

A REVIEW ON ETIOLOGY AND MANAGEMENT OF PALITYA (GREYING OF HAIR)

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ABSTRACT

The face of an individual is a personal identity in which hair plays a significant role. Perfect hair is an attribute of personality and beauty. Nowadays, premature greying of hair is a common cosmetic problem affecting young population. Healthy, good looking, black hairs makes person look externally beautiful and enthusiastic. *Palitya* generally happens in old age and *pittajaprakritipurush*, but certain dietary habits, behavioural life style and psychological causes influence premature greying of hair. Current trends available for management of grey hair are not satisfactory. *Ayurveda* can aid in managing *palitya* with *shodhana* and *shaman* therapies. Present study reviews Ayurvedic and modern etiopathogenesis and management trends to propose ideal treatment for *palitya*.

Keywords: *Palitya*, Premature greying of hair, *Nasya*, Psychological

INTRODUCTION

Premature greying of hair i.e., *Palitya* is a burning cosmetic issue in present era. The onset and progression of greying or canities correlate very closely with chronological aging and occur in varying degrees in all individuals, eventually regardless of gender or race. Nowadays, the incidence of *palitya* is common in young age between 20-30 years age group. Even in children the incidences are increasing day by day. Hair colour contributes immensely in physical appearance and self-perception. Premature greying aids to embarrassment and social stigma. Current treatments available are

not much satisfactory to cure, check or prevent this problem.

In *Ayurveda* *palitya* is mentioned under the heading of *Kshudraroga* and *shirogataroga*.¹ It can be classified as physiological and pathological phenomenon. The main aetiology of *palitya* is vitiation of *dehoshma* and *ushnaguna* of *pitta* circulates to *romakooopa* and causes *paka* of hair.² Treatment of *palitya* as mentioned in *Ayurveda* includes *shodhana* and *shaman chikitsa*.

The present review work was done to critically analyse *Ayurvedic* concept of *palitya* and its

management to provide satisfactory results to society.

Aims and Objectives:

1. To study etiopathogenesis of *palitya*.
2. To study current treatment trends of *palitya*.
3. To study *Panchakarma* treatment of *palitya*.

Materials and Methods:

Information on *Palitya* is collected from different *Ayurvedic* and modern text, journal, magazine, internet. Information is studied thoroughly modern and *Ayurvedic* point of view. It is a review article collected from different source. *Nasya* will be the main method of treatment in *Palitya*

Etiology of Palitya:

Heat produced by frequent bouts of anger, grief and physical strain, reach the head and makes the hair to become grey. This condition is known as *palitya*.³

Nidana of *palitya* can be classified under these headings:

1. Dietary (*ahara*)
 2. Environmental (*vihara*)
 3. Psychological (*manasika*)
 4. Unknown causes (*adibalapravrta*)
1. Dietary (*ahara*): *Ushna, tikshna, lavana, amla, vidahi, tilataila, kulatha, sarshapa, dadhi, kanji* etc *pittavardhakaahara*. These vitiate *pitta* and affect *rasa dhatuposhana karma*. *Rasa dhatu* and *asthidhatudushti* is the cause of *palitya*. When *Ahararasa* is not di-

gested properly, results in improper formation of *dhatu*s leading to *palitya*.⁴

Excessive use of *Pippali, lavana* and *kshara* also causes *palitya*.⁵

2. Environmental (*vihara*): *Ratrijagarana, Atapasevana, Dhumasevana, Dushitavayusevana, Siroabyangaayoga, dushitajalasnana, Ativyayama* and *upavasa*. These all cause improper nourishment of scalp and hair follicles leading to premature greying of hair.
3. Psychological (*manasika*): *Krodha, sokha, adhikachinta* and *manasikashrama* are considered to be both *pitta* and *vataprakopanidanans* responsible for *Akalajpalitya*.
4. Unknown causes (*adibalapravrta*): *Pitta prakriti* persons naturally develop premature greying of hair.

Modern view:

Causes for premature graying of hair:

Aging or achromotrichia: The change in hair colour occurs when melanin ceases to be produced in the hair root and new hairs grow without pigment.

Stress: Stress, both chronic and acute may induce achromotrichia. It is known that the stress hormone cortisol, accumulates in human hair over time, but whether this has any effect on hair colour has not yet been resolved.

Medical conditions: Albinism, Vitiligo, Pernicious anaemia, Thyroid diseases and Werner's syndrome. Malnutrition is also known to cause grey hair.

Current modern treatment trends:

In spite of various researches, treatment options still remain far from satisfactory and no effective therapy is available.

Temporary hair darkening has been reported after ingestion of large doses of p-aminobenzoic acid (PABA).

Repigmentation of previously grey scalp hair has been reported following prolonged (around 3 years) use of latanoprost, a PGF 2 alpha eye drops.

Prostaglandins are one of the most potent stimulators of melanocyte growth and melanogenesis.

Hair darkening has also been described after x-ray irradiation and following electron beam therapy.⁶

Treatment trends in Ayurveda: Avoidance of causative factors like *PittavardhakAhara* and *Vihar* followed by *Samsodhana* and *Shamana chikitsa*.

Chikitsa of *palitya* is mentioned as follows:⁷

1. *Samsodhana*
2. *ShiroAbhyanga*
3. *Lepachikitsa*
4. *Krishnikarna yoga*
5. Oral medications

Samsodhanachikitsa: *Panchakarma* plays important role in *chikitsa* of *palitya* as *Acharya Charaka* and *Vagbhata* mentioned *samsodhana* therapy causes expulsion of vitiated *dosha* and thus breaks the *samprapthi* of *palitya*. *Vamana* expels *apakvaPitta* and *kaphadosha* from *urdhvamarga*. *Virechana* expels *pitta dosha* from *adho bhaga*.⁸

AcharyaVagbhata has mentioned *samsodhana* word in terms of both *sarvadaihika* and *sthana* like *shirovirechana*. *Shirovirechana* refers to *shodana* type of *navananasya*.

Nasya karma:⁹ In *akalajapalitya* the *navana* and *pratimarshanasya* is mentioned for greying of hair. *Nasa* is considered as one among

the *pancha gnanendriya*, whose functions are not only limited to olfaction and respiration but also considered as a pathway for drug administration. Since it is described as nose is the gate way for the *siras*, *nasyakarma* is the special procedure where the drug is administered through the gateway. The medicine that is put into the nostril moves in the channels and shows influence on *siras* by removing out the accumulated *doshas* localized in *siras*. The *yogas* for *nasya karma* mentioned in different classics have been given below.

1. *Bringarajghrita:Bringarajaswarasa* cooked in bile and *nasya* for a week destroys *palitya*.
2. *PrapoundarikadiTaila: Prapaundarika+Madhuka+Pippali+Utpala+Amalaki+oil*.
3. *ChandanadyaTaila: Chandana+Madhuka+Moorva+Triphala+Neelotpala+Priyangu+Guduchi+Shunthi+Loha bhasma+Jatamansi+Sariva+BringarajaTailanasya* in *AkalajPalitya*.
4. *BhringarajaTaila: Goksheer+ Bhringarajaswarasa+ Yastimadhukalka-Tailanasya* cures *palitya*.
5. *NimbatailaNasya: Abhavitanimbabejaitaila* in the form of *nasya* for 1 month with diet as cow's milk is also helpful in *AkalajPalitya*.
6. *NeelyadiTaila: Neelipatra + Shirishapatra+Saireyakapatra+Bhringarajaswarasbhavita+Tilabeeja+Gunjabeeja-* Oil is used in the form of *Nasya*.
7. *Ksheeradi taila: Godugdha/Ajadugdha+Sahacharaswarasa+Bring*

arajaswarasa+Tulasiswarasa+ Yashtimadhukalka+Tilataila.

8. *Jalanasyarasayana: Nasya with jala before sunrise.*

SHIROBHYANGA:¹⁰

1. *Yashtimadhukataila: Yashtimadhu mixed with Amalakiswarasa.*
2. *Nilikaditaila*
3. *Bringarajataila: lohakitata+Triphala+Sariva mixed with Bhringarajaswarasa and oil.*
4. *Mahaneelataila*¹¹
5. *Sarayakaditaila*¹²

SHIROLEPA:¹³

1. *Lohachurna+Bringaraja+Haritaki+Vibhitaki+Amalaki+black soil are taken in equal quantity powdered and mixed with sugar cane juice. This mixture is kept for 1 month and that juice is applied over hair.*
2. *Two Amalaki fruits, two Haritaki and two Vibhtaki, 5 karshaAmramajja; 1 karshalohachurna are mixed well and kept in iron jar. To this water is added and this is kept for whole night and applied.*
3. *Triphala+Lohachurna+ Bringarajaswarasa- kept in matured coconut for month. This is applied over scalp. Dugdika/Karveeramoola paste with Ksheera is applied as lepa in root of grey hair.*

KRISHNIKARANA YOGA:¹⁴

In a slightly matured fruit of coconut the powder of *Triphala, lohabhasma* and the juice of *Bhringaraja* should be kept. This coconut is

placed in a pit properly dug out in the earth. After a month, this should be taken out. Then hair on head should be cut and the paste of the above mentioned recipe should be applied over the scalp. After the application head should be wrapped with banana leaf for 7 days. Then the head should be washed with the decoction of *Triphala*. While using this recipe, patient should take milk and meat soup. It's an excellent recipe for making the hair black in scalp.

ORAL MEDICATION:¹⁵

Amalakirasayan

*Amalaki+Krishnatila+ Bhringarajasayan
Vridhdadarukamularasayan*

Bhringarajadirasayan

Siddha makaradhvaj

Vasantkusumakarras

*Gokshura+amlaki+amritachurna with honey
and ghrita(in unequal quantity)*

Saptamritaloha

Lohachurna

Bhringarajachurna

Guduchichurna

DISCUSSION

Palitya is a disease which does not have satisfactory treatment till date. The reason behind that may be improper execution of treatment. In *Ayurveda* the first line of treatment seems *shodhana*. *Shodhana* expels vitiated *doshas* from body. Basic pathogenesis of *palitya* is based on either *margavarodha* or *dhatukshaya/dushti* or sometimes both. After proper *shodhana* any treatment works better as clean cloth can be coloured better than a dirty cloth. Therefore, *shodhana* must be considered as first line of treatment here.

Amongst *shodhana*, though *Vamana* and *Virechana* are best but *Nasya* seems treatment of choice in *palitya* because of its action on *uttamanga* and it can act as both *shodhana* and *shaman*, though *Vamana* and *Virechana* must be planned prior to *nasya* in presence of *bahudoshavastha*.

Shirobhayanga, *dhara* and *lepa* are other external treatments which can be used simultaneously but their results are limited if used without *shodhana*. Moreover, many oils and *lepas* are only *Krishnikarna* in nature so can't be taken as a genuine treatments. Although some of these may act as a stimulant or nutrient for the hair follicles like *nimbabeejaitaila*, *Bhringaraja* and *Nirgundi*, *lepa* of *karveermoolaswarasa* and *dugdhikaswaras* etc can act on *margaavarodha*. *Bhringaraja*, *Nirgundi*, *lohachurna* acts as *kesharanjana*.

After proper *shodhana*, shaman drugs should be given. For giving various shaman drugs following explanations can be given.

Kesha is the mala of *asthidhatu* and drugs like *Musta*, *Amalaki*, *Guduchi* acts as *asthidhatu-pachana* and *shodhana*.

Kesha is *upadhatu* of *majja*, thus drugs which acts on *majjadhatu* like *ropyabhasma*, *abhrakbhasma* can be given.

Pitta dushti is the main cause of *palitya*. *Pittahara* diet like *madhur*, *sheeta*, *kashaya rasa* and drugs like *Guduchi*, can be a remedy for *palitya*.

Rasdhatudushti is another cause of greying of hair. *Amalaki rasayana*, *Vasantkusumakar rasa* can act as *rasapushtikara*.

Tiktaghrita gives *poshana* to *asthidhatu* and can prevent greying of hair.

Any research studies on this topic? If so discuss

Study of efficacy of *Indravaruni beej taila shirobyanga* in the management of *Palitya*.

Dr. Sadanand V Deshpande, vol 5 issue 5 May 2016, IJSR

Study of preventive effect of *Pratimarsha nasya* with special reference to *Anu tailam*

Patil Y.R, IRJP, 2012, 3(5)

CONCLUSION

After reviewing the literature we can conclude that *palitya* is a disease which has *srotorodha* along with *doshaprakopa*. From the above discussion we can say that the alternate use of *shodhana* and *shaman* treatment can bring satisfactory results in case of *palitya*.

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