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

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

**PALITYA NIRUKTI**
- Palita derived from palita

**Palita**
According to *shabdakalpadruma*,
- Phaleritajathescha
- Phalativruddavasthanamkeshashukladi-kamprapnoti

According to *Amarakosha*,
- Palitamjarasashouklayamkeshadouvisr-sajasara
- Palita is one of the lakshana of Jaravasta.
- Krodha shoka shramakruta sariroshma shirogata

**CLASSIFICATION**

According to Sushruta
- Prakrita Palita.
- Vaikrita Palita.

According to Sharangadhara
- Kalajanitapalita.
- Akalajanitapalita.

**Table 1: Classification**

<table>
<thead>
<tr>
<th>VAGBHATA</th>
<th>YOGARATNAKARA</th>
<th>BHELA</th>
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<tbody>
<tr>
<td>VATAJA</td>
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<td>TRIDOSHAJA</td>
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<td>TRIDOSHAJA</td>
<td>AGANTUJA</td>
<td>AGANTUJA</td>
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**Akala Palita as an inclusion ....**
- Rasapradoshajavikara
- Kshudra Roga
- Kapalagata Roga

The Etiological factors can be studied under following headings-
- Aharaja
- Viharaja

Pittam cha keshan pachati palitam tena jayathe¹
- Shoka shrama krodhakrutasarirshoma 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.

**AHARAJANIDANA**

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

- Manasika
- Anya Hetuia

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- Ati Guru ahara
- AtiSheetaahara
- Lavanaatisevana
- Ksharaatisevana

➢ These nidanas affect the Rasadhatu.

Table 2: Gunas and Karma of Rasas and Their Role in Akalapalitya

<table>
<thead>
<tr>
<th>RASAS</th>
<th>GUNAS</th>
<th>COMPOSITION</th>
<th>EFFECT ON DOSHA'S</th>
<th>EFFECT ON DHATU'S</th>
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<tbody>
<tr>
<td>AMLA</td>
<td>SNIGDHA</td>
<td>PRITHVI TEJAS</td>
<td>KAPHA PITTA KARA</td>
<td>CATABOLIC</td>
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<td>LAVANA</td>
<td>SNIGDHA</td>
<td>JALA TEJAS</td>
<td>KAPHA PITTA KARA</td>
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<tr>
<td>KATU</td>
<td>RUKSHA</td>
<td>VAYU TEJAS</td>
<td>VATA PITHA KARA</td>
<td>CATABOLIC</td>
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<td>USHNA</td>
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</table>

Charaka opines palitya as a lava na atisevanya-vikara
- Kledana
- Chedana
- Bhedana
- Tikshna
- Vikasi
- Avakashakara

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

VIHARAJA NIDANAS
- Ratrijagarana
- Atapasevana
- Rajosevana
- Dhumasevana
- Dushitavayusevana
- Shiroabhyangaayoga
- Dushitajalasmana

➢ 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.

- Upavasa
- Ativyayama
- Ratrijagarana:
  Due to regular indulgence in ratri jagarana, Vatavriddhi takes place which in turn causes Rasavaha Srotodushti .This may be the cause for Akala-palita.
- Atapasevana:
  Due to excessive Atapasevana, like continuous working infield 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
\textit{sthanika Vataprakopa}, resulting in reduction of \textit{snigdhamsha} may lead to Greying of hairs.

- **ShiroAbhyanga Ayoga**\textsuperscript{12}
  This causes the improper nourishment of both scalp and Hair follicles.

- **DushitaJalasnana**\textsuperscript{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.

- **AtiVayayama and Upavasa**\textsuperscript{11}
  Due to excess physical work and continuous indulgence in upavasa cause vatavriddhi. The vikshepana karma of this vata to Shiras causes Sthanika Tridosha Dushti, which in turn causing Akala-palita.

**MANASIKA NIDANAS**

- **Krodha**
- **Shoka**
- **Shrama**
- **Chinta**
- **Krodha**\textsuperscript{12}
  Swasthama sanchita pitta gets kupita along with vayu, and causing sharirikashavavriddhi along with other symptoms like trishna, daha causes Akala Palitya.

- **Shoka**\textsuperscript{14}
  Due to shoka vatavriddhi takes place. This leads to vishamagni causing rasa-raktadusti and direct influence of shoka on dehosha-vriddhi leads to AkalaPalitya.

- **Shrama**\textsuperscript{15}
  Vata gets vitiated, inturn vitiates jatharagni & rasadusti, and direct influence of shrama on sharirikaushnavriddhi causes Akala Palitya.

**ANYAHETU\textsuperscript{16}**

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

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

**Janmabala pravrittahetu\textsuperscript{16}**

- **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 kulaprasakta\textsuperscript{17}**

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

- **Acharya Charaka** mentions in Sharira sthana about beej & beejabhagavikriti causing different avayavavikaras.
According to Susruta, Valipalitaroga can be considered under Adibalapavritta-vydhi.

**Deshaprasakta**
- 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.

**Vayoanapatini**
According to age two types,
- Kaalaja - Swabhavika (Physiological)
- Akaalaja - Vikritijanya (Pathological)

**Prakritiprasakta**
Pitta Prakriti purusha normally tends to develop Akalapalitya.

**SAMPRAPTI OF AKALAPALITYA**

<table>
<thead>
<tr>
<th>Due to nidanasevana</th>
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<tbody>
<tr>
<td>Prakopa of Vata and pitta</td>
</tr>
<tr>
<td>Increased Pittoshma</td>
</tr>
<tr>
<td>Increased ShariraUshima</td>
</tr>
<tr>
<td>Vata carries pittoshma to Shiras</td>
</tr>
<tr>
<td>Sthanikatridoshadusti</td>
</tr>
<tr>
<td>Sthanasamshraya in KeshabhumilRomakupa</td>
</tr>
<tr>
<td>SthanikaBhrajakapasitaPittaGadushti</td>
</tr>
<tr>
<td>KeshamulaDushtilRomakupadushti</td>
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<tr>
<td>KesheVarnautpattivikriti</td>
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<tr>
<td>AkalaPalitya</td>
</tr>
</tbody>
</table>

**SAMPRAPTI GHATAKA**

**Dosha:** SharirikaDosha - Tridosha (Pitta do-shapradhana)

**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:** ShirogataKesha.

**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 kesha. Any abnormality in rasa leads to akalapalitya as it is rasapradoshajavikara when we review the classical texts and published article aharajanidanas like AmlaAhara, Ati sheetambu Ahara, Ati madyapana, Dusta bhojana, Aama bhojana, Ati Guru ahara, Ati Sheetaahara, Lavanaatisevana, Kshara atisevana and viharaja nidanas like Ratrijagarana, Atapasevana, Rajosevana, Dhumasevana, Dushitavayusevana, Shiroabhyangaayoga, Dushitajalasmana, Upavasa, Ativyayama are predominant in causation of palitya. When we fully analyze these nidanas, they are predominant in amla, lavana, katurasas 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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