

***Krodha* (Anger) as Contributory Factor in *Palitya* (Premature Greying of Hair) – An Ayurveda Review Article**

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Abstract: *Palitya* (Premature Greying of hair) is described in Ayurveda as a disorder primarily caused by the aggravation of *Pitta Dosha*, with the concomitant involvement of *Vata Dosha*. Among the *Manasika Nidanas* (psychological etiological factors), *Krodha* (anger) is considered a major factor responsible for aggravating *Pitta Dosha*, leading to *Rakta Dhātu* vitiation and impaired nourishment of the hair follicles, ultimately resulting in Premature Greying. Evidence from Ayurvedic principles suggests that persistent or uncontrolled anger disturbs both psychological and physiological homeostasis, thereby accelerating pathological changes associated with hair pigmentation. The present review critically evaluates the role of *Krodha* in the etiopathogenesis of *Palitya* through a comprehensive analysis of classical Ayurvedic texts and relevant scientific literature.

Keyword: *Palitya*, Premature Greying, *Krodha*, Anger.

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I. INTRODUCTION

Ayurveda is one of the world's oldest systems of healing, which emphasizes on maintaining harmony between the body, mind, and spirit to ensure health and prevent disease. Improper diet and occupational stress contribute to the development of several diseases. Similarly, its effect is also seen on human body and physical health. Increased anxiety levels, unhealthy diets, and environmental pollutants have intensified these *Dosha* imbalances, making Premature Greying a prevalent issue among today's youngster. In today's modern world, appearance and self-confidence are closely linked, and hair plays a vital role in defining one's personality. Because of this, Premature Greying of hair is often viewed as an unwelcome change.

The process of Greying of hair is commonly associated with aging, while occurrence of it in youth is an abnormal phenomenon which is described in ancient text as *Akalaj Palitya* [1], caused by an excess of *Ushna Guna* (heat quality) of the *Pitta Dosha* [2]. *Bhrajaka Pitta*, a sub-type of *Pitta Dosha*, is accountable for the shade of one's hair strand. It is linked to the melanocyte that generate melanin pigment, which determines the natural colour of hair. When there is an imbalance in *Bhrajaka Pitta*, it leads to inadequate melanin

production, resulting in Premature Greying of the hair. Clinical studies on aging support these distinctions, noting that Premature Greying generally occurs before the age of 20 in Caucasians, before 25 in Asians, and before 30 in Africans [3].

Anger, as an emotional response, is closely linked to an individual's mental state, irregular thought patterns, and irritability. Irritated and disturbed mental status and hormonal imbalance in today's modern lifestyle leads to Anger which causes the vitiation of *Pitta Dosha* [4]. Anger holds a significant position due to its direct influence on *Pitta Dosha*, mental stress and systemic heat regulation.

Ayurvedic literature consistently highlights the close interplay between psychological factors and physical outcomes. This study article evaluates *Krodha* as a contributory factor in *Palitya*.

➤ *Aim and Objective*

- To evaluate the role of *Krodha* as contributory factor in *Palitya*.
- To study the concept of *Palitya* (Premature Greying of hair).

- To study the concept of Anger (*Krodha*).

II. MATERIALS AND METHODS

All available source of Ayurvedic text and research papers were used to compile the information. To achieve this goal, various *Samhitas*, *Nighantu*, Manuals and treaties were used.

III. REVIEW OF LITERATURE

➤ *Palitya in Classical Text*

Palitya is a naturally occurs during the stage of *Vardhakya* (old age). However, when there is an increase in the *Ushna Guna* (quality) of *Pitta Dosha*, it can lead to Premature Greying of hair.

• *Causes of Palitya:*

- ✓ *Aharaja*[5] - *Atisheeta Jala Sevan*, *Ati-Madyapaana*, *Dustabhojana*, *Aamabhojana*, *Atiguru Ahara*, *Ati-Sheetaahara*, *Lavana Atisevana*, *Kshara Atisevana* etc.

➤ *Sign and Symptoms According to Ast. Samgraha [15]*

Table 1 Sign and Symptoms According to *Ast. Samgraha* [15]

TYPES OF PALITYA	SIGNS AND SYMPTOMS
1. <i>VATAJA</i>	Split hair, grey hair, watery hue, irregular, dry, rough, burning
2. <i>PITTAJA</i>	Yellowish hair
3. <i>KAPHAJA</i>	Whitish, unctuous, growing, thick
4. <i>SANNIPATAJA</i>	Mixed
5. <i>SHIRORUJODBHAVA</i>	Discoloured hair, intolerance in touch

➤ *Krodha as a Manas Dosha [16]*

The *Gunas* of the mind—*Sattvik*, *Rajasik*, and *Tamasik*, when imbalanced, give rise to various mental illnesses. Key emotional and psychological factors contributing to these disorders include anger (*Krodha*), desire (*Kama*), grief (*Shoka*), fear (*Bhaya*), stress (*Chinta*), jealousy (*Irsha*), and greed (*Lobha*). Anger (*Krodha*) causes vitiation of *Pitta Dosha*. Anger holds a significant position due to its direct influence on *Pitta Dosha*, mental stress and systemic heat regulation. This aggravated *Pitta Dosha* increases both *Pittoshma* and *Shareera Ushma*, which are then carried by *Vata* to the *Shiro Pradesh*. Here, along with *Kapha*, all these *Doshas* settle in the *Roma Kupa*, further vitiating *Bhrajaka Pitta*, which is responsible for the natural colour of the hair. As a result, the natural colour of the hair is disturbed, leading to *Palitya*.

➤ *Effect of Anger on Hair Physiology According to Ayurved [17]*

• *Anger Increases Internal Heat: -*

Sudden surges of anger can rapidly increase pitta dosha, the ayurvedic principle associated with heat and metabolic activity. This intensified pitta often accumulates in the head, generating excess internal heat. When the scalp becomes overly warm and imbalanced, its natural cooling and

- ✓ *Viharaja*[5]– (behavioural and external factors) *Ratrijagarana*, *Atapasevana*, *Rajosevana*, *Dhumasevana*, *Dushitavayusevan*, *Shiroabhyangaa*, *Dushitajalasana*, *Upavasa*, *Ataivyayama*.
- ✓ *Manasika* [6] – *Krodha*, *Shoka*, *Shrama*, *Chinta* etc.
- ✓ *Anyā Hetu* [7-10]– *Janbala Pravritta Hetu*, *Prakrit Hetu*, *Jati* and *Kula Hetu* Etc.

➤ *Classification of Palitya*

- According to Acharya Vagbhata [11]
Vataja, *Pittaja*, *Kaphaja*, *Dwandwaja*, *Tridoshaja*.
- According to Acharya Sushruta [12]
Prakriti Palitya, *Vaikrita Palitya*
- According to Acharya Sharangadhara [13]
Kalajanita Palitya, *Kalajanita Palitya*
- According to Acharya Bhela [14]
Vataja, *Pittaja*, *Kaphaj*

nourishing functions are disrupted, ultimately affecting the condition that support healthy hair growth.

• *Aggravated Pitta Dosha Burns and Weakens Hair Follicles*

When *Pitta Dosha* is severely aggravated, its intense heat can irritate and overstimulate the hair follicle. This disturbance interferes with the natural formation of melanin, the pigment that gives hair its colour. Gradually, the excess heat weakens the roots, diminishes shine and strength, the disrupts normal pigmentation leading to early loss of natural hair colour and contributing to Premature Greying (*Palitya*).

• *Obstruction in Nutrient Supply to the Hair Roots*

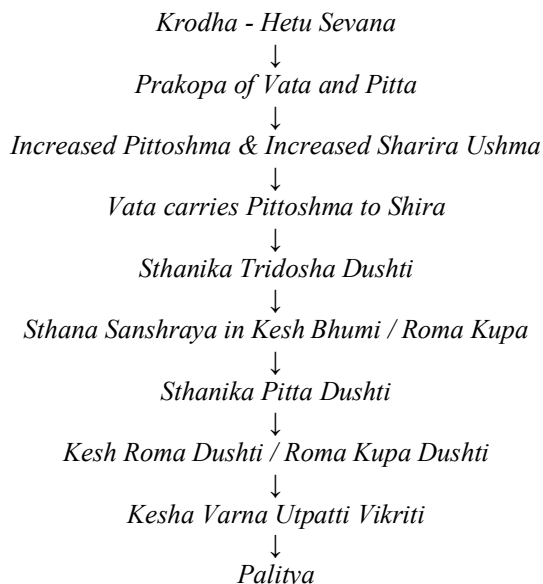
Chronic emotional turmoil can disrupt the smooth circulation of nutrient through the body's subtle channels. This impairment is known as *Kesha Srotodusthi*, a blockage in the pathways responsible for feeding and sustaining the hairs. Emotional stress, including anger, alters circulation, destabilises prana vata and reduces the availability of essential nutrients at the hair root level. This weakened nourishment leads to thinning, increased hair fall, and reduced vitality of the hair.

• *Anger Hastens Ageing Processes*

Persistent anger contributes to accelerated ageing on both physical and subtle levels. Anger aggravates *Pitta Dosha*

and triggers *Dhatu Kshaya*, while also increasing oxidative stress and free radicle activity in the body. These factors together speed up the natural ageing processes, resulting in Premature Greying.

➤ *Samprapti*



➤ *Samprapti* [18]

Acharya Sushruta has elaborated specific *Samprapti* of *Palitya* and said that *Pitta* is the dominant *Dosha* in *Palitya*.

The *Samprapti* of *Palitya* occurs when factors like *Krodha*, *Shoka*, and *Shrama* lead to the aggravation of *Pitta Dosha*. This aggravated *Pitta Dosha* increases both *Pittoshma* and *Sharira-Ushma*, which are then carried by *Vata* to the *Shiro Pradesh*. Here, along with *Kapha*, all these *Doshas* settle in the *Roma Kupa*, further vitiating *Pitta Dosha*, which is responsible for the natural colour of the hair. As a result, the natural colour of the hair is disturbed, leading to *Palitya*.

According to *Acharya Charaka* and *Sushruta*, *Palitya* is classified as a *Rasapradoshaja Vikara*. Another potential cause of *Palitya* arises from the disturbance of *Jatharagni*, primarily due to the vitiation of *Pitta*-dominant *Tridosha*, which subsequently affects the *Asthi Dhatvagni*.

IV. DISCUSSION

Krodha (anger) is considered an important contributing factor in the development of *Palitya* (Premature Greying of hair) according to Ayurveda. Excessive anger aggravates *Pitta Dosha* because both share similar qualities such as *Ushna* (heat) and *Tikshna* (sharpness). Aggravated *Pitta Dosha* disturbs the normal nourishment of *Rasa*, *Rakta*, and *Asthi Dhatu*, which are responsible for maintaining healthy hair. As *Kesha* is related to *Asthi Dhatu*, vitiated *Pitta Dosha* affects hair roots and leads to loss of natural pigmentation, resulting in Premature Greying.

Ayurvedic classics explain that aggravated *Pitta Dosha* localizes in the scalp and damages hair follicles. Recurrent

episodes of anger create internal heat and metabolic imbalance, weakening melanocyte function and accelerating hair discoloration. *Krodha* also vitiates *Rakta Dhatu*, further contributing to the *Samprapti* of *Palitya*.

Modern science also supports this concept, chronic anger and emotional stress activate the sympathetic nervous system and increase cortisol and catecholamine secretion, leading to oxidative stress and damage to melanocyte stem cells. This reduces melanin production and promotes early Greying of hair. Additionally, anger is often associated with disturbed sleep, irregular diet, and unhealthy lifestyle habits, which further impair hair health.

Thus, *Krodha* can be considered a significant aggravating and precipitating factor in *Palitya*, though not the sole cause. Proper management should include psychological balance through *Sadvritta*, meditation, yoga, stress management, along with dietary and therapeutic measures for *Pitta Dosha* pacification.

V. CONCLUSION

Both Ayurvedic principles and contemporary scientific understanding support the view that chronic anger may contribute to Premature Greying of hair. Recognition of psychological factors like *Krodha* in the pathogenesis of *Palitya* highlights the importance of a holistic approach integrating mental health management with conventional Ayurvedic therapeutic measures.

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