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A brief overview on the concept of *Palitya* w.s.r. premature hair greying.

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ABSTRACT:

Introduction: The traditional Indian medical system of Ayurveda employs the term *Khalitya* (~Hair fall) to describe hair loss, while the premature greying of hair is denoted by the term *Palitya* (~ Hair greying). *Khalitya* and *Palitya* are classified as *Paitik* (~*dosha* regulating body temperature and metabolic activities) disorders, which originate from the *Dosha* (~the regulatory functional factors of the body formed by the synchronized interplay between the five basic elements within any living system) known as *Pitta*. According to Ayurvedic principles, consistent disruption of the *Pittadosha* (~*dosha* regulating body temperature and metabolic activities), which represents the body's heat and metabolism, may result in premature greying of hair. As per Ayurveda principles, the consumption of substances that enhance *Pitta* can lead to an aggravation of *Pittadosha* (~*dosha* regulating body temperature and metabolic activities), which is believed to be a contributing factor in the manifestation of grey hair.

Materials and methods: *Palitya* (~premature greying of hair) information is gathered from many Ayurvedic and modern medical textbooks, magazines, journals, and the internet. It is a review paper with data gathered from all relevant sources.

Result: All of the aforementioned formulations were acquired as a result of premature greying of hair.

Discussion & Conclusion: Ayurveda has been identified as a viable alternative therapeutic approach for the condition of premature greying that was natural and harmless.

Keyword: Ayurveda hair dyes, Hair-greying, *Palitya*, Premature hair greying.

INTRODUCTION

Hair color contributes immensely in physical appearance and self-perception. Premature greying aids to embarrassment and social stigma. Ayurveda is the most ancient science amongst all therapeutic streams. According to Ayurveda principles, the condition of premature or greying of hair is referred to as *Palitya*. Premature greying is characterized by the emergence of grey hair prior to the age of 20 in Caucasians and prior to

the age of 30 in Africans and Asians. Alternatively, it is defined as the greying of 50 percent or more of scalp hair prior to the age of 50. The Ayurvedic medical tradition characterizes premature greying of hair during the Taruna stage as '*akalapalitya*' (~premature greying of hair), which is attributed to an excess of *pitta*.^[1] The natural process that occurs in most people as part of the ageing process is the



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greying of their hair. On the other hand, premature greying of the hair can cause emotional discomfort and have a negative impact on a person’s sense of self-worth. As a reaction to this widespread worry, Ayurveda, the traditional medical practise that originated in India, gives profound insights into the factors that contribute to the greying of hair at an earlier age as well as holistic treatments that are founded on age-old knowledge. This article dives into the idea of premature hair greying according to Ayurveda. It investigates its underlying causes based on Ayurvedic principles and throws light on the varied variety of treatments provided by this time-honoured tradition. By embracing the ageless knowledge of Ayurveda, we may obtain a deeper awareness of the factors that contribute to the greying of hair at an earlier age and tap into the potential of Ayurvedic treatments to achieve hair that is healthier and more vibrant. The Viewpoint of Ayurveda Regarding, premature greying of the hair can be traced back to an imbalance in the *doshas* (~The regulatory functional factors of the body formed by the synchronized interplay between the five basic elements within any living system), and the *pitta dosha* in particular. The physiological and psychological functions of the body are governed by a set of dynamic energies known as the *doshas*. The *Pitta dosha* is responsible for regulating metabolic processes, transformations, and internal body temperature. It is related with the elements of fire and water. It is possible for premature greying of the hair to be a symptom of an imbalance in the *pitta dosha*, which occurs when there is an accumulation of heat in the body.^[2] Furthermore, Ayurveda emphasizes the significance of *rasa dhatu* (~primary product of digestion), the first of the seven *Dhatu* (~Fundamental structural component), which is responsible for providing nourishment to the hair follicles. Imbalances in the *rasa dhatu* can also play a role in premature greying of the hair. According to Ayurvedic teachings, premature greying of the hair can be caused by a number of different circumstances. To begin, an unbalanced food and lifestyle might aggravate the *pitta dosha*, which can lead to premature greying of the hair.^[3] Aggravation of *pitta dosha* can be caused by overindulging in foods that are excessively hot, spicy, greasy, and fried, as well as in beverages that contain excessive amounts of alcohol and caffeine. Additionally, it is considered that mental and emotional stress play a key influence in the development of premature grey hair. High levels of stress, anxiety, and powerful emotions cause an increase in the body’s *pitta dosha*, which in turn causes imbalances and negatively impacts hair health.^[4] The process of hair dyeing entails the utilization of chemical substances that possess the ability to eliminate, substitute, and/or conceal the natural pigments present within the hair follicle. The utilization of these chemical substances may lead to a variety of unfavorable outcomes, such as

transient dermal inflammation and hypersensitivity, hair fragility, cutaneous pigmentation, and unanticipated alterations in hair coloration. As per the International Agency for Research on Cancer (IARC), certain hair dyes and various chemicals utilized in the process of hair dyeing have been demonstrated to possess mutagenic and carcinogenic properties, based on in vitro and in vivo studies conducted on exposed human populations. The Ayurvedic approach to *palitya* holds significant importance in the realm of public health. Aim and objective of present study is review and critical analysis of *Palitya* – premature greying of hairs.

MATERIAL & METHOD

Information on *Palitya* was collected from different classics (i.e., *Brihatrayi*- The three principal texts of Ayurveda. *Charakasamhita*, *Sushrutasamhita* and the writings of *Vagbhaṭa: Ashtangsamgraha* and *Ashtangahridaya*, *Laghutrayi*- The supportive texts of Ayurveda. *Madhavanidana*, *Sharangadharasamhita* and *Bhavaprakasa*.) and peer reviewed journal. This collected data was analyze in purview form of medicine, administration root, dosage etc.

RESULT AND DISCUSSION

Nidan (~Etiology) of *Palitya* has four primary rationales. The four main factors contributing to health issues can be classified as *Aharaja* (~dietary), *Viharaja* (~lifestyle), *Mansik* (~psychological), and *Adibalapravritta* (~Hereditary diseases).

1. Nutritional (*Aharaja*): The excessive consumption of *katu* (~Pungent taste), *amla*, (~Sour taste) *lavana*(~Salty taste), *tikshna*(~strong or high intensity activity or response), *ushna*(~The quality of a substance which is responsible for promoting sweating), *laghu*(~The quality of a substance which promotes lightness and decreases physical bulk and heaviness), *vidahi*(~Substance producing belching, thirst, burning sensationmand difficult to digest), *tilataila* (~Sesame oil), *pinyaka* (~The residue of seeds which have been pressed and ground to extract their oil), *kulathha* (~horsegram), *sarshapa* (~mustard seed), *harita shaka* (~Green vegetables), *matsya* (~Fish), *ajamans* (~Goat Meat), *aavika* (~Sheep meat), *dadhi* (~Curd), *takra* (~Buttermilk), *kurchika* (~Solid part of milk boiled with buttermilk or curd), *sauviraka*(~), *suravikara*(~Sour gruel), and *amlaphala*(~Sour fruits) has been observed to cause the vitiation of *pitta* and subsequently lead to *palitya*^[5] According to contemporary research, a lack of iron, vitamin B12, calcium, and vitamin D3 has been linked to the greying of hair.^[6]

2. *Viharaja* (~Environmental & behavior): *raatrijagarana* (~nocturnal awakening), *atiatapasevan* (~prolonged exposure to sunlight), *dhumasevan* (~smoking), *atirajo sevan* (~dust inhalation), *dushitvayusevan* (~inhalation of polluted air), *ativyayama* (~excessive exercise), and *upvasa* (~fasting) have been identified as potential causes of *palitya*.^[7]
3. *Mansik* (~Psychological): Several psychological factors such as *Krodha* (~anger), *shoka* (~grief), *bhaya* (~fear), and *maansika shrama* (~mental stress) have been found to disrupt the *pitta dosha*, leading to *palitya* and other *paittik* diseases.
4. *Adibalapravritta* (~Hereditary diseases): The medical text authored by *Acharya Charaka* includes a reference to *Akala-Palitya* as a *Janmabalapravritta Vyadhi*.^[8] According to contemporary scientific understanding, the pathology in question is not precisely defined, but is inherited in an autosomal dominant manner. The greying of hair can be attributed to either familial inheritance or a pathologic condition. The genetic underpinnings of typical variation in human pigmentation and the level of genetic diversity present within the Pacific population of individuals are both notably limited. The impact of melanin content and tyrosinase activity has been accessed through the molecular genetics of human pigmentation gene diversity, specifically *tyrslc45a2*, *slc24A5*, and *OCA2*.^[9]

Samprapti of Palitya:

The aggravation of *pitta dosha* is caused by factors such as *krodha*, *shoka*, and *shrama*. This elevated *pitta dosha* leads to an increase in *pittoshma*(~ excessive heat by accumulated *piita*) and *shareer-ushma*(~Excessive body heat), both of which are transported by *vata*(~dosha regulating movement and cognition) to the *shiro-pradesha* (~area of head). Here, along with *kapha* (~dosha responsible for cohesiveness), these doshas settle in the *romakupa* (~Hair follicle) and subsequently vitiate the locally available *bhrajakapitta* (~Subtype of pitta seated in the skin which is responsible for its glossiness or lustre), responsible for hair colour. This process ultimately affects the natural colour of the hair, resulting in *akala palitya*.^[10] According to the teachings of *Acharya Charaka* and *Sushruta*, *Palitya* is classified as a *rasa-pradoshaja-vikara*^[11]^[12](~Disease which associated with *rasadhatu*)

Types & Symptoms of Palitya:

Palitya is divided on the basis of *dosha* predominance. *Sharangadhar* has classified the *Palitya* in to two on the basis of *vayaa* (~Age). First one is *kalajanita palitya* (~Due to aging) second one is *akalajanit palitya* (~ premature

greying). According to *Acharya Vagbhata* it is further classified on the basis of *doshik* (~ By *Dosha*) dominance *Vataja*, *pittaja*, *kaphaja*, *dwandaja* (~ Combination of any two *dosha*) & *tridoshaja* (~ Combination of three *dosha*). *Yog-ratnakara* divided the *palitya* as *Vataja*, *Pittaja* & *Kaphaja*. As same way *acharya Bhela* also classified it in to *Vataja*, *Pittaja*, *Kaphaja*, due to excessive exercise and *Vridhdhavasthajanya* (~ Due to Aging or old age). The symptoms of *palitya* as name indicated ripening of hairs. On the basis of *doshik* dominance it has different symptoms. In *vatika* hairs are bifurcated, breaking, dry, rough & color appear like water. In *pitta doshas* head has burning & hairs are yellowish in color. In *kapha dosha* dominance hairs are *snigdha*, long, thick and especially white in color.

Treatment principle:

The management of *palitya* follows the general principle of disease management, which involves the avoidance of causative factors such as *pittavardhak aahara* and *vihar*. The recommended course of treatment for the patient involves undergoing *Sansodhanakarma*, which comprises of various procedures such as *vaman*, *virechana*, *nasya*, oleation of the head with medicated oil, and application of paste (*lepa*) on the face, taking into account both wholesome and unwholesome components.

Palitya Treatment-Table 1

CONCLUSION

The issue of *Palitya* is referenced in prominent Ayurvedic literature. The pathogenesis of the disease involves the doshas *Vata* and *Pitta*, which can be managed through *Nidana parivarjana*, a process that entails renouncing all factors responsible for the disease, such as *Pitta prakopaka*. The concepts of *Aahar*, which encompasses the tastes of *amla*, *lavana*, and *katu*, and *Vihara*, which pertains to emotions such as anger and stress, are significant in academic discourse. Subsequently, the *Shodhan* therapy is implemented, wherein *Raktamokshana* and *Virechana* are considered as primary procedures. In light of the current issue of *Palitya* in society, it may be beneficial to conduct research on the utilization of herbal ingredients in the development of hair dyes that are both cost-effective and straightforward in their formulation. Many contemporary hair dyes incorporate ammonia, a highly hazardous substance. As a result, above mentioned formulations hold great potential for the future. The presence of healthy hair has been found to positively

impact an individual's self-confidence and aesthetic appeal. Numerous classical formulations are documented in various texts, and their utilization may depend on their accessibility and convenience.

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Table 1 Shows *Palitya* Treatment

| Sr No. | Drug | Form | Application |
|--------|--|--|--|
| 1. | <i>Lauha churna, Bhringaraj, Haritaki, Bibhitak, Amalaki, Krishna mruttika</i> in equal quantity | <i>Pishtan</i> in <i>Ikshurasa</i> and keep it for 1 month | <i>Lepa</i> ^[13] |
| 2. | <i>Amalaki 2 no, Haritaki 2 no, Bibhitaka 1 no, Amramajja 5 Karsha, Lauha Churna- 1 Karsha</i> | Add water and keep it in <i>lauhapatra</i> for <i>ahoratra</i> | <i>Lepa</i> ^[14] |
| 3. | Sh. <i>Neem Tail Nasya</i> For 1 month | <i>Pathya - godugdha</i> | <i>Nasya</i> ^[15] |
| 4. | <i>Kashmaryadi tail-gambhari moola, Amraphula, ketaki moola, lauha churna, bhringaraj</i> in equal quantity <i>Til tail Triphala</i> quath in <i>lauha patra</i> deep in clay for 1 month | From 1 month remove from clay | <i>Lepa</i> ^[16] |
| 5. | <i>Haritaki, Bibhitaki, Amalaki, Nilikapatra, Bhringaraj, Lauha churna</i> in equal quantity | <i>Peshtan</i> in <i>Avimutra</i> | <i>Lepa</i> ^[17] |
| 6. | <i>Indravaruni</i> | <i>Beej taila</i> | <i>Abhyanga</i> ^[18] |
| 7. | <i>Lohachurna, Bringaraj, Triphala, Krushnamruttika</i> | Kept in <i>Ikshurana</i> upto 1 month | <i>Lepa</i> ^[19] |
| 8. | <i>Amalaki phala 1, Haritaki phala 2, Bibhitaka phala 3, Amra majja 5, Lohachurana 1 tola</i> | After grinding kept in <i>lohapatra</i> upto morning | <i>Lepa</i> ^[20] |
| 9. | <i>Triphala, nilikapatra, lohachurna, Bringaraj</i> | <i>Avimutren pestit</i> | <i>Lepa</i> ^[21] |
| 10. | <i>Triphala, lohachurna, dadimtvak, kamalnal</i> each 5 <i>pala, bhrungaraj rasa shatprastha</i> | Kept in <i>lohapatra</i> pour in <i>mruttika</i> upto 1 month | <i>Lepa</i> with <i>chhag dugdha</i> and wrap it by <i>erand patra</i> ^[22] |
| 11. | <i>Ksheeradi taila</i> | kept in <i>Meshashringa</i> | <i>Nasya</i> ^[23] |