



Association Between *Akala Palitya* And *Purishvaha Strotas Dushti* With Special Reference to “*Purishdhara Kala Sa Eva Asthidhara Kala*”: A Conceptual Review

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Abstract:

Ayurveda is Science of Life originated in India. It is holistic approach to healthy and mindful living. According to Ayurveda Health is balance between Mind, Body, Spirit and interplay of elements that impacts them. Ayurveda brings balance into one's life by making them aware of habits and lifestyle practices that are at root of diseases and helps one to make changes towards healthier choices. Presently people don't pay attention towards their food habits and digestive disturbances. Such improper bowel habits if exists for long time can damage the structure related to *Purish* formation. Structure related with *Purish* formation may be correlated with structure like *Purishdhara kala*. There are 7 Kinds of Kala have been described by *Sushruta*. *Kala* is envelope like structure which covers the internal organ. *Kala Shareera* gives information about the important membranes and layers of body which take part in many important functions of body. ^{5th} *Kala* is *Purishadhara Kala* "Interrelationship of „*Purishdhara kala*“ and „*Asthidhara kala*“ is quoted by *Dalhana*. *Asthi* is one of seven *Dhatu* of body and *Mala* of *Asthi Dhatu* is *Kesha* (Hair) and its *Updhatu* is (*Danta*). In present study we are just trying to revalidate the sutra “*ya eva purishdhara kala sa eva Asthidhara kala*” in accordance with *Palitya*

Keywords: *Purish*, *Palitya*, *Asthi*, *Dhatu*, *Kala*, *Kesha*, *Updhatu*

Introduction:

Akala palitya (Premature graying of hair) is common burning problem particularly in youth resulting in cosmetic, mental, social issue. Due to Changing life style, wrong food habits people are suffering from lot of health issue earlier in their life. *Palitya* (Graying of hair) is one of most common issue among them. Present study is intended to make aware the society about how *Purishvaha strotas dushti* which is results of today's disturbed food habits, bowel habits and overall disturbed lifestyle finally create problem like *Palitya*. *Kala Shareera* gives information about the important membranes and layers of body which take part in many important functions of body. ^{5th} *Kala* is „*Purishadhara Kala*“

Interrelationship of „*Purishdhara kala*“ and „*Asthidhara kala*“ is quoted by *Dalhana*. *Asthi* is one of seven *Dhatu* of body and *Mala* of *Asthi Dhatu* is *Kesha* (Hair) and its *Updhatu* is (*Danta*). Presently most of people are experiencing health issues like early joint pain, weak bones, early graying of hair, early hair loss, dental deformity etc. So these Sutra “*Ya eva Purishdhara Kala sa eva Asthidhara Kala*” becomes topic of research. *Palitya* (Early graying of hair) is one of the burning issues, especially in young

generation. In ayurveda treatment is nothing but „*NidanParivarjan*“ i.e Avoidance of disease causing and aggravating factor. So this concept can be used for prevention of disease if once cause is known. Present study is planned to rule out that the *purishvahastrotasdushti* is significantly responsible for *Akala Palitya* or not. So this study can help to make aware society about root cause of *Akala Palitya*.

Objectives:

- To Study association between Akala Palitya & Asthidhara, Purishdhara kala
- To explore Sutra “ Asthidhara kala Sa Eva Purishdhara Kala”

Methodology:

Type of Study: A Conceptual Review

Sources:

Primary Ayurvedic Sources:

- Sushrut Samhita (Kalpasthan 4)
- Sushrut Samhita (Sharirsthan 4)
- Charak Samhita (Chikitsa Sthan 4)

Research Databases: 1. Journal - Vd. Nibe Pallavi (MD Rachana Sharir) Aayushi International Interdisciplinary Research Journal (AIIRJ) UGC Approved Sr. No .64259 Vol–V, Issue–IV, APRIL 2018, ISSN 2349-638x, Impact Factor 4.574 pp-55.

Inclusion Criteria:

- Peer review articles (2000-2024)
- Comparative Physiology & Anatomy

Exclusive Criteria:

- Articles lacking physiological focus
- Non translated regional studies

Review of Literature:

Akala Palitya/ Premature Greying of Hair

Definition of Palitya (Greying of Hair): Premature graying of hair is defined as the onset of graying before the age of 20 in Caucasians before the age of 30 in Africans and Asians or alternatively, when 50% or more of scalp hair turns gray before the age of 50

Review Of Kala Sharir:

Kala is defined as a separator between *dhatu* (Tissue) *Ashay* (Organ or Viscera). They are principally of 7 types. When the wood is cut, some liquid flows out of it. This can be considered as the essence of the tree or Wood. Similarly when Muscle is cut tissues flow or ooze through it in the form of *Rasa* (Plasma) and *Rakta* (Blood). *Kala* is Portion of the body which are covered by *Snayu* and smeared with *Kapha*.

According to *Sharangdhara*, „Kleda or Moisture present in between *Dhatu* and *Ashay* is processed by the heat of body and converts it into *Kala*“. *Kleda* or Moisture present in between *thaDhatu* and its *ashaya*, reacts with its own heat and gets converted into *Kala*. It is called as *Kala* because it is made up of small quantity of essence of *Dhatu* or *Dhatu rasa* which oozes from the *Dhatu* just like the liquid oozes when fresh wood is cut and it is covered by *Snayu* and *Jarayu*.

PUREESHDHARA KALA:

Fifth Kala is called *Pureeshdhara Kala* located in *Pakwashaya* (Large intestine) inside the *Anta Koshta* (abdomen). Kala particularly located in the intestine at the level of *Yakrit* (Liver) and within the *Koshta* and differentiates the *Mala* situated at the site of *Unduka*. *Pureeshdhara kala* separates the water and other nutrients from digested food and forms the stools or feces and these *kalais* also called as „*Maladhara Kala*”.

CORRELATION BETWEEN *PURISHVAHA STROTAS* AND *PURISHDHARA KALA*

Strotas are compared with fine channels present in lotus stem through which fluid circulate and exude. *Strotas* are the inner transport system of the body. Thus each and every cell can be considered as a *strotas* since the transportation mechanism occurs within the cell and between cells. *Strotas* indicate all macro and micro level descriptions pertaining to exchange. Charak says that “*Yavanto hi moortimantobhaavavisheshahataavantaevaasmin*”

strotasaamprakaaravisheshaha” means Charak specified varieties of *strotas*. he explained that many solid structures are present in the body, the same number and type of *strotas* are also present. *Kala* is unique concept explained by *Acharya Susruta* in *Susruta Samhita*. They said that *Kala* is limiting membrane or layer between *Dhatu* and *Ashaya*. Thus *Kala* is extremely minute structure or particles similar to cell. The cell membranes separating each cell from each other can be considered as *Kala*. Thus *Strotas* are the channels or structure in which each and every cell can be considered as *Kala*. *Kala* can be considered as basic structural and functional unit of *Strotas*. So *Strotas* obviously compose the *kala*. *Kala* is nothing but *Sukshma* type of *Strotas*. In present study we are studying *Purishvaha strotas* *dushti* instead of *Purishdhara kala dushti* as *lakshana* of *Purishdhara kala Vikriti* is not mentioned directly also *moolsthana* of *Purishvaha strotas* is *Pakwashaya* and *Sthoola Guda*. Location of *Purishdhara Kala* is also given in *Pakwashaya*. *Kala* functions through the different kinds of *strotas* that compose them but indirectly *Kala* can be correlated with *Strotas*.

Conclusion:

After reviewing Articles & texts we have reached to this point *Asthidhara Kala* & *Purishdhara Kala vikriti* can affect Kesh creating *Akala Palitya*. So in order to Prevent Hair Disorders *Asthidhara purishdhara Kala* have to be maintained by maintaining healthy life style & Dietary Habits.

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