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 pittaparakritipurush, 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 romakoopa 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. Nidana of palitya can be classified under these headings:
1. Dietary (ahara)
2. Environmental (vihara)
3. Psychological (manasika)
4. Unknown causes (adibalapravrita)

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 digested properly, results in improper formation of dhatus leading to palitya. Excessive use of Pippali, lavana and kshara also causes palitya.
2. Environmental (vihara): Ratrijagarana, Atapasevana, Dhumasevana, Dushitavayusevana, Siroabyangaayoga, dushitajalasdana, 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 vataprakopanidanas responsible for Akalajpalitya.

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, Per¬nicious 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. Treatment trends in Ayurveda: Avoidance of causative factors like PittavardhakAhara and Vihar followed by Samsodhana and Shama-chikitsa. Chikitsa of palitya is mentioned as follows: Samsodhana 1. ShiroAbhyanga 2. Lepachikitsa 3. Krishnikarna yoga 4. 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. AcharyaVagbhata has mentioned samsodhana word in terms of both sarvadaihika and sthanika like shirovirechana. Shirovirechana refers to shodana type of navananasya. Nasya karma: 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 sirsas by removing out the accumulated doshas localized in sirsas. 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+Neelotpal+Priyangu+Guduchi+Shunthi+Loha bhasma+Jatamansi+Saiva+BringarajaTailanasya in AkalajPalitya. 4. BhringarajaTaila: Goksheer+ Bhringarajaswarasa+ Yastimadhu-kalka-Tailanasya cures palitya. 5. NimbatalaNasya: Abhavitanimbabeejatai-la in the form of nasya for 1 month with diet as cow’s milk is also helpful in AkalajPalitya. 6. NeelyadiTaila: Neelipatra+ Shirishapatra+Saireyakapatra+Bhringarajaswarasb havita+Tilabejja+Gunjabeeja- Oil is used in the form of Nasya. 7. Ksheeradi taila: Godugdha/Ajadugdha+Sahacharaswarasa+Bring
arajaswarasa+Tulasiswarasa+ Yastimadhu-kalka+Tilataila.

SHIROBHYANGA:⁰⁸
1. Yashtimadhukataila: Yashtimadhu mixed with Amalakiswarasa.
2. Nilikadita taila
4. Mahaneelataila¹¹
5. Sarayakadita taila¹²

SHIROLEPA: ¹³
1. Lohachur-na+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 Vibhitaki, 5 karshaAmramajja; 1 karshalo-hachurna 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+ Bringarajaswara-sa- kept in matured coconut for month. This is applied over scalp.
   DugdhiKa/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+ Bhringarajarasayan
Vridhadarukamularasayan
Bhringarajadirasayan
Siddha makaradhiwaj
Vasantksumakarras
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 bahu-doshavastha.

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 nimbabeejataila, Bhringaraja and Nirgundi, lepa of karveermoolaswarasa and dugdhikaswaras etc can act on margaaavardhha. 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 roopyabhasma, abhrakbhasma can be given.

Pitta dushti is the main cause of palitya. Pitta hara 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

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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