



INTERNATIONAL JOURNAL OF CREATIVE RESEARCH THOUGHTS (IJCRT)

An International Open Access, Peer-reviewed, Refereed Journal

A Critical Review Of Herbo-Mineral Formulations In The Management Of Palitya

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Abstract:

Palitya or Premature graying of hair is currently arising hair related problem. Environmental factors, lifestyle changes, fast Food culture are leading to undernutrition of hairs. According to *Ayurveda*, increased *ushna guna* of *pitta* burns roots of hairs leading to change in hair colour which is called as *Palitya*. In *Ayurveda*, herbal as well as mineral drugs are used for treating *Palitya* separately and in combination as *Herbomineral* formulations. *Rasoushadhis* are most useful form of drugs as they are fast acting, effective, given at small dose, doesn't need consideration of *samata-niramata, jatharagni*. Also *rasoushadhi* are palatable. They are unique in their form. *Bhasma* are most effective form for internal administration. Nano form of medicine is unique in *Rasashastra*. Scientifically prepared *rasoushadhi* are not harmful to body but beneficial in breaking prognosis of disease. Also, These preparations are significant in *Palitya* along with other diseases. To deal such challenging disorders of the Hair, whether chronic or newly existing, essential to review and re-establish the importance of *Rasayogas* which are explained by our *Acharyas* pertaining to different *rogadhikar*, with regard to its route of administration and posology. For this Review work, the different *Yogas* containing *Rasadravayas* as one of the ingredients are compiled as an attempt to establish *Rasaushadhi* - the need of the hour for hair related problems. Information were compiled from different texts according to *Rasadravayas* mentioned as *keshya* and to treat *palitya* i.e. *Maharasa, Uparasa, Sadharanrasa, Dhatu, Ratna, Sudha varga*.

Keywords:

Palitya, rasoushadhi, Herbomineral formulations, Different Classical Texts, compilations, Importance, essential nutrients

Introduction

Drastic changes in lifestyle has lead to different health problems. Premature greying of hairs is one of the hair related problem arising nowadays. Premature greying is stated as *Palitya* in *Ayurveda*. *Palitya* is described as *Rasapradoshaja vyadhi*.¹ *Palitya* is classified as *Kshudraroga* by *Acharya Sushrut, Bhavaprakash, Vagbhat* and as *Shiroroga* by *Acharya Charak*. Premature graying of hairs is not a major disease but it affects one's social confidence. Hairs are important in look of a person.

According to *Ayurveda*, a person with *Pitta prakruti* is more susceptible for *vali-palita* and *khalitya* because of *ushna gunadhikya* of *Pitta*.² Stress, anger and undernutrition are precipitating factors for *palitya*. In *Ayurveda*, *Kesha* and *Nakha* are produced as a *mala* of *Asthidhatu*. Embryological development of hairs occur at 6th month of *garbhavastha*.

One study on PGH among school children between age 5-15 years reveals 10.6% prevalence in study population, while another study carried on adults revealed prevalence of about 27.3%.³ A large population based study reported that 6% -23% of people have 50% grey hair by 50 years of age. Hair is said to gray prematurely only if graying occurs before the age of 20 years in Whites, before 25 years in Asians and before 30 years in Africans. In Modern science, there is a treatment module for graying of hairs but it is not promising and permanent.

Palitya can easily be reversed in early stages, but requires prolonged and prompt treatment. In *Ayurvedic* texts, various internal and external *yogas, lepa, Panchakarma* procedures are suggested by *Acharyas*. In *Ayurveda chikitsa paddhati, Rasa aushadhis* has been considered more useful and effective as they are more advantageous due to their unique benefits over the other preparations. Hence, the use of herbo-mineral preparations in healthcare is a unique contribution of *Ayurveda*, by *Rasashastra*. Different herbomineral preparations are stated to cure *Palitya*. *Rasaushadhis* are claimed to be quick in action with better efficacy in small dose and drug acceptance is more. Consideration of the *Dosha* involvement, condition of the disease, gender of the patient, the place, time of treatment are not required while prescribing *rasaushadhis*.⁴

Documentation of the classical preparation of *Rasa Yogas* & latest researches talks about their history of its usage and importance in present day practice. Some research work has been carried out on *palitya*, but a large number of herbomineral preparations are yet to be explored. Hence, in this article, a prompt attempt is made to review different *Rasayogas* in management of *Palitya*.

Aim and Objectives

1. To review *Palitya*
2. To review Various herbo-mineral formulations in the management of *Palitya*.

Materials and methods

For the purpose of this study, classical *Ayurvedic* texts, *Rasagranthas* and scriptures along with research articles and internet searches are referred. *Palitya* is of two types, *Kala* and *Akala palitya*. *Palitya* in young age (up to 30 years) is stated as *akala palitya*. *Maharshi Vagbhat* has stated 3 types of *Palitya-Vataj, pittaj* and *kaphaja, Shirashooljanya, Sannipataj Palitya*. Due to *Pittaprapak Ahara-vihara, Krodh, Shoka, Shrama, Prakupita vata* carries *sharirushma* to *shirapradesh* and vitiates *bhrajak pitta* in *romakupa* & burns the roots of hairs, *prakupita Pitta* along with *Vata* and *kapha* causes *paka* of hair, this is called as *Palitya*.⁵

Bhasmas of Metals (*dhatu*) are key factors in treating *Vali-Palit-Khalitya, karshya* as they deeply nourish *sharir dhatu* by penetrating at cellular level.⁶ Following table shows compilation of formulations,

Table no 1: Herbomineral formulations in *Rasayogasagar*^{6,7}

| Sr No | Formulation | Reference | Indication |
|-------|-----------------------------------|---------------------------------------|--|
| 1 | <i>Saptamrutloha</i> | <i>B. Ratnavali. Netrarogadhikar</i> | <i>Netrya, Keshya, palitnashak</i> |
| 2 | <i>Bhallatak loha</i> | <i>Rasayogasagar Part 2, p.no 121</i> | <i>Palitya, Rasayan</i> |
| 3 | <i>Gandhakrasayan</i> | <i>Ayurved Prakash 2/48</i> | <i>Rasayan, Palitya</i> |
| 4 | <i>Palitari rasa</i> | <i>Rasayogasagar Part 2, p.no 28</i> | <i>Palitya</i> |
| 5 | <i>Triphala rasayan (Pratham)</i> | <i>Rasayogasagar Part 1, p.no 611</i> | <i>Vali-palita nashak with madhu-ghruta for 1 year</i> |
| 7 | <i>Triphalabhraka</i> | <i>Rasayogasagar Part 1, p.no 610</i> | <i>Vali-palitarah, ayushya</i> |

| | | | |
|----|-----------------------------------|--|--|
| 8 | <i>Triphala guti</i> | <i>Rasayogasagar Part 1,p.no 610</i> | <i>Kushtha,Vali-palita,Shwitra</i> |
| 9 | <i>Trinetra Rasa</i> | <i>Rasayogasagar Part 1 p.no 600</i> | <i>Valipalitahar</i> |
| 10 | <i>Talakeshwar rasa</i> | <i>Rasayogasagar Part 1,p.no 573</i> | <i>Kushtha,Prameha,Valipalita, Pandu</i> |
| 11 | <i>Tarsundari guti</i> | <i>Rasayogasagar Part 1,p.no 543</i> | <i>Valipalitahar,</i> |
| 12 | <i>Gandhakadi Pottali rasa</i> | <i>Rasayogasagar Part 1,p.no 369-370</i> | <i>Valipalitahar</i> |
| 13 | <i>Karpur Rasa(Path-25)</i> | <i>Rasayogasagar Part 1,p.no 235</i> | <i>Palitya</i> |
| 14 | <i>Mahat Kanaksundar rasa(11)</i> | <i>Rasayogasagar Part 1,p.no 208</i> | <i>Palitya</i> |
| 15 | <i>Ajeernakantaka rasa</i> | <i>Rasayogasagar Part 1,p.no 48</i> | <i>Ajeerna,Palitya</i> |
| 16 | <i>Kameshwarmodak</i> | <i>Rasayogasagar Part 2,p. no 631</i> | <i>Valipalita with ksheer</i> |
| 17 | <i>Hiranyagarbhapottali(11)</i> | <i>Rasayogasagar Part 2,p.no 579</i> | <i>Valipalita</i> |
| 18 | <i>Swayambhuva guggulu</i> | <i>Rasayogasagar Part 2,p.no 569</i> | <i>Kushtha,Valipalita</i> |
| 19 | <i>Suryaprabhatamreshwar Rasa</i> | <i>Rasayogasagar Part 2,p.no 551</i> | <i>Nityasevan Rasayan Palityahar</i> |
| 20 | <i>Suvarnyoga(7)</i> | <i>Rasayogasagar Part 2,p.no 529</i> | <i>Nityasevan Rasayan Palityahar</i> |
| 21 | <i>Suvarnaparpati(4,2)</i> | <i>Rasayogasagar Part 12,p.no 528</i> | <i>Grahani, Palitya</i> |
| 22 | <i>Sarveshwar Rasa(3)</i> | <i>Rasayogasagar Part 2,p.no 517</i> | <i>With 3 ratti Suvarnamakshik &Mahisha ghruta</i> |
| 23 | <i>Shrungaraabhra rasa(1)</i> | <i>Rasayogasagar Part 2,p.no 530</i> | <i>Shwasa, Palitya</i> |
| 24 | <i>Vallabhamrut rasa(1)</i> | <i>Rasayogasagar Part 2,p.no 348</i> | <i>Rasayan</i> |
| 25 | <i>Vajragutika(1)</i> | <i>Rasayogasagar Part 2,p.no 515</i> | <i>Palitya</i> |
| 26 | <i>Vangeshwar rasa(13)</i> | <i>Rasayogasagar Part 2,p.no 536</i> | <i>Palitya</i> |
| 27 | <i>Lakshmivilas rasa(8)</i> | <i>Rasayogasagar Part 2,p.no.198</i> | <i>Palitya</i> |
| 28 | <i>Mrutyunjay loha(1)</i> | <i>Rasayogasagar Part 2,p.no 208</i> | <i>Rasayan,Palitya</i> |
| 29 | <i>Bhrungadi churna</i> | <i>Rasayogasagar Part 2,p.no.132</i> | <i>Rasayan,Palitya</i> |

| | | | |
|----|---------------------------|---|-----------------------|
| 30 | Mandanmodak | Rasayogasagar Vol II P.no.140 | Palitya |
| 31 | Mrutasanjivani vati(1) | RasayogasagarVol II P.no.198 | Rasayan,Palitya |
| 32 | Pramehakunjarkesar i rasa | Rasayogasagar Vol II P.no.80 | Prameha,Palitya |
| 33 | Panchamrut rasa(19) | Rasayogasagar Vol II P.no.24 | Mukharoga,Palitya |
| 34 | Panchanan rasa(7) | Rasayogasagar Vol II P.no.14 | Vali-Palita,Vajikaran |
| 35 | Paniyabhakta vati (2) | BhaishajyaRatnavali Grahaniroga p.no 1285 | Vali-Palita |
| 36 | Pingaleshwar rasa | Rasayogasagar Vol II P.no.46 | Kushtha & Vali-Palita |
| 37 | Shrungarabhra rasa | RasayogasagarVol II P.no.459 | Rasayan,Valipalita |

Commonly used Rasadravyas in Formulations

Abhraka (Mica)Madhura rasa, Snigdha guna, Shita virya, Deepana, Balya, Tridoshgna,Keshya,dhatuvaradhak,rasayan and thus used in yogas for Palitya.⁸

Makshika (Copper pyrite) Contains Madhura tikata rasa,sheet virya Tridoshagna,and Rasayana properties. Thus it is mainly indicated in Raktaja and Pittaja vyadhis. Shilajatu(black bitumen) is Rasayan,contains essential fatty acids thus supply nutrition to hairs.⁹ Kharpara (Zinc oxide) possess Shita virya, Kaphapittahara helps to consider in treating Kesha Rogas.¹⁰ Gandhaka (Sulphur:) is said to be and has Madhura rasa, Ushna veerya, Rasayana and Krimighna

karma. There by it can be advocated in infective disorders.¹¹ Gairika (Hematite) has Kashaya Rasa helpful in Kapha,shita virya, Snigdha Guna, Raktapittahara, Vrana ropana karma and Madhura rasa and Snigdha guna to combat Vata. Thus it has vast benefits in Tridoshaja vyadhis.¹² Kasisa (Ferrous sulphate) is used for kesharanjan since ancient time, Raktavardhak,keshya,balya.¹³ Sphatika (Potash alum) has keshya property.¹⁴ Patri Hartal (yellow arsenic) is a rasayana dravya ,when palitya associated with kushtha,it is more beneficial.¹⁵ Suvarna (Aurum) is having madhura, Kashaya, Tikta, ,madurapaki Shita guru, Snigdha, and Picchila guna,Tridosha shamaka properties.It is rasayana,vishaghna,Balya.Rajata constitutes Madhura,Kashaya, Amla, , Shita guru, Snigdha, and Sara guna,Tridosha shamaka properties and is mainly Pittaroga nashak.¹⁶ Tamra (Copper)constitutes Kashaya, Tikta, Madhura, Amla rasa, Shita, Laghu, Snigdha and Sara guna, Pittakaphahara properties. ¹⁷ Loha (Iron) possess Madhura tikta rasa, Shita viya, Guru guna, balya,Vali-palitinashak,raktavardhak,rasayan.¹⁸ Mandura(Iron oxide) is Raktadhatuvaradhak,sheeta,Madhura.¹⁹Naga,Vanga are Balya,bruhan,Rasayan,Tridoshaghna.²⁰

Yashada (Zinc)is having Tikta, Kashaya, Katu rasa, Shita guna, Pittahara properties.Zinc is essential element for hairs.²¹Mukta (Pearl)As it is having Madhura rasa, Laghuguna, Sheetaveerya, Deepana, Balya, Kaphapittahara property.²²

Pravala (Coral) & Vajra (Diamond): It is having Shadrasa, Snigdha guna, Tridosha shamaka varnya properties.

Table no.2:External application

| Lepa | Reference | Use |
|---|---|-----------------------|
| 1.Palitari lepa(Kasis,Tuttha,Harital,Gorochan,Rasanjan,Manashila,Triphala kwath,Bhrungaraj swaras | Rasayogasagar Part 2 p,no.28 | Palitya |
| 2.Triphala,Lohachurna,Dadimtwak,kamalnaal Bhrungraj swaras in lohapatra for 6 month. | Sharangdhar samhita Uttarkhand 11/34 | palitya |
| 3.Triphaladi Lepa apply with avimutra(Triphala,Nilipatra,Lauhabhasma,Bhrungarajchurna) | Sharangdhar samhita Uttarkhand 11/30 | Palitya |
| 4.Lohabhasma+Bhrungaraja+Triphala+krushnamruttika in ikshurasa for 1 month then apply. | Sharangdhar samhita uttarkhand 11/27 | Palitya Snigdhatta |
| 5.Kapalranjaklepa | Bhaishajyaratnavali kshudrarogachi. 60/73 | Palitya |
| 6.Neelkamal with ksheer in lohapatra keep embedded in soil for 1 month then apply regularly with milk. | Bhaishajyaratnavali kshudrarogachi. 60/73 | Palitya,Snehan |
| 7.SapushpaBhrungaraj +Japapushpa mix in Avikshir.Put in lohapatra-7 days.(Lepa for 15 days) | Bhaishajyaratnavali 60/77 | Palitya |
| 8.Lohachurna(1tola)+Amraphalmajja(5tola)+Dhatriphala(8 tola)+Haritaki(8tola)+Bibhitaki(4tola) | Bhavprakash Part II 61/6 | Palitya |
| 9.Shuddha Mandoor,Amalaki,Japapushpa | Rasamanjiri Adhyay 8/145 | Palitya |

Table No.3:Taila for shiroabhyanga

| Taila (Shirobhyanga) | Reference | Use |
|---|--------------------------|------------|
| Keshranjan taila Triphala,Lohabhasma,Tiltaila, Bhrungraj swaras | Rasamanjiri Adhyay 8/143 | Palitya |
| Kashmaryadi taila | Bhavprakash Part II 61/4 | Palitya |

Rasoushadhis can be used in treating different hair related pathological conditions which can manifest either as primary or secondary conditions. Rasaushadhis can also be utilized in treating the primary cause which left untreated may land up in manifesting palitya as a secondary result of different conditions in Karshya,Kushtha,Prameha etc.

Discussion –

Palitya is of two types:Kala and Akala palitya.Undernutrition,Pittavardhak ahar-vihar causes vata-pitta prakop.Increased Ushma of Pitta dosha is carried to shirapradesha with prakupita Vatadosha along with kapha.This ushna guna of Pitta burns romkupa of hair to some extent.Rasadhatu dushti causes palitya.Shodhan,Shaman and Rasayan chikitsa is prescribed for Palitya.Vaman,virechan,Basti,Nasya help to remove excess dosha.Followed by shodhan,Shaman chikitsa include internal medicines.

Different Herbomineral preparations described in Samhita & Rasagrantha are compiled in this article from Rasayogsagar,Sharangdhar samhita,Bhaishajyaratnavali etc..Bhasma of minerals like Loha,Mandura,Tamra,Suvarna,Yashad,Abhraka,Makshik,Tuttha,Kasis,Haratal,Rasak,Shuddha Shilajatu,Shuddha Gandhak,Sphatika and Gairik are frequently used in palityahar rasayogas in internal and external forms. Kajjali of Parad and Gandhak is ingredient of all rasayogas.

Formulations like Triphal guti,Triphalabhraka,Triphala rasayan, Bhrungadi churna,Mrutyunjay loha,Swayambhuva guggulu,Saptamrut loha,Gandhak rasayan are easy to prepare and can available easily.While some formulations like Nidhishwar rasa,Sarveshwar rasa,Mahat kanaksundar rasa,Tarsundari guti have complicated processing in preparation.

According to modern researches⁹, Zinc is involved in several metabolic pathways and cellular functions,it help in production of keratin,zinc is potent inhibitor of hair follicle regression and accelerates hair follicle

recovery. Copper maintains hair colour .Selenium Known for boosting the immune system, protects from oxidative damage as well as hair follicle morphogenesis. Iron is responsible for haem index. These are the essential nutrients for healthy hair. Above mentioned rasayogas contain all essential elements in the nano form which act at cellular level. Copper and iron deficiency causes graying of hairs. These formulations may provide essential nutrients like Iron, Copper, Zinc.

Conclusion

The concept of *Palitya* is explained clearly in *Ayurveda*.

Various *Rasaushadhis* explained in the context of *Palitya* and to assess its importance in managing *palitya*. Internal and external route of administration is used for efficacy of these kalpa. Various *Rasa yogas* were compiled from different *Rasagrantha*. Rasayogas mentioned here are need to be exposed clinically. *Loha Bhasma* is most important in treating *palitya*. *Triphala* and *Bhrungraja* are commonly used among most of the formulations due to their antioxidant and *keshya* property. *Loha bhasma* is important ingredient in external formulations like Lepa, Taila. More active ingredients like iron oxide (Fe_2O_3) are present in *Loha bhasma* which are easily absorbed with *amla* rasa present in *Triphala*. Among the compiled formulations, most of the preparations are used in the form of *Rasayan* and used for internal administration. *Bhasma* are well known For its minute form and advance drug delivery system help us in better analysing and understanding the rationality behind designing the most potent dosage form. Henceforth a thorough knowledge in classical *Rasadravayas* along with nanoscience has got a better scope in understanding and evaluating the *Rasa yogas*.

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