

## AYURVEDIC CONCEPT OF PALITYA(GRAYING OF HAIR) AND SOME MEDICINAL PLANT USED IN PALITYA

<sup>1</sup>\*Dr. Amit Singh, <sup>2</sup>Dr. Ayush Kr. Garg and <sup>3</sup>Dr. Chandan Singh

<sup>1,2</sup>PG Scholar, <sup>3</sup>Asso. Prof.

Department of Dravyaguna, Dr. Sarvapalli Radhakrishnan Raj. Ayurved University Nagaur  
Highway Road, Karwar, Jodhpur Rajasthan -342037, India.

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### \*Corresponding Author'

**Dr. Amit Singh**

PG Scholar, Department

of Dravyaguna, Dr.

Sarpapalli Radhakrishnan

Raj. Ayurved University

Nagaur Highway Road,

Karwar, Jodhpur

Rajasthan -342037, India.

### ABSTRACTS

According to ayurveda, in a living body all the ailments and sufferings are due to the disharmony and dis-equilibrium of the doshas. Hence the ayurvedic therapies main aim is to treat disorders, prevent disease and rebalance the body dosha, dhatu, malas and mind gunas. The concept of beauty and cosmetics is as old as mankind and civilization. Hair are most common structure there can be used cosmetics like as dyeing and coloring. Clean, healthy and black hairs considers good especially in Indian sub-continental. Diet and lifestyle are two major factors that influence the health of the hair. Poor diet, illness and deficiencies of any particular vitamin and mineral affect the quality of hair and problems like dandruff, thinning hair, balding, premature graying etc. spoil the hair. Keeping these views, I made attempt to show of some selected herbs for finding their coloring potential and stability. I

am trying to show the efficacy (literary view) of JAPA (*Hibiscus rosa sinensis*), Neelini (*Indigofera tinctoria*), Madayantika (*Lawsonia inermis*), Bhringraj (*Eclipta alba*), Majuphal (*Quercus infectoria*), Haritak (*Terminalia chebula*), Amla (*Emblica officinalis*), Vibhitak (*Terminalia belerica*) regarding hair coloring agents in a given ayurvedic texts.

**KEYWORDS:** *Dosha, Dhatu, Mala.*

### INTRODUCTION

The beauty of skin and hair basically depends on individual's health, diet, habits, daily routine, geographical conditions and maintenance. Skin and hair disorders are the common ailments of all age groups because of chemical agents, toxins, microbes present in the

atmosphere and also due to physical factors, malnutrition and environmental factors. In comparison to natural hair dyes, synthetic hair dyes are reported to cause skin and other skin related diseases. The manufacturing process is hazardous to health of the people involved in the process and its applications leads to environmental pollution and also causes potential side effects to the consumers of the product. The fear of side effects from the synthetic dyes has limited its use by health conscious customers throughout the world and has to overcome various regulatory barriers before it reaches its destination.

### **MEDICAL CONDITION AFFECTING HAIR COLOUR**

Albinism is a genetic abnormality where no pigment is found in human hair, eyes, or skin, making the eyes blue, the hair pale white or blonde, and the skin pale white. Vitiligo is a patchy loss of hair and skin colour that may occurs as the result of an auto-immune disease. Malnutrition is also known to cause hair to become lighter, thinner and brittle. Dark hair may thus turn reddish or blondish due to the decreased production of melanin.

The condition is reversible with proper nutrition. Werner syndrome and pernicious anaemia can also cause premature graying. A recent study demonstrated that people 50-70 years of age with dark eyebrows but grey hair are significantly more likely to have diabetes type 2 than those with both grey eyebrows and grey hair. Grey hair may temporarily darken after inflammatory processes, after electron-beam induced alopecia, and after some chemotherapy regimen.

**A melanocyte produces two types of melanin: eumelanin and pheomelanin.** Eumelanin occurs in the form of a small rice-like granule having a colour varying between brownish-red and black. It is generated by an amino acid tyrosine, being transformed by an enzyme tyrosinase.

Pheomelanin has a less precise shape and can be seen in the form of diffuse spots. Its colour varies from yellow to red. It differs from eumelanin, because, in addition to tyrosine, another amino acid is involved in its production, known as cysteine, which is rich in sulphur.

The proportions of these two melanins determine the colour of the hair. But, while it is easy to understand that Japanese black hair contains virtually only eumelanin and that Irish red hair is very rich in pheomelanin, it is more surprising to discover that Scandinavian blond hair is also mainly formed from eumelanin.

This is linked to the immense range possible in the mixtures of the two pigments, a range in terms of type as well as quantity. So the distribution of melanins, determined by each person's genetic inheritance, offers an infinite palette ranging from the lightest blond to the deepest black.

### AYURVEDIC VIEW

According to ayurveda the hair (kesha or roma) is the waste (mala) of Asthi Dhatu. Hence, anything detrimental to asthi dhatu will be harmful to the hair. When the skin (and the hair) is exposed to the wind, it causes aggravation of vata dosha, resulting in dryness. Depletion of Asthi dhatu and sweat causes hair loss. Health of hair depends upon the health of the skin and the bones.

The oleation of hair is received from kapha dosha, softness from pitta dosha and black colour due to vata dosha. Pran vayu conveys the sensation to the brain, and for "stand on ends" of the hair, vyan vayu is responsible. The nourishment of hair depends entirely upon the rasa dhatu. Derangement in rasa dhatu causes hair fall and pre mature graying. As a whole, the health of hair depends upon rasa and asthi dhatus and all the three doshas. Optimum majja and medo dhatus keep the hair oily.

### AYURVEDIC CONCEPT OF PALITYA (GRAYING OF HAIR)

शोकश्रमकरोधकृतः शरिरोष्मा शिरोगतः |

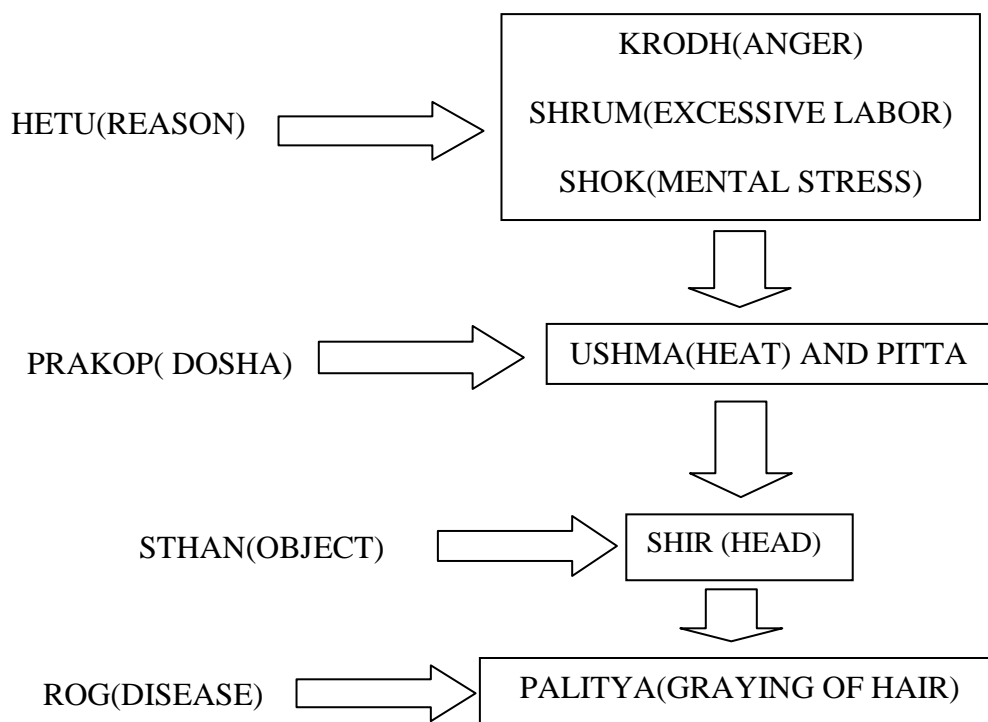
केशां सदोषाः पचती पलितं सम्भवतयातः || ( अष्टांग हृदय )

क्रोधशोकश्रमकृतः शरिरोष्मा शिरोगतः |

पित्तम च केशां पचती वलितं तेन जायते || ( सु. नि. १३/३६ )

तेजोनिलादयेः सहकेशभूमि दग्ध्वाशु कुर्यात् खलती नरस्य |

किंचित दग्ध्वा पलितानि कुर्याद्वरीप्रभत्वं च शिरोरुहानाम || ( च. ची. २६/१३२ )



### Some Important Ayurvedic Hair Colour Plants

S.NO.	Ayurvedic name	Useful part	Scientific name	Reference
1.	JAPA	Flower	<i>Hibiscus rosa sinensis</i>	Bh.pr.Ni5/58 Bh.Ra.60/75-77
2.	Neeli	Leaf and Flower juice	<i>Indigofera tinctoria</i>	Bh.Pr.Ni.4/208 BH.rat.60/69
3.	Madyantika	Leaf juice	<i>Lawsonia inermis</i>	Su.Ch.25
4.	Bhringraj		<i>Eclipta alba</i>	B.P.NI4/241 BH.RA.60/75-77
5.	Hritaki	Fruit	<i>Terminalia chebula</i>	Bh.ra.60/69
6.	Vibhitaki	Bark	<i>Terminalia balarica</i>	Bh.ra.60/69
7.	Amlaki	Fruit	<i>Emblica officinalis</i>	Bh.ra.60/69

### Ayurvedic Properties (Pharmacodynamic According To Ayurveda)

S.NO.	PLANTS	RASA	GUNA	VIRYA	VIPAK	PRABHAV
1	JAPA <sup>[1]</sup>	Kashaya, Tikta	Laghu, Ruksha	Sheeta	Katu	- Kaph-Pittashamak
2	NEELINI <sup>[2]</sup>	Tikta	-Laghu, Ruksha	Ushna	-Katu	Kapha Vatashamak
3	MADYANTIKA <sup>[2]</sup>	Tikta, Kashaya	Laghu, Ruksha	Sheeta	Katu	
4	BHRINGRAJ <sup>[1]</sup>	Tikta, Katu	Laghu, Ruksha	ushana	Katu	Kapha Vatashamak
5	MAJUPHAL <sup>[2]</sup>	Kashaya	Laghu, Ruksha	Sheeta	Katu	Kapha Pittashamak
6	HARITAK <sup>[1]</sup>	Kashaya, madhur, katu, tikta, amla	Laghu, Ruksha	ushana	Madhur	Kapha Pittashamak

**1. JAPA****Botanical name-*Hibiscus rosa sinensis*****Family-*Malvaceae*****Use in disease- Khalitya(hair fall),palitya(premature graying of hair),Mastisk dorbalya(mental disability), Raktapradar, Raktarsha(haemorrhoids), Unmada (mental disorders)****ओड्रपुष्पं जपा चाथ त्रिसंध्या सारुणा सिता <sup>[3]</sup>****जपा संग्रहणी केश्या त्रिसंध्या कफवातजीत || (B.P.Ni.5/58)**

Odrapushpam is japa,it promotes hair growth; both white and red flower or trisandhya varieties subdue deranged kapha and vata.

***Bhring pushpam japa pushpam.....syanmurdharanjanam.* (BH.Ra. 60/75-77)**

For the blacking of hairs,Bhringraj and Japa flowers are crushed with sheep's milk and applied on hairs.

**2. NEELINI****B.N.-*Indigofera tinctoria*****Family-*Fabaceae*****<sup>[3]</sup> नीलिनी रेचनी तिक्ता केश्या मोहभ्रमापहा ||(B.P.Ni 4/208)**

It is good for hair and using in hair dyes as well as tonic

The drug Nili or Nilini is purgative in action, bitter and hot. It improves hair and cures prameha. Plants has historical and traditional importance as indigo plant which is source of well known indigo dye. The value of herbs as source of colouring matter has been given applied importance in medicine as well as cosmetics with special reference to ayurveda and other indigenious systems of medicine.

**3. Madyantika****B.N.- *Lawsonia inermis*****Family- *Lythraceae***

Madyantika is described as a body-coloring agent in sushrut samhita as follo

[4] हरितकिचूर्नमरिष्टपत्रम चूतत्वचं दडिमपुष्पवृन्तम

पत्रं च द दद्यान्मद्यंतिकाया लेपोगरागो नरदेवयोग्यः ॥ (सु. ची. 25)

The henna or madyantika has long been used in india,since ancient times, for colouring palms of hands, soles of feet and finger nails, being a potential and popular ranjana dravya or dyeing plant source. It is also used for dyeing hair, beard and eye brows, for personal adornment. The leaves of henna plant are used as a prophylactic against skin diseases. They are used externally in the form of a paste or decoction against boils, burn bruises and skin inflammation.

#### 4. Bhringraj

B.N.-*Eclipta alba*

Family-*Compositae*

Bhringraj is good for hair, skin and teeth. As described in bhavmishra.

[3] केश्यास्त्वच्यः कृमिःवासकाशशोथामपांडुनुत ।

दन्त्यो रसायनो बल्यः कुष्ठनेत्रशिरोर्तिनुत ॥ (B .P .NI 4 /241 )

It is traditionally employed as hair oil or similar medicinal recipes for internal use and external application for blackening of the hair. The fresh juice of the leaves is rubbed on the heaven scalp for the purpose of promoting the growth of hair.

There is a common and popular use of the plant as a hair tonic and hair oil. The leaves juice is boiled with sesame oil or coconut oil and a hair noil is prepared, it is used for rendering the hair black and luxuriant. Some other also enter in defferent formulate of hair oils, suiting to hair, head and brain complaints besides their domestic uses as preventive and promoter medicated oily preparation.

#### 5.Majuphal

B.N.-*Quercus infectoria*

Family-*Fagaceae*

[5] मायाफलम वातहरं कटुष्णकम ।

शैथिल्यसंकोचकेशकाष्णर्य प्रदम ॥ ( रा. नि.25 - 9 )

Majuphal tree yields the oak galls which arise as excrescences on the young twigs are caused by the deposition of egg by a small hymenoptermus insect. Egg develops into larvae and get surrounded by the tissues of the developing gall.

The galls are suggested to be useful for applying as hair dyeing herbal agent.

## 6.Amlaki

B.N.-*Emblca officinalis*

Family-*Euphorbiaceae*

<sup>[6]</sup>तद्वद धात्री स्वेदमेदोहराम्ला शुक्रला हिमा |

भग्नसंधानकृत केश्या पिपासाकफपित्तहत || (कैदेवा निघण्टु )

Amla powder, available here, is dried and powdered indian gooseberry. Revered in Ayurvedic medicine, it's been used for thousands of years as one of the most potent and nourishing herbs in India. While there are numerous benefits to consuming this herb, amla powder naturally supports healthy, shiny hair and glowing skin.

## CONCLUSION

Examples of above given plants serve to give some idea of Ancient Indian researchers and their contribution to Indian Medical Lore.

This literature review involved from various sources and then to find the proper equivalent botanical names for the Sanskrit and *Prakrit* terminologies(ayurvedic properties).

Some of the formulae are still in use by some rural women in the interiors of India. Some formulae are in use even today by vaidyas practicing the Ayurveda branch of medicine. This study forms mainly an ethnobotanical contribution to our knowledge and is hoped that it forms the basis for further chemical, clinical and allied investigations in the hair coloring agent and therapeutic aspects of the Indian botanicals.

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