



**PALITYA AND ITS TREATMENT PROTOCOL**

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**INTRODUCTION**

In our samhita Granthas has not described Palitya Rog as a separated chapter but it has mention under the kshudra Rog chapter. It has described charak samhita chikitsa sthan 26, sushrut Sanhita 13, ashtang Hriday 23, bhav prakash madhyam Khand 61, yogratnakar 44. Also it has described madhav nidan, sharangdhar Samhita, the meaning of kshudra roga is minute, diminutive, tiny, very small and Little means which disease who has described very small is called kshudra roga. In palitya Roga dost dosa, dushya, nidan, samprapti are not cleared so it is described under the kshudra Roga.

**MATERIAL METHODS**

This article is based on a review of ayurvedic text. Material is related to hair. The main Ayurvedic texts used in this article are charak Samhita, sushrut Samhita, ashtang Hriday, madhav nidan, yogratnakar, bhav Prakash and all relevant book and journals which gives idea to complete this article.

**NIDAN**

Aacharya Sushrut and Aacharya yogratnakar mention the nidan of palitya as follows-

क्रोधशोकश्रमकृतः शरीरोष्मा शिरोगतः ।

पित्तं च केशान् पचति पलितं तेन जायते।।

(Su.ni.13/37+yog.rat.44/32).<sup>[1]</sup>

It means warmth produce by anger, grief, and exertion in the body having gone to the head, has also the pitta. Mature the hairs, palitya(grey hairs) is thus produced.

Aacharya vaghbhatt is mention the nidan of palitya are as follows-

क्रोधशोकश्रमकृतः शरीरोष्मा शिरोगतः ।

केशान् सदोषः पचति पलितं सम्भवत्यतः।।

(A.S.U.27/31).<sup>[2]</sup>

Means the heat of the body travelling to the head by cause such as grief, fatigue, anger etc. Getting mixed with doses cooks the hair and causes palitya.

**DOSANUSAR PALITYA ROGA BHED**

According to Aacharya vaghbhatt there are four types of palitya. These division is based on the doses

predominance. Aacharya yogratnakar are are also mention the four types of palitya. Aacharya Sarangdhar has mentioned the nine types of kapalgat rogas. One of them is considered to be the disease of palitya.

A/C- Vagbhata	A/C- Yogratnakar
1. Vataja	1. Vataja
2. Pittaj	2. pittaj
3. Kaphaj	3. kaphaj
4. Sannipataj	4. sannipataj
(A.s.u.27/32,33). <sup>[3]</sup>	(Y.r.44/33). <sup>[4]</sup>

**LAKSHAN OF PALITYA**

According to Aacharya vaghbhatt the lakshan of palitya is mention 27 chapter uttar sthans.

तद्वातात्स्फुटितं.....विधाव्दयमिश्रलक्षणम्।  
(A.s.u.27/32,33).<sup>[5]</sup>

- 1) Lakshan of vataja palitya- By predominance of vata the hair is cracked, black in colour, rough, drawing and has watery.
- 2) Lakshan of pittaj palitya- By pitta there is burning sensation and yellow colour.
- 3) Lakshan of kaphaj palitya- By kaph it is unctous (smooth), growing thick and white.
- 4) Lakshan of sannipataj palitya - With predominance of all the doses there will be mixed feature.

Another kind which arises from headache (either during or after it) discoloured and does not tolerate touch this also is incurable.

According to Acharya Yog Ratnakar the Lakshan of palitya roga are described in the chapter of 44.

Numbers	Types name	Characters
1	Vataja palitya	Ununiform hair colour
2	Pittaja palitya	Colour of hair is yellow
3	Kaphaj palitya	Colour of hair white
4	Sannipataj palitya	Mixed feature of vataj, pittaj and kaphaj palitya is seen

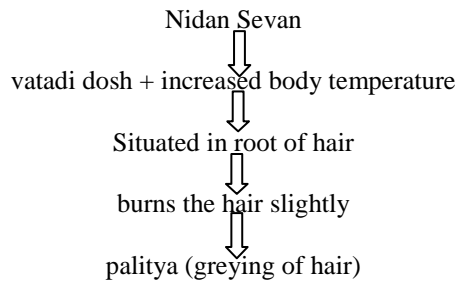
### SAMPRAPTI

Acharya charak has describe the samprapti of palitya rog chikitsa chapter number 26.

तेजोअनिलाधैः सह केशभूमिं दध्वाशु कूर्यात् खलतिं नरस्य ।  
किंचित्तु दग्धवा पलितानि कुर्यादरिप्रभत्वं च शिरोरूहाणाम् ॥  
(ch.chi 26/125).<sup>[6]</sup>

Means the body heat joined with vata etc, burns the hair ground shortly and thus causes baldness if the burning is slightly producers whiteness for greying of hair.

### SAMPRAPTI CHAKRA



### CHIKITSA

<sup>[7]</sup>Acharya charak has mentioned the chikitsa Sutra of palitya rog chapter 26 chikitsa sthan.

खालित्ये पलिते वल्यां हरीलोम्नि च शोधितम् ।  
नस्यैस्तैलैः शिरोवक्त्रप्रलेपैश्चात्युपाचरेत् ॥  
(c. chi. 26 / 262)

Means it baldness graying aur Browning of hair wrinkles the case should be managed after evacuation with snuff. oil and paste on hair and face. Four methods of treatment the palitya are as follows-

- 1) Sodhana
- 2) Nasya
- 3) Tail malish
- 4) Pralep

### <sup>[8]</sup>TREATMENT PROTOCOL OF PALITYA

Treatment	Procedure
Sodhana	1.vaman (medicated vomiting) 2. virechan (medicated purgation) 3. nashya (nasal medication) 4. raktamokshana (bloodletting) 5. niruha basti (A.hr.su.22/5)
Saman (murdh tail)	1.abhyang (application of medicated oil) 2.parishek (parring oilon head) 3.pichu (cloth dipped oil kept on head) 4.basti (oil is kept on head with an apparatus) (A.hr.su.22/23)
Rasayan	Internal uses of amalki Rasayan, bhringraj Rasayan, sidhmakardhwaj etc.
Preventive	1. Avoiding the aetiological factor 2. Intake of wholesome dietetics with pitta dosa balanced diet. 3. Sadvritta

### <sup>[9]</sup>BENEFITS OF ABHYANG

Acharya charak has described the benefits of abhyang chapter 5 on Sutrasthan

नित्यं स्नेहाद्शिरसं..... भवन्ति च।  
(c. su. 5/81,82)

Means once who has his head oleated daily, does not get headache baldness and grey hair nor does his hair fall

off. Strength of his cranium bones greatly increased and his hair become firmly rooted, flowing dark and black.

**YOG**

According to charak chikitsa sthan 26 there are many yogs which are as follows-

<b>GHRIT</b>	<b>TAIL</b>
1. Mayuradi ghrit	1. Prapaondarikadi tail
2. Mahamayuradi ghrit	2. Mayuradi tail
<b>YOG</b>	3. Mahamayuradi tail
	4. Sahacharadi tail
1. Til yoga	5. Bhringhraj tail
2. Priyaladi yoga	6. Mahanil tail
	7. Vidarigandhadi tail

**CONCLUSION**

The concept of palitya has been explained clearly in the ayurvedic granthas. Treatment like purification, palliative care, external applications, internal medications and also preventive aspect of palitya has been suggested which are effective, natural and without any side effect. Person having character of early greying of hair must avoid the amla, lavana, katu rasa, ushna, pitta vardhak aahar as well as avoid such behaviour which enhance the pitta properties.

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