

“AYURVEDIC MANAGEMENT OF AKALA PALITYA W.S.R. TO PREMATURE GRAYING OF HAIR WITH PRAPAUNDARIKADI TAILA NASYA AND KRISHNA TILA SEVANA REVIEW”

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ABSTRACT:

Since ancient times, people have been interested in the colour of their skin and hair. A major contributing factor to low self-esteem, which frequently hinders societal adaption, is premature greying. And given that a large portion of the population is currently impacted—especially young men and women—this is a big issue. Premature greying of the hair is referred to in Ayurveda as Akalapalya. Premature ageing associated with Akala Palitya is becoming more common, particularly in poor and tropical nations. In India, the WHO reports that the incidence is highest in the 20–30 age range. As indicated in the classics of Urdhvajatrugata Rogas and Palitya, Prapaundarikadi taila is used for Nasya and Krishna-tila is used for abhyantara sevana in this study. In this study, Krishna tila and Prapaundarikadi thaila Pratimarsha Nasya were administered orally to patients diagnosed with Akala Palitya. According to recent studies, using Krishna tila sevana and Prapaundarikadi taila nasya can prevent premature greying of hair.

KEY WORDS:- Ayurveda, akala palitya, premature graying of hair, tila, nasya

Sanjeevani Darshan
International Journal of Ayurveda & Yoga

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How to cite article:

Dr. Nikhilkumar Nikam, Dr. Rajesh Shah, Dr. Varsha Jaraje
Ayurvedic management of akala palitya w.s.r. to premature graying of hair with prapaundarikadi taila nasya and krishna tila sevana review, Sanjeevani Darshan - National Journal of Ayurveda & Yoga 2024; 2(1): 163-168:
<http://doi.org/10.55552/SDNJAY.2024.2122>

INTRODUCTION

The idea of beauty is gaining popularity all across the world and in this hair plays a significant role. In Ayurveda Graying of hair is called as Palitya. Hair is an important anatomical structure of body which plays both protective as well as cosmetic role. The age range of 20 to 30 years in India has a high incidence of it, according to the W.H.O. Premature Graying has so long been of interest to researchers and industry, with both scientific and economic targets. Graying of hair according to age is common phenomenon but due to drastic changes in today's lifestyle and environmental pollution lead to graying of hair and it has become burning issue, especially in young generation. In the study of Ayurveda palitya comes under the heading of Kshudraroga and shirogataroga.

Although the precise reason for early hair Graying is unknown, it has been linked to a number of autoimmune diseases, including vitiligo, pernicious anaemia, and premature ageing syndrome. Additionally, studies have shown the importance of environmental factors such ultraviolet radiation, climate, smoking, drugs, trace elements, and dietary deficiencies as well as those inherited from the family. The main aetiology of palitya is vitiation of deohshma and ushnaguna of pitta circulates to romakoopa and causes paka of hair.

Nasya karma is supposed to treat all diseases of the supraclavicular region because it is the entryway to the brain cavity and Prapaundarikadi Taila is effective in management of Palitya as advised by Acharya Charaka.

Prapaundarikadi Taila is a multi-herbal Ayurvedic medicinal oil that is mentioned in Astanghridyam. Prapaundarik is having Madhura Rasa, Sheeta Gunaand Veerya, it is Kapha Pitta Shamaka and is good Keshya Dravya. It is effective for Akala Palitya .Only for external use, this oil is prescribed for Palitya and other head ailments. Graying hair is palitya. According to Ayurveda, it is a Vikar (disease) when the hair turns grey as a result of stress, rage, and grief. All body hair is impacted by palitya. According to the Vagbhata Samhita, Krishna Tila or black sesame seeds, are suggested for use in Ayurvedic medicine for therapeutic purposes and as a Rasayana medication. Therefore, an effort was made here to comprehend the role of Krishna Til as Rasayana of enhancing the state of health. Rich in calcium, iron, copper, magnesium, and phosphorus are black sesame seeds.

All of the Samhitas provide an explanation of the illness Palitya in a variety of contexts. Palitya, Sushruta, Kshudra Rogadhikara, and Vagbhata are all explained by Charaka in Urdhva Jatrugata Rogas, and Shirokapalagata Rogas, respectively.

AIM AND OBJECTIVES

1. To study the effects of Prapaundarikadi taila Nasya and Krishna tila sevana in the management of Akala Palitya w.s.r Premature Graying of Hair.
2. To study preventive efficacy of Prapaundarikadi taila Nasya and Krishna tila sevana in the management of Akala Palitya w.s.r Premature Graying of Hair.

MATERIALS AND METHODS**Material** – 1) Prapaundarikadi Taila

2) Krishna Tila

Methods-**Drug Formulation –****1. Prapaundarikadi Taila -**

- Prapaundarik
- Jeshtmadh
- Pimpli
- Chandan
- Nilkamal
- Amalaki

Drug	Rasa	Virya	Vipaka	Guna	Karma
Prapaunarik	Madhura	Sheeta	Sheeta	Guru, Snighda	Kapha pitta shamak
Jeshtmadh	Madhura	Sheeta	Sheeta	Guru, Snighda	Vata Pitta shamak
Pimpli	Katu	Ushna	Madhur	Laghu, Tikshn	Chakshushya
Chandan	Tikta Madhura	Sheeta	Katu	Guru, Ruksha	Kapha pitta shamak
Nilkamal	Madhur Tikta kashay	Sheeta	Madhur	Snighda	Pittashamak
Amalaki	Lavana varjit panchrasa	Sheeta	Madhur	Guru, Sheeta	Tridosh shamak

2. Krishna Tila Sevana-

Guna-Guru,Snighda

Ras-Madhur,

Virya-Ushna,

Vipaka-Madhur

Karma-Keshya,Vaatshamaka

Treatment Details

patients were administered with Prapaundarikadi Taila with Krishna Tila.

Dose – 1) 2 drops of Praupandarikadi Taila in each nostril at early morning

2) 5 gm of Krishna Tila sevana in the morning and evening

Sevana Kala – Abhakta

Intervention

1. Praupandarikadi Taila Nasya-

Nasya Vidhi (Standard procedure of Nasya)

Sanjeevani Darshan

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Advised patient to lie down straight with leg side elevation and head side little below, close one nostril and released the medicine into the other nostril.

Dose- 2 drops in each nostril.

Kala- In the early morning.

Route- Nasal

Breath through both nostrils.

If the medicine comes in mouth, should be split out.

- **Paschat Karma-**

Kaval by kosha Jal

Above Nasya procedure mentioned in Samhita, explained to patient.

2) Krishna Tila Sevana-

5gm of Krishna tila Sevana advised to patients in the morning and evening at empty stomach

Method – Oral Administration

DISCUSSION

In this review, the conceptual part of akalpalitya and its management with prapaundarikadi taila nasya along with Krishna tila sevana has been described for better understanding. pitta and kapha are the main culprits of akalpalitya. It is mainly characterized by premature graying of hair.

Prapaundarik is having Madhura Rasa, Sheeta Gunaand Veerya, it is Kapha Pitta Shamaka and is good Keshya Dravya. It is effective for Akala Palitya. Krishna Tila or black sesame seeds, are suggested for use in Ayurvedic medicine for therapeutic purposes and as a Rasayana medication. Also rich in calcium, iron, copper, magnesium, and phosphorus.

CONCLUSION

Graying of hair according to age is common phenomenon but due to drastic changes in today's lifestyle and environmental pollution lead to graying of hair and it has become burning issue, especially in young generation. Therefore, it is a high time to explore the role and application of Ayurvedic drugs and therapies in akalpalitya. The Krishna tila is extremely useful in the treatment of premature graying of hair along with prapaundarikadi taila nasya as it reduces the graying of hair and also keeps hair shiny and strong by nourishing the hair.

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Source of Support : None Declared

Conflict of Interest : Nil