ***Rajosevana, Dhumasevana and Dushita-Vayusevana:***

These are *Bahya Nidanas*, causing same impact as heat does. They make the scalp dry due to the increase of *sthanika Rukshata*, in turn

sthanika Vataprakopa, resulting in reduction of *snigdhamsha* may lead to Greying of hairs.

- **ShiroAbhyanga Ayoga**¹²

This causes the improper nourishment of both scalp and Hair follicles.

- **DushitaJalasnana**¹³

In certain parts of India like *Saurashtra*, *Balhika* and *Saindhava* especially coastal areas suffer from lack of fresh and soft water. This is because of *Deshaswabhava*. It contains high concentrated salt. Continuous usage of such water is not helpful to scalp.

- **AtiVyayama and Upavasa**¹¹

Due to excess physical work and continuous indulgence in *upavasa* cause *vata* to *Shiras* causes *Sthanika Tridosha Dushti*, which in turn causing *Akala-palita*.

MANASIKA NIDANAS

- *Krodha*
- *Shoka*
- *Shrama*
- *Chinta*
- *Krodha*¹²

Swasthana sanchita pitta gets *kupita* along with *vayu*, and causing *shariraushnavridhi* along with other symptoms like *trishna*, *daha* causes *Akala Palitya*.

- *Shoka*¹⁴

Due to *shoka* *vata* *vridhi* takes place. This leads to *vishamagni* causing *rasa-raktadusti* and direct influence of *shoka* on *dehoshma-vridhi* leads to *AkalaPalitya*.

- *Shrama*¹⁵

Vata gets vitiated, inturn vitiates *jatharagni* & *rasadusti*, and direct influence of *shrama* on *sharirikaushnavridhi* causes *Akala Palitya*.

ANYAHETU¹⁶

Akala-Palita can also be a *Janma Jaata Vyadhi*. So, genetical tendency can be elucidated in the families having greying of hairs.

- *Janmabala Pravritta Hetu*.
- *Prakriti Hetu*.
- *Jaati and KulaHetu*.
- *DeshaHetu*.
- *VayoHetu*.

Janmabala pravrittahetu¹⁶

- *Acharya Charaka* accepts in the context of *garbhahanikarabhavas*, a pregnant woman on taking continuous *Lavanarasa* may become responsible for early greying of hairs in offspring.
- While mentioning the types of *Vyadhi*, *Sushruta* has considered *Akalajarajanyavyadhis* in *Janmabalapravritta Vyadhis*; these are considered into two, *Rasakrita* and *Douhridaapachaaraja*.
- *Acharya Vagbhata* have made the observations in regard with excess intake of *Pittala Ahara* by pregnant lady may cause *Kesha vikara* in the progeny.

Jaati and kulaprasakta¹⁷

Heredity is one among the color deciding factors.-race/traits.

- *Acharya Charaka* mentions in *Sharira sthana* about *beeja* & *beejabhagavikriti* causing different *avayavavikaras*.

- According to *Susruta*, *Valipalitaroga* can be considered under *Adibalapravritta-vyadhi*.

***Deshaprasakta*¹⁸**

- According to different *Desha* / Areas – The Color and Texture of hair will change.
- While telling the excessive usage of *Kshara*, *Pippali*, and *Lavana*, *Acharya Charaka* told about the incidence of *Akala-palita* which is more prevailing in the areas like *Balhika*, *Saurashtra* *Saindhava*, where

Ushara / *Lavanamsha* is more in soil and water.

Vayoanupatini

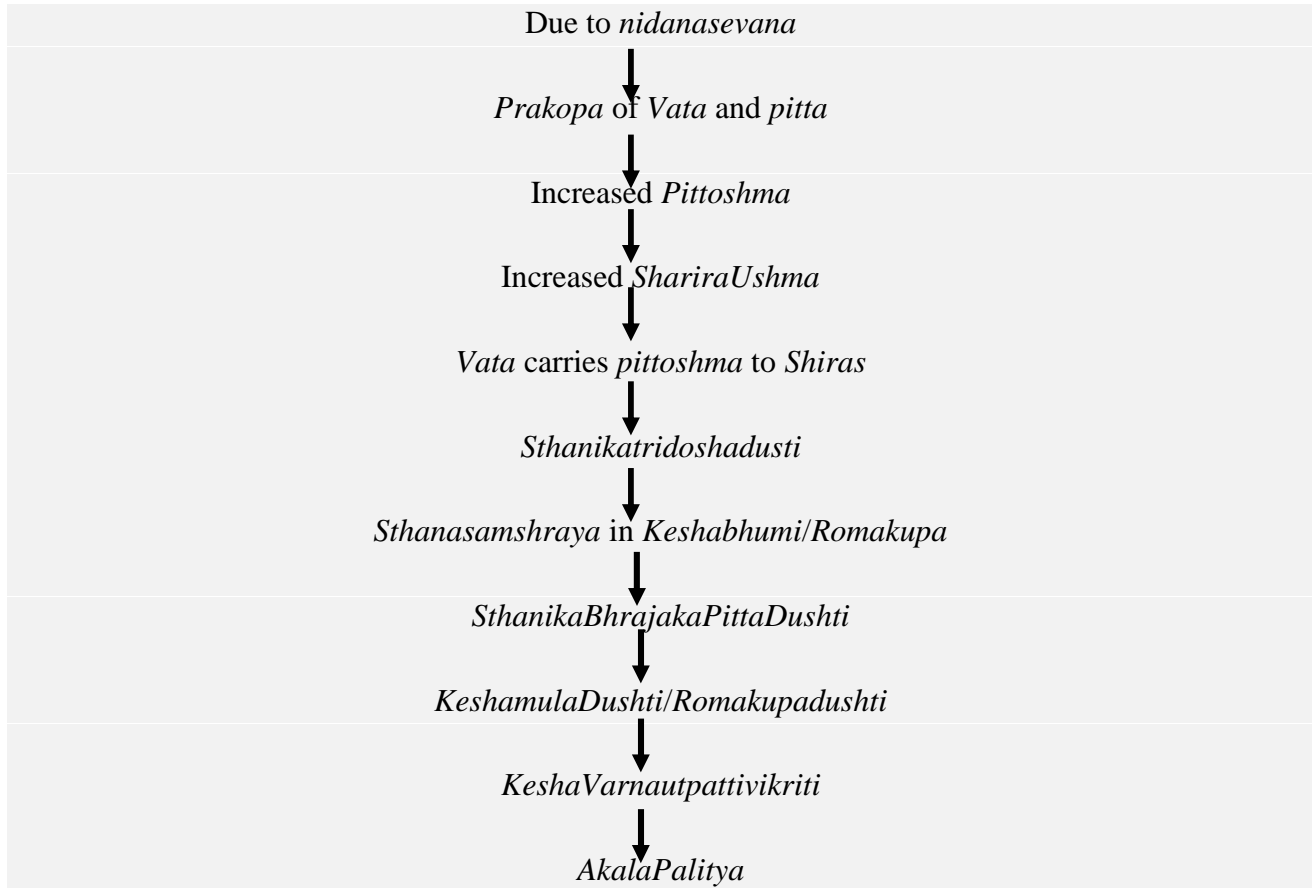
According to age two types,

- *Kaalaja* - *Swabhavika* (Physiological)
- *Akaalaja* - *Vikritijanya* (Pathological)

***Prakritiprasakta*¹⁹**

Pitta Prakriti purusha normally tends to develop *Akalapalitya*.

SAMPRAPTI OF AKALAPALITYA



SAMPRAPTI GHATAKA

Dosha: *SharirikaDosha* - *Tridosha* (*Pitta doshapradhana*)

SthanikaDosha- *Bhrajaka Pitta*.

Dushya: Rasa and Asthi.

Agni:

1. Jatharagni

2. Dhatwagni

-Rasagni.

-Asthyagni.

3. Bhutagni

-Prithvi.

-Teja.

4. Malagni

-Asthimala.

Srotas: RasavahaSrotas.

AsthivahaSrotas.

ManovahaSrotas.

Srotodushthiprakara: Sanga.

Rogamarga: BahyaRogamarga.

Udbhavasthana: Amashaya.

Sancharasthana: Rasayanis.

Vyadhiadhishthana: ShirogataRomakupa.

Vyaktasthana: ShirogataKeshha.

DISCUSSION

Vata, pitta, kapha are tridoshas which are responsible for equilibrium of bodily functions. Among tridoshas, pittadosha is responsible for digestion and results in the formation of pakva rasa. Normal function of rasadhatu and its sara is represented by twak and keshha. Any abnormality in rasa leads to akalapalitya as it is rasapradoshajavikara¹. when we review the classical texts and published article aharajani-danas like AmlaAhara, Ati sheetambu Ahara, Ati madyapana, Dusta bhojana, Aama bhojana, Ati Guru ahara, Ati Sheetaahara, Lava-naatisevana, Kshara atisevana and viharaja nidanas like Ratrijagarana, Atapasevana, Rajosevana, Dhumasevana, Dushitavayusevana, Shiroabhyangaayoga, Dushitajalasnana, Upa-

vasa, Ativyayamaare predominant in causation of palitya. When we fully analyze these nidanas, they are predominant in amla, lavana, katurasa's and ushna, ruksha, laghuguna's. Present lifestyle and food habits i.e., Predominant usage of kshara, amla, lavana along with stress increases the catabolic activity of the body thus results in premature greying of hair.

CONCLUSION

Heredity is one of the common causes of premature greying of hair. Faulty dietary habits and regimens which includes excessive intake of spicy and salty food, tea, Lack of sleep, expose to sunrays, exercise, stress etc. are possibly the most common causes. Excessive usage of the hair cosmetics in day to day life plays an important role. Low nutrition and other primary disorders are the most obvious causes. The texture and colour will change depending on the different race/traits. So, avoiding these nidanas and proper understanding of nidanas help in preventing and treatment of akala palitya.

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