



Brief concept of *Palitya*

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Abstract:

The face of an individual is a personal identity in which hair plays significant role. Healthy hair is a healthy sign of personality. But nowadays, whitening of hair is a common and burning problem in public. Black, healthy and good looking hair makes the individual happy and confident. Palitya generally occurs in old age and pittaj pradhan prakriti. But due to unhealthy diet, wrong regimen, pollution, psychological stress etc. it affects on hairs, and causes Palitya. There is a management in Ayurveda for this worldwide issue i.e. Palitya. Present study reviews Ayurvedic and modern etiopathogenesis and management trends to propose ideal treatment for Palitya.

Keyword: *Palitya, Greying of Hairs, Nasya*

Introduction: Skin and hair contribute immensely in human communication. Hair length, color, and style play an important role in people's physical appearance and self-perception. Human beings are unique amongst primates in having very thick, long, and highly pigmented scalp hair. This is likely to have provided one or more survival benefits to the humans during the process of evolution. Firstly, selective and avid binding of toxins and metals to melanin pigment aids in preventing the build up of toxic metals from fish species which concentrate heavy metals, especially in human development along sea coasts and

riverbanks. [1] Secondly, reactive quinine intermediates generated during melanin synthesis possess potent antibacterial properties. Lastly, deep brown-black hair present in 90% of the world's population protects against sunstroke, and its melanin aids very efficient and fast exchange of ion transport and efflux for adequate salt balance. [1]

Canities, or hair graying, is a process of chronological aging and occurs regardless of gender or race. The age of graying varies with race and ethnicity. Hair is said to gray prematurely only if graying occurs before the age of 20 years in Whites, before 25 years in Asians and before 30 years in Africans. [2]

Ayurvedic View of Canities

Classification of *Palitya* (Canities)

In Ayurveda greying of hair is called as *Palitya*, a type of *kshudra roga* (minor diseases). Ayurveda accounts for two types of grey hair viz. *Akala palitya* (premature grey hair) & *Kala palitya* (senile grey hair). Premature grey hair is mainly caused by excess *Ushna* (hot) *guna* (property) of *Pitta dosha* (biological entity related to exothermic reactions or transformation) (3). *Astanga hridaya* text classified on the basis of *dosha*

(biological entity) predominance viz. *Vataja* (biological entity related to movement), *pittaja*, *kaphaja* (biological entity related to structure or conglomeration), *dwandaja* (combination of two dosha) & *tri doshaja* (all three doshas)[4]

Shoka, shram, and Krodh results in vitiate the pitta and drives it towards mastishka and results in *Palitya*.(5)

Aims and Objects:

Review and critical analysis of *Palitya* or Graying of hairs according to Ayurveda.

Materials and Methods:

Information on premature graying of hair (*Palitya*) is collected from different Ayurvedic and contemporary medical textbooks, magazine, journal, internet. It is a review article and data has been collected from all available sources.

ETIOLOGY According to AYURVEDA

Shoka, shram, and Krodh results in vitiate the pitta and drives it towards mastishka and results in *Palitya*.(5)

Although for the disease of *Palitya*, no specific *Nidana* are mentioned, but still on

basis of *Samprapti*, *Pitta Prakopaka* *Nidana*(6) *Rasadushti*(7) and

Asthidushti(7) pathology can be understood. Certain Nidanas of Kshudra Roga as well as ShiroRogas can be also taken for better understanding of disease Palitya. Nidana of Palitya can be classified as Ahara, Vihar, Manasika, Adibalaapravrita for convenient purpose.

Aharaj nidan- the diet with dominantly, Ushna , Tikshna properties and Rasas like, Lavana, Amla are more prone to Palitya. Further dietics of vidahi property is also one of the common causes. Pitta Vardhaka Ahara like Tila taila, Kulatha, Sarshapa, Dadhi, Kanji also predisposes to Palitya. Theses vitiate Pitta and affect Rasa Dhatu Poshana karma. Rasa Dhatu and AsthiDhatu is the cause of Palitya. When Ahararasa is not digested properly it results in improper formation of Dhatus leading to Palitya.(8)

Meanwhile certain psychological factor Manasika like Krodha , Shoka, Adhikachintaa nd Manasika sharama are considered to be both pitta and Vata Prakopa Nidanas responsible for premature graying of scalp hairs. (5)

Samhita period – We can get various explanations about diseases of

hairs in different chapters of Ayurvedic chapters.

1. Etiopathogenesis and treatment of Palitya are mentioned in Trimarmiya chikitsa of Charaka samhita. While explaining the properties of Lavana rasa and while explaining the Anutaila it is prescribed in different preventive measures for hair such as Nasya, Shirobhyanga and Murdha taila etc.
2. In Bhela samhita, types of Palitya has been mentioned.
3. In Sushruta samhita, Palitya roga has been considered as Kshudra roga. In 20th chapter of Chikitsasthana he has explained the treatment of Palitya.
4. Ashtanga sangraha has given the reference about Indralupta, Khalitya and Palitya in Uttara tantraShirorogavigyana adhyaya.
5. Ashtanga hridaya has given the reference about hair and its management in Uttartantra.

So in Samhita kala, both Acharya Charaka and Vagbhatt mentioned the disease under Shiroroga vyadhi where as Acharya Sushruta consider it in Kshudra rogadhikaras.

Treatment according to AYURVEDA-

The treatment of Palitya according to Ayurveda avoidance of causative factors like Pitta vardhaka Ahara and Vihaara after that the patient should be given (Samshodhana Chikitsa) and then treated with Nasya Karma, Vaktra-siro Abhyanga, lepa and shaman chikitsa.(9)

Result:

ayurveda can be a good option to cope with palitya or to prevent from palitya as prevention is better than cure.

Observation and Discussion:

Amongst shodhana, Nasya seems treatment of choice in Palitya because of its action on Uttamanga and it can act as both Shodhana and Shamana.

The posture involved during the Nasya process in such a way that head is lying down leads to momentary hyperaemia and capillary are get dilated and results in 150% blood flow Shiro abhyanga, dhara, lepa are other external treatments which can be used simultaneously but there results are limited if used without Shodhana. Moreover, many oils and Lepas are only locally applied in nature so can't be taken as a genuine treatment..

Conclusion:

As palitya i.e. graying of hairs specially Immatuare graying of hairs is well known problems in today's era. To cope with this ayurvedic dietetics

and procedures are very helpful. As there are very few treatment protocols according to Modern science.

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