“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 grey ing of the hair is referred to as Akalapalya. Premature ageing associated with Akala Pality 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

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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 dehoshma 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 Propaundarikadi 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 Kesha 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 Vaghbhat Samhita, Krishna Tila or black sesame seeds, are suggested for use in Ayurvedic medicine for therapeutyc purposes and as a Rasayana medication. Therefore, an effort was made here to comprehend the role of Krishna Til as Rasayana in 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

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<th>Rasa</th>
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<td>Sheeta</td>
<td>Madhur</td>
<td>Guru, Sheeta</td>
<td>Tridosh shamak</td>
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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 Prapaundarikadi Taila in each nostril at early morning  

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

Sevana Kala – Abhakta

**Intervention**

1. Prapaundarikadi Taila Nasya-  
Nasya Vidhi (Standard procedure of Nasya )

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 koshna 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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