REVIEW ARTICLE

Effect of *Prapaundrikadi Taila* on *Palitya*: A Pilot Study

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Abstract

Palitya or premature Graying of hairs has become a common and serious issue in society. It is chiefly due to *Vaikrita Bhrajaka Pitta*. Ten diagnosed patient with various subjective and objective parameters were treated with *Shiroabhyanga* and *Pratimasrha Nasya* of *Prapaundrikadi Taila* for 3 months with a follow up at one month. Results were found significant almost on all parameters. The study shows the effectiveness of *Prapaundrikadi Taila* on *Palitya*.

Keywords

Greentree Group

INTRODUCTION

Graying of hairs is a common biological phenomenon. After a particular age hairs becomes to grey. It occurs in most of the human races at different age, but these days untimely graying of hairs has become a common and serious issue in society. The exact cause of premature hair graying is unknown but it is shown to be associated with various autoimmune disorders such as vitiligo, pernicious anemia and premature aging syndrome. Furthermore studies have revealed role of familial inheritance and environmental factors such as ultra-violet light, climate, smoking, drugs, trace elements and nutritional deficiency.

In *Ayurveda* premature graying is named as *Akala Palitya*. In our text *Palitya* is considered in *Kapal gata*[1] *Kshudra Roga*[2]. It is also a *Rasa Dhatu Pradosaja Vikara*[3]. *Palitya* is mainly due to Vitiated *Pitta Dosha*. *Piita* is aggravated due to various *Pitta Prakopa Nidana*, in this condition there is an increment in its *Guna* especially in *Ushna* and *Tikshna Guna* which play a key role in *Pakadi Karma* of *Pitta Dosha*. *Bhrajaka Pitta* provides color to skin and its appendages like hairs so *Bhrajaka Pitta* with increased *Ushna* and *Tikshna Guna* accumulates in *shirah Predesha* and along

with *Vata* and localized *Kapha Dosha* causes graying or discoloration of Hairs. There is a lot of description about the treatment of *Palitya* in different *Ayurvedic lexicon*. There are so many *Yoga* (formulations) are described various texts, one of them is *Prapaundrikadi Taila* mentioned by *Acharya Charaka*. He has stated that it has a very good effect in *Palitya* when it is used in *Shiroabhyanga* and *Pratimarsha Nasya*. Present study deals with the evaluation of combined effect of *Prapaundrikadi Taila* in *Palitya*.

MATERIALS AND METHODS

Ten diagnosed patient were taken in this study and were treated with *Shiro-Abhyanga* and *Pratimarsha Nasya* by using *Prapaundrikadi Taila*.

Inclusion criteria:

- Patient aged between 8-40 years, with premature graying of hair.
- Patient fit for *Nasya*
- Patient fit for *Shiroabhyanga*
- Patient of either sex

Diagnostic criteria:

- Split/broken hair (*Sputitha*)
- Ash colored hair (*Shyava Varna*)
- Hair resembling like water (*Jala Prabham*)

- Yellowish hair (*Peetabham*)

- White hair (*Shukla Varna*)

Posology:

- For *Pratimasrsha Nasya*: 3-4 drops in each nostril

- For *Shiro-Abhyanga*: 10-15ml oil.

Duration of study: 90 days

Follow up: 1 month

Subjective parameters:

The following four parameters were taken as subjective parameters for the assessment of results. The readings before and after the treatment were assessed for result.

Table 1 Subjective parameters

1.	**Color of the hair (Kesha varna)**	**Assessment**	**Score**
		Krishna Varna	0
		Ash colored	1
		Yellowish	2
		White hairs	3
2.	**Dry splited hair(rooksha sphutita kesha)**	**Assessment**	**Score**
		Normal	0
		Dryness visible	1
		Dryness felt by touch	2
		Dryness felt with splited hair	3
3.	**Unctous thick hair (*Snigda Sthula*)**	**Assessment**	**Score**
		Normal	0
		Unctuous visible	1
		Unctuous felt by touch	2
		Unctuous felt with spillted hairs	3
4.	**Burning sensation (*Daha*)**	**Assessment**	**Score**
		No burning sensation	0
		Mild (localized burning without disturbed sleep)	1
		Moderate (localized burning with disturbed sleep)	2
		Severe (burning all over the scalp with disturbed sleep)	3

Objective parameters:

1. Area of scalp involved (%)

The percentage of the effected scalp area was estimated with Olsen/Canfield visual aid method.

2. Random hair count

One square centimetre area of scalp was chosen where more gray hairs are present from this site gray hairs were counted randomly before and after the treatment.

RESULTS

Results were obtained statistically from the observations and are as below:

On objective parameter:

Table 2 Results of objective parameter

Parameter	B.T	A.T	Difference	S.D	S.E	P-value	Result
Color of hair	2.60	1.80	0.80	0.42	0.13	0.0078	V.S
Dry splited hair	2.60	1.80	0.80	0.42	0.13	0.0078	V.S
Unctuous thick hair	0.40	0.20	0.20	0.42	0.13	0.50	N.S
Burning sensation	2.60	1.80	0.80	0.42	0.13	0.0078	V.S

On subjective parameter:

Table 3 Result on subjective parameter

Parameter	B.T	A.T	Difference	S.D	S.E	P-value	Result
Random hair count	2.40	1.60	0.80	0.32	0.20	0.0156	S
Area of scalp involved	31.60	27.00	4.2	1.55	0.49	<0.0001	H.S

DISCUSSION

Akala Palitya or premature graying of hairs is due to *Vaikrita Pitta Dosha*. In present study it was found that effect of *Shiroabhyanga* and *Pratimarsha Nasya* by *Prapaundrikadi Taila* was found statistically very significant on some parameters like color of hair, dry splited hairs and on burning sensations. It was significant on random hair count and highly significant on area of scalp involved. Content of *Prapaundrikadi Taila* are *Prapaundrika, Madhuyasthi*, *Rakta Chandana*, *Utpala*, *Pippali*, *Amlaki* and *Tila Taila*[4]. Almost all of these *Dravya* have *Sheeta Virya*, *Keshya* and *Pitta-Shamaka* property by which the effect of the *Prapaundrikadi Taila* on *Palitya* is considerable. *Shiroabhyanga* is

mentioned to having *Keshya Karma*[5] as it causes increased local blood supply in scalp which helps to provide nutrition to hair follicle and it is also helpful in reducing stress. Role of *Pratimarsha Nasya* is very important in the *Samprapti Vighatana* of *Palitya*. *Acharya Charaka* has mentioned *Nasa* as the *Dwar* of *Shira*[6]. When *Prapaundrikadi Taila* is used as *Pratimarsha Nasya* it is absorbed by the olfactory neurons, supporting cells and capillaries and by cerebrospinal fluid. From there it probably causes an effect on hypothalamus to stimulate the pituitary to secrete MSH. MSH stimulates melanocytes to produce melanin which provide color to hair. Thus long term use of *Pratimarsha Nasya* can reduce the chance of premature

graying and may have also a good effect on *Palitya*.

CONCLUSION

Palitya is *Kapal gata Kshudra Roga* occurring mainly due to *Vaikrita Pitta Dosha*. *Prapaundrikadi Taila* contains all the *Pitta Shamak Dravya* that subsides the Aggravated *Pitta Dosha* when Used in *Shiroabhyanga* and as *Pratimarsha Nasya*. Long term use of *Prapaundrikadi Taila* is *Keshya* and can reduce the possibility of premature graying.

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