



ROLE OF IMBALANCE OF *DOSHA* AND *RASA PRADUSHTI* IN *PALITYA* AND THEIR MANAGEMENT

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ABSTRACT

The ancient health science of Ayurveda is originated from the India's rich cultural heritage. Numerous Ayurvedic *Samhitas* have provided explanations of *Palitaya* (hair graying), while other classical literature classifies *Kala* and *Akala Palitaya* under *Sirśakapalagata Roga* and *Kṣudra Roga Adhikara*. The *Akala Palitaya* as a scalp condition typically linked to head area which includes *Kesha Sauklya* and *Kala Purvapakva*. In the current age, owing to changed lifestyles, occupational pressures and psychic tensions, etc. are considered major causative factors of *Palitaya*. Pollution from the environment, toxins and air, etc. is exogenous factors which have contributed to a steep increase in the prevalence of premature graying of hair. The main *Dosha* involving here are *Pitta* and *Vata Dosha*. *Kapha Dosha* induces *Srotorodha*, or blocking of body channels, which obstructs the nourishing stream. Furthermore, graying occurs because *Rasa Dhatu* is unable to provide the hair with the nutrients it needs since it is damaged or poorly organized due to bad diet or lifestyle choices. Ayurveda suggested several modalities to manage these *Dosha* and *Rasa* for addressing pathogenesis of *Palitaya*.

KEYWORDS: *Ayurveda, Palitaya, Dosha, Rasa, Hair, Kesha.*

INTRODUCTION

Graying of hair is a part of the natural process of ageing in human beings. When it starts, it differs in different persons and depends mainly on hereditary factors. But when hair grays at an early age, that is, earlier than 35 years, it is referred to as premature canities. In Ayurveda, it is called *Palitaya*. The real reason for graying of hair is the loss of melanin production in hair follicles progressively. Melanin is that pigment which determines the natural texture and color of the hair. According to Ayurveda, *Bhrajaka Pitta* positioned in the surface layer of skin is important in providing both skin and hair with color. When this *Pitta* gets aggravated it increases *Dehoṣhma* and infiltrates the scalp area, producing premature graying.^[1-3]

Nowadays, premature signs such as early graying are more prevalent because of unhealthy habits, stressful jobs and continuous stress. *Akala Palitaya* is therefore becoming a common issue in clinical practice. Modern

medicine has limited answers largely in the form of nutritional supplements and cosmetic treatments. The most popular choice is chemical hair coloring, which only offers a short-term cosmetic solution and has the possibility of aggravating the condition in the long run.^[3-5]

Classification of *Palitaya*

Ayurveda classified *Palitaya* on the basis of causes as mentioned in **Figure 1**. *Akala Palitaya* is pre-mature graying of hair and *Kala Palitaya* is Graying due to natural aging. *Akala Palitaya* is mainly due to the excess *Ushna* nature of *Pitta Dosha*. Subtypes of *Kala Palitaya* include *Vataja Palitaya*, *Pittaja Palitaya*, *Kaphaja Palitaya*, *Sannipataja Palitaya* and *Shirorujaudbhava Palitaya*. Symptoms include thinning of hair, black hair slowly changing to brownish, further dryness of the scalp and hair.^[4-6]

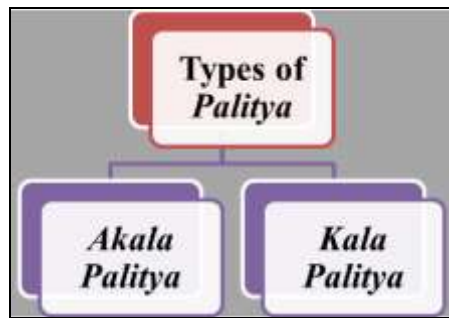


Figure 1: Types of Palitya

Samprapti

Emotional conditions like *Krodha*, *Shoka* and *Shrama* cause aggravation of *Vata* and *Pitta doshas*, which increases *Shariroushma* as well as *Pittoshma*. *Vata* transports this heat to the *Sirah Pradesh* where it produces local disturbance of the three *Doshas* (*Tridosha Dushti*). The vitiated *Doshas* get deposited in the *Romakupa*, causing malfunctioning of *Bhrajaka Pitta*. This causes derangement of hair pigmentation and manifests as *Akala Palitya* (Figure 2).



Figure 2: Pathogenesis of Akala Palitya.

Following factors mainly involve in pathological events of *Akala Palitya*:

- ✓ *Vata* (*Samana* and *Udana Vata*)
- ✓ *Pitta* (*Bhrajaka* and *Pachaka Pitta*)
- ✓ *Rasa Dhatu*
- ✓ *Rasavaha Srotas*

Role of Dosha and their manifestation

Acharya *Vagbhata* classes *Palitya* as *Vataja*, *Pittaja*, *Kaphaja*, *Dvandaja* (with dual *Dosha*) and *Tridoshaja* (involvement of all the three *Doshas*). *Vataja Palitya* is marked by fractured hair, graying, dryness and roughness. *Pittaja Palitya* includes yellowish color of hair and burning. *Kaphaja Palitya* includes unctuous,

thick and whitish hair. *Sannipataja Palitya* has combined symptoms of all three *Doshas*. One particular strain, *Shirorujodbhava*, is characterized by depigmented hair and touch sensitivity.^[5-7]

- ✚ As per Ayurvedic classics the *Doshas* are instrumental in the occurrence of *Palitya*, *Pitta Dosha* chiefly involved. *Pitta*, particularly *Bhrajaka Pitta*, controls pigmentation of hair and skin. Vitiated *Pitta* results in burning or destruction of the melanocytes, resulting in premature graying. *Pachaka Pitta* disturbances also result in improper conversion of *Rasa* and *Rakta dhatu*, resulting in discoloration of hair.
- ✚ *Vata* dries and degenerate the hair roots and steals nutrition from them. It leads to *Shosha* and *Dhatukshaya*, which debilitates the hair follicles.
- ✚ *Kapha* assists in stability and oiling of hair roots. In excess, it can lead to *Ama* production and *Srotorodha*, which prevents hair nutrition.

The *Ashtanga Hridaya* also categorizes *Palitya* according to the predominance of *Doshas* as mentioned below.

- | | |
|---------------------|-----------------------------------|
| ✓ <i>Vataja</i> | Due to increased <i>Vata</i> |
| ✓ <i>Pittaja</i> | Due to increased <i>Pitta</i> |
| ✓ <i>Kaphaja</i> | Due to increased <i>Kapha</i> |
| ✓ <i>Dwandwaja</i> | Involving two <i>Doshas</i> |
| ✓ <i>Tridoshaja</i> | Involving all three <i>Doshas</i> |

Role of Rasa

Rasa Dhatu, is the first body tissue that is produced after digestion, which is responsible for nourishing all the following *Dhatus*, including hair. When *Rasa Dhatu* gets *Dushti* because of *Agnimandya*, it leads to substandard nutrition being delivered to the *Kesha*. This damage may be due to reasons like inappropriate diet, unbalanced lifestyle patterns and psychological stress. In these situations, the undernourished *Rasa Dhatu* is unable to support *Rakta Dhatu* and hair color pigmentation properly, resulting in premature graying. Moreover, the *Rasas* included in one's diet affect the *Doshas* and subsequently the condition of the hair. For instance, *Tikta* and *Kashaya* tastes enhance *Vata*, which may lead to dryness and grayness of the hair. *Amla* and *Lavana* tastes enhance *Pitta*, causing burning of the root hair and aggravation of grayness. *Madhura* and *Snigdha* foods instead soothe *Vata* and *Pitta*, hence are helpful for avoiding premature grayness of hair.^[7-10]

Treatment of Palitya

S. No.	Therapy	Descriptions
1	Samshodhana Chikitsa	Vamana Expels Kapha & Apakva Pitta via Urdhvamarga Shirovirechana
2	Nasya Karma	Tila oil + Bhringaraja, Bhringaraja Ghrita, Prapoudarikadi, Chandanadya, Kashmaryadi, Neelyadi, Ksheeradi, Nimba Taila, etc.
3	Shiro Abhyanga	Yashtimadhuka + Amalaki, Bhringaraja + Triphala + Loha Kitta, Nilikadi Taila, Maha Neela Taila, Sarayakadi Taila.
4	Shiro Lepa	Lohachurna + Triphala + Bhringaraja

		<i>Triphala + Loha + Bhringaraja</i>
5	Oral Medications	<i>Amalaki Rasayana</i> <i>Bhringaraja Rasayana</i> <i>Krishna Tila, Vriddha Daruka Mula Rasayana</i> <i>Siddha Makardhwaj, Vasant Kusumakar Ras</i> <i>Saptamrita Loha and Loha Churna, etc.</i>

CONCLUSION

In Ayurvedic concept of *Palitya*, a number of elements are involved in interdependent roles. *Pitta Dosha* is mainly responsible for the depletion of hair pigment, whereas *Vata Dosha* is involved in drying and degenerating the roots of hair. *Kapha Dosha* leads to obstruction in the path of nourishment by causing *Srotorodha*. Moreover, *Rasa Dhatu*, being either impaired or poorly developed with improper digestion or by reasons of the lifestyle, is unable to properly nourish the hair, causing it to turn grey. *Rasas* one consumes also have their effect on *Doshas* and, consequently, on hair health, *Amla* and *Lavana* tastes enhance *Pitta*, causing faster loss of pigment, while *Tikta* and *Kashaya* tastes raise *Vata*, causing dryness and degeneration of hair. Ayurvedic approaches like *Samshodhana Chikitsa*, *Nasya Karma*, *Shiro Abhyanga* and *Shiro Lepa* along with oral medications pacifies vitiated *Dosha* responsible for *Palitya*. *Rasayana* therapy nourishes *Rasa Dhatu* to boost hair root which further nourished hair to prevent their early graying.

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