

A REVIEW ON INCREASING INCEDENCE RATE AND MANAGMENT OF PALITYA (GRAYING OF HAIR)

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ABSTRACT

For a person, personal identity is important in which hair plays a significant role. Perfect hair is an attribute of personality and beauty. Now a days, premature graying of hair is a common problem affecting youth. Healthy, good looking, black hairs makes a person look externally beautiful and enthusiastic. Palitya which can be correlated with premature graying of hairs generally happens in old age and Pittaja Prakriti Purush, but certain dietary habits, behavioural life style and psychological causes influence premature graying of hair. Current trends available for management of grey hair are not satisfactory. Ayurveda can aid in managing Palitya with Nasya Karma and Rasayana therapies. In the present study a review is presented on increasing incidence rate, etiological factors and ayurvedic management trends to propose effective treatment for Palitya.

Keywords- Palitya, Pittaja Prakriti Purush, Nasya Karma, Rasayan

INTRODUCTION

For a person, personal identity is important in which hair plays a significant role. Perfect hair is an attribute of personality and beauty. Nowadays, premature graying i.e. Palitya of hair is a common problem affecting youth. It was a very rare phenomenon even a few years ago but it is increasing day by day. As the living standards are rising, stress is also increasing. According to Ayurveda, the color of hairs is directly correlated with the dosha (bodily humors) as for example stress and anxiety leads to vitiation of Vata and Pitta dosha which are held responsible for Palitya. Also, prakriti (bodily constitution) specially pitta prakritiⁱ plays a major role in

hair texture. Thus, any disturbance of doshas has its effect on hairs.

DEFINITION OF PALITYA (GRAYING OF HAIRS)

Premature graying is defined as the onset of graying before the age of 20 in Caucasians and before the age of 30 in Africans and Asians or, alternatively, when 50 percent or more of scalp hair turns gray before the age of 50ⁱⁱ. The medical term for grey hair is Canities/ Leukotrichia/ Poliosis.ⁱⁱⁱ

PALITYA IN AYURVEDIC CLASSICS.

S.no	SAMHITA	NIDANA AND SAMPRAPTI
1	Charak	Charak has described Palitya in Trimarmiya Chikitsa. According to acharya the tejas (heat) of the body in association with vayu, scorches up the hair root giving rise to alopecia But if there is partial scorching, then it gives rise to premature graying hairs ^{iv}

2	<i>Sushruta</i>	<i>Sushruta</i> has considered <i>Palitya</i> in the <i>Kshudrarogas</i> . <i>Sushruta</i> confabulate that mainly <i>Pitta dosha</i> is responsible ^v
3	<i>Astang hridayam</i>	The heat of the body moving on to the head gets mixed with <i>doshas</i> ripens the hair. ^{vi} <i>Vagbhat</i> has given <i>doshanusar</i> (according to <i>dosha</i>) <i>lakshanas</i> (symptoms) of <i>Palitya</i> ^{vii} .

ACCORDING TO MODERN, CAUSES OF GRAYING OF HAIR (PALITYA)

Melanocytes are the cells that are responsible for the colour of hairs; every hair follicle has melanocytes in it. Melanocytes inject melanin into the strand that makes the hair coloured. Usually as we grow old, the melanocytes slowly stop producing the melanin, thus the hair strands turn gray and then white.^{viii} But other factors are also responsible for grey hairs like lack of proper nutrition chronic illness or stress.^{ix} Thus, the hairs turn grey before time. Following factors cause premature graying of hair.

1. Pollution
2. Lack of proper nutrition
3. Hyperthyroidism
4. Hormonal imbalances
5. Hypothyroidism
6. Pernicious anaemia
7. Usage of chemical dyes
8. Keeping scalp unclean
9. Consumption of some high dosage drugs
10. Autoimmune disorders
11. Treatment for cancer and AIDS.
12. Vitamin B 12, iron, copper and iodine deficiency.
13. Experts associate premature hair graying with cigarette smoking.
14. Excess Vitamin E could lead to premature graying.
15. Hair experts say that cosmetic choices such as the use of some hair products like rods and dyes.
16. Excessive intake of tea, coffee, alcohol, meat, and fried, oily, greasy, spicy, sour, and acidic foods can

reduce the moisture and nutrients reaching the hair follicles, which could also lead to premature graying

INCEDENCE RATE OF PREMATURE GRAYING OF HAIRS (PALITYA)

Cases of premature graying of hair have increased amongst youngsters by 15% in past three years, said Dr Anil Dashore, secretary of Association of Hair Restoration Surgeons of India. "In past three years, cases of premature graying of hair have increased amongst youngsters especially among students of Class 10 and 12. In this stage students usually are under pressure of studies and do not take proper diet.^x

MANAGMENT OF PALITYA IN AYURVEDA

According to *Charak Samhita*

The patient should be given *shodhan* therapies and then given *nasya* with medicated oils, and application of drugs over head and face.^{xi} Various *yogas* mentioned in the treatment of *Palitya* in *Charak Samhita* are: *Vidarigandhadi Tail*^{xii}, *Sahacharadi Tail*^{xiii}, *Prapaundreekadi Tail*^{xiv}, *Tiladi Yoga*. Another therapies like *shirobasti*, *shiroabhayang* are also use in the management.

According to *Sushruta samhita*

Chikitsa is not dealt with in *Kshudraroga* chapter rather mentioned in *Mishraka chikitsa*. Following *yogas* are mentioned: *Nili taila*^{xv}, *shiro basti* is also mentioned for the management of *palitya* .

According to *Astang sangrah*

The roots of hairs should be smeared with paste of *madhuka* and *amlaka* added with honey, or *tila* (*Sesamum indicum*), *amlaka* mixed with honey and oil or with that of *tuttha*, kernel of *amra* (*Mangifera indica*) and *jambu* (*Syzygium jambolanum*), *kasisa* (Ferri sulphas/ green vitriol), and *sarkara* (sugar) or with that of *saireyaka* (*Barleria prionitis*), *nilini* (*Indigofera tinctoria*), *triphala*, *bhringraja*, in urine of black goat.

Some of the yogas are mentioned are as: *Asanadi yoga*, *Kapikacchu tail*, *Navan Abhayanga tail*.

According to *Astang hridayam*

Various oils and *lepas* mentioned in *Astang Hridaya* are mentioned: *Palitnashak yog*^{vi}, *Tiladi lepa*, *Mansiadi lepa*, *Prapaundreekadi tail*^{vii}

DISCUSSION

Palitya is described in *Shiroroga Prakaran* in *Charak Samhita* and in *Kshudraroga adhyay* of *Sushruta Samhita*. Vitiation of *Pitta dosha* has been held responsible for *Palitya*. For the treatment of *Palitya* both external and internal medicines are used in *Brihatrayi*. For external application various oils and *lepas* have been mentioned and internally *dosha shamak chikitsa* is mentioned in form of *Nasya*.

Nasa being the gateway to *Shira* according to *Charaka Acharya*.^{xviii} Classics explained *Nasa* as the only route to the head. So any medicine which is administered through this route can influence the head directly. So *Shodhana* (internal purificatory measures) are given prime importance in its management.

Apart from them *rasayana* is also beneficial^{xix}.

• *Amla* is specially *Pitta shamaka*. Thus, it is used in most of the *Yogas*.

• Modifiers like *Amla* and *Lauha bhasma* in ratio 1:1 enhances penetration of black particles, lawsone, indigotin into medulla of hair.

CONCLUSION

The problem of *Palitya* is mentioned in all major text books of *Ayurveda*. *Doshas* involved in pathogenesis are *Vata* and *Pitta* and their management is firstly through *Nidana parivarjana* that is to renounce all the factors responsible for the disease like *Pitta prakopaka Aahar* (*amla*, *lavana*, *katu rasas*) and *Vihara* (anger, stress). Then *Shodhan* therapy is the next step in which *Raktamokshana* and *Virechana* are prime. After internal purification local applications of *lepas*, *abhayanga*, *nasya* (instillation of nasal medications) are considered as they will act better thereafter, To conclude the *Chikitsa siddhant* of *Palitya roga* involves the following: *Nidana parivarjana*, *Shodhana*, *Nasya*, *Abhayanga*, *Pralepa*, *Rasayan prayoga*. Today when *Palitya* is a burning problem in society researches can be undertook on these herbal, cost effective and simple formulations of hair dyes. Most hair colours now contain ammonia which is very harmful thus these *yogas* are promising for the future. Healthy hair makes one self-confident and good looking. There are wide lists of *yogas* in other *granthas* also they can be exploited based on the ease of availability.

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