

EFFECT OF AMALAKYADI YOGA IN PREMATURE GREYING OF HAIR**Dr. Sapana Choudhary^{*1}, Dr. Geetha Kanchan², Dr. Ch. Rama Devi³**¹PG Scholar, Dept. of Ayurveda Samhita and Sidhant, Dr. B.R.K.R. Government Ayurvedic Medical College, Hyderabad, Telangana.²Assistant Professor, Dept. of Ayurveda Samhita and Sidhant, Dr. B.R.K.R. Government Ayurvedic Medical College, Hyderabad, Telangana.³Professor and HOD, Dept. of Ayurveda Samhita and Sidhant, Dr. B.R.K.R. Government Ayurvedic Medical College, Hyderabad, Telangana.***Corresponding Author: Dr. Sapana Choudhary**PG Scholar, Dept. of Ayurveda Samhita and Sidhant, Dr. B.R.K.R. Government Ayurvedic Medical College, Hyderabad, Telangana. DOI: <https://doi.org/10.5281/zenodo.19327598>**How to cite this Article:** Dr. Sapana Choudhary^{*1}, Dr. Geetha Kanchan², Dr. Ch. Rama Devi³. (2026). Effect of Amalakyadi Yoga In Premature Greying of Hair. World Journal of Pharmaceutical and Medical Research, 12(4), 155–160. This work is licensed under Creative Commons Attribution 4.0 International license.

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ABSTRACT

Greying of hair which normally occurs during old age but due to change of lifestyle it is seen now in young age, like the use of chemical shampoos, dyeing, and exposure to U.V. rays, bathing with hot water, lack of vitamin B12, thyroid imbalance, stress and smoking etc. are also responsible for greying of hair. In Ayurveda premature greying of hair is known as *Akala Palitya*. *Akala Palitya* can be caused by *Rasa Dhatu Dushti janya vikara*, *Rasavaha* and *Asthivaha Srotodusti Karanas* and *Krodha*, *Shoka*, *Atikshrama*, *Atilavan sevana* etc. Due to all these *Nidanas* it causes *Vata-Pitta Prakopa* and increases the *Shariragata Ushma* and which in turn vitiates *Shirogata pitta* and leads to greying of hair. *Acharya Charaka* and *Acharya Vagabhatta* have described *Palitya* in *Shiro rog*. *Acharya Sushruta* has described it in *Kshudra rogas*. *AMALAKYADI YOGA* mentioned in *RASAKAMDHENU* is said to have implicit effect in premature greying of hair. Objective: To evaluate the efficacy of *AMALAKYADI YOGA* in the management of *PALITYA*. **Material and Method:** It was a pre and post interventional study done during the time period MAY 2024 to SEPT 2025 with a sample size of 30. patients between the age group of 18-35 years, diagnosed *Palitya* attending O.P.D. of Dr.B.R.K.R. Govt. Ayurvedic Medical College and Hospital Hyderabad of either gender. Were selected. *Sphutitam*[Splitted hair], *Ruksha* [Dryness of hair], *Sadaham*[Burning sensation of scalp], *Sushukla* [Whitish colour of hair] *Snigdham* [Oiliness of hair] and greying severity score (GSS) was assessed on the 15TH, 30TH and 45TH day of Amalakyadi yoga administration. Paired t test was used to analysis the data statistically. Results: Study shows that *Amalakyadi yoga* was found to be effective **26%** in *kesha varna*, **38%** in *ruksha sphutita*, **44%** in *Snigdha*, **50%** in *daha* and **26 %** in GSS. **Conclusion:** Study concluded that *Amalkyadi yoga* was found to be effective in reducing *daha*, *ruksha sphutita* but not that much i.e. Mild effect on premature greying of hair.

INTRODUCTION

Premature greying of hair has become a noticeable concern among young adults and even teenagers today, affecting not just appearance but also self-esteem and social confidence. Traditionally viewed as a natural sign of aging, hair greying occurs when melanin production in hair follicles declines. While aging is a major contributor, an increasing number of younger individuals are experiencing greying well before the conventional age of onset due to factors like genetics, lifestyle stress, environmental influences, and nutritional deficiencies. According to observational research among young populations, nearly **47% of individuals under 25**

reported signs of premature greying, with an average onset around **16 years of age** in some studies. In an Indian community-based study, about **27.3% of young adults aged 15–30 exhibited premature greying of hair**, highlighting how common this issue has become among youth.

From an **Ayurvedic perspective**, premature greying — often termed *Palitya* — is associated with an imbalance of the *Pitta Dosh*, which governs heat, metabolism, and pigmentation in the body. Classical Ayurvedic texts describe that aggravated *Pitta* due to factors such as chronic stress, irregular diet, excessive heat or spicy

foods, and disturbed sleep can accelerate the depletion of *Rakta* (blood) and *Asthi Dhatu* (bone tissue), both of which indirectly support healthy hair. This doshic imbalance is believed to lead to early loss of natural hair color. Incorporating both **modern scientific insights and Ayurvedic understanding** allows for a more holistic view of premature greying — not merely as a cosmetic issue but as a reflection of deeper physiological and lifestyle-related factors.

AMALAKYADI YOGA mentioned in *Rasakamdhenu* is said to have *keshya*, *Medhya rasayana*, *Dahanashaka*, *Agnidepaka*, and *Vayasthapaka* properties.

The objective of this study was to evaluate the efficacy OF *AMALAKYADI YOGA* in the management of *PALITYA*. In patients of age group 18-35 yrs.

Ethics

The study was approved by Institute Ethics Committee (No. IEC/DRBRKRGAC/2022-23/40) and informed written consent was obtained before enrolment.

MATERIAL AND METHOD

It was a pre and post interventional study done during the time period MAY 2024 to SEPT 2025 with a sample size of 30. patients between the age group of 18-35 years, diagnosed *Palitya* attending O.P.D. of Dr.B.R.K.R. Govt. Ayurvedic Medical College and Hospital, Hyderabad.

INCLUSION CRITERIA

- Patients of age group between 18years and 35 years of either gender.
- Patients having classical symptoms of *palitya*, explained in the classical texts (*Sphutita*, *Ruksha*, *Sushukla*, *Snighdha*).
- Patients who sign the consent form and are willing to participate in the study was included in study.

DRUG REVIEW

Table no. 1.

No.	DRUG	Rasa	Guna	Veerya	Vipaka	Karma
1	<i>Amalaki</i>	<i>Amla pradhana lavana varjita panchrasa</i>	<i>Ruksha, Laghu Sara</i>	<i>Sheeta</i>	Madhur	<i>Rasayana, Vyavasthapaka vrishya, Rakta-pittaghna, tridosha nashak, Vaivarnayanashaka, Buddhipramoha nashaka, Shiroroganashaka</i>
2	<i>Tila</i>	<i>Katu, tiktamadhur kashaya</i>	<i>Guru, Snigdha</i>	<i>Ushna</i>	Katu	<i>Keshya, MedhaAgnimatiprada Balya</i>
3	<i>Palasha</i>	<i>Kashaya Katu Tikta</i>	<i>Snigdha</i>	<i>Ushana</i>	Katu	<i>Vata-Kapha nashaka</i>
4	<i>Goghrit</i>	<i>Madhura</i>	<i>Guru Snigdha</i>	<i>Sheeta</i>	Madhur	<i>Rasayana Vayasthapaka vrishya tridoshanashak</i>
5	<i>Sharkara</i>	<i>Madhura</i>	<i>Snigdha</i>	<i>Sheeta</i>	madhur	<i>Vata, Pitta, Raktadosha nashak Dahanashak</i>

RESULTS

The most common age group enrolled was in between 23-27 years which constituted around 36.60% of the study population (Table 2). Majority of them were

EXCLUSION CRITERIA

- Patients suffering from skin disease and any of the systemic diseases.
- Patients with autoimmune disorders and other hereditary disorders.
- Patients with Uncontrolled Diabetes Mellitus, Hypertension, and abnormal thyroid function test.

PROCEDURE

Patients in the age group of 18-35 yrs having complaints of *palitya*, *Sphutita*, *Ruksha*, *Sushukla*, *Snighdha* were selected from Outpatient Department of DR.B.R.K.R. Govt. Ayurveda College and Hospital Hyderabad. Detailed clinical examination was done on the day of first visit. Lab investigations were done. Patients diagnosed with *PALITYA* after getting informed written consent were selected for the study. And enrolled patients were given *Amalakyadi yoga*. and advised to take 6 gm with *madhu* (honey)once a daily before food at bedtime for 45 days. review done on every 15 days and follow up after 45 days.

ASSESSMENT

Assessment of *Sphutita*, *Ruksha*, *Sushukta*, *Snighdhata* and greying severity score (GSS) after completing 45 days of drug administration.

SUBJECTIVE PARAMETER

Change in *Sphutita*, *Ruksha*, *Sushukta*, *Snighdhata*.

OBJECTIVE PARAMETER

Change in greying severity score.

STATISTICAL ANALYSIS

Data was analysed statistically using paired t test.

following sedentary life style habits. 54% of the patients were of females & 30% of them was students. 77% of patients were having mixed diet. Most of the patients (37%) were *Pitta Vataj Prakruthi*, 23% had *Vata Pittaj*

Prakruthi. Psychological statuses of patients were also assessed. 74% were stressed, 20% were anxious and 20% were depressed. 76% were preferring *Amla Rasa*

and 70% *Lavana Rasa*. Most of the patients had disturbed/reduced sleep.

Table no. 2: Baseline characteristics of study.

Age (yrs)	No. of subjects	Percentage
18-22 yrs	8	26.66%
23-27yrs	11	36.60%
28-32yrs	7	23.33%
33-35 yrs	4	13.33%
Sex	No. of subjects	Percentage
Male	14	46.66%
Female	16	53.33%
occupation	No. of subjects	percentage
Student	9	30%
Service	8	26.66%
Housewife	4	13.33%
Business	3	10%
Labour work	6	20 %
<i>Deha [prakruti]</i>	No. of patient	Percentage
<i>Vata pittaja</i>	7	23.33%
<i>Vata kaphaja</i>	3	10%
<i>Pitta vataja</i>	11	36.66%
<i>Pitta kaphaja</i>	3	10%
<i>Kappha pittaja</i>	4	13.33%
<i>Kapha vataja</i>	2	6.66%
Dominant rasa	No. of subjects	percentage
<i>Madhura</i>	11	36.66%
<i>Amla</i>	23	76.66%
<i>Lavana</i>	21	70%
<i>Katu</i>	17	56.66%
<i>Tikta</i>	6	20%
<i>Kashaya</i>	4	13.33%

Table no. 3: Before and after values of SUBJECTIVE PARAMETER.

<i>Ruksha, sphutita hair</i>	No. of subjects(BT)	percentage	No. of subjects(AT)	Percentage
Grade 0	13	43.33%	13	43.33%
Grade 1	2	6.66%	11	36.66%
Grade 2	8	26.66%	6	20%
Grade 3	7	23.33%	0	0
<i>Kesha varna</i>	No. of subjects(BT)	percentage	No. of subjects(AT)	Percentage
Grade 0	0	0	0	0
Grade 1	4	13.33%	10	33.33%
Grade 2	14	46.66%	18	60%
Grade 3	12	40%	2	6.66%
<i>Snigdha</i>	No. of subjects(BT)	percentage	No. of subjects(AT)	Percentage
Grade 0	17	56.66%	17	56.66%
Grade 1	3	10%	10	33.33%
Grade 2	6	20%	3	10%
Grade 3	4	13.33%	0	0
<i>Daha</i>	No. of subjects(BT)	percentage	No. of subjects(AT)	Percentage
Grade 0	24	80%	27	90%
Grade 1	5	16.66%	3	10%
Grade 2	1	3.33%	0	0
Grade 3	0	0	0	0

Table no. 4: Before and After values of Objective Parameter.

No. of grey hair	No. of subjects(BT)	Percentage	No. of subjects(AT)	Percentage
Grade 1	4	13.33%	10	33.33%
Grade 2	14	46.66%	18	60%
Grade 3	12	40%	2	6.66%

Among the 30 patients after treatment nobody was in the class of 51-75% (good response) and 76-100% (excellent response) improvement class but 12 patients got mild

response i.e.(0-25% response) and 18 patient got moderate response i.e. (26.50% response).

Table no. 5: Statistical data of subjective parameter.

5. Effect of *Amalakyadi yoga in keshha varna*

No. of subjects	Mean score		D	% Relief	SDd	SE	T29	P	S
	BT	AT							
30	2.3	1.7	0.6	26 ↓	0.5074	0.0926	5.757	0.0000031	HS

6. Effect of *Amalakyadi yoga in Ruksha Suphutita*

No. of subjects	Mean score		D	% Relief	SDd	SE	T29	P	S
	BT	AT							
30	1.3	0.8	0.5	38 ↓	0.6814	0.1244	4.2868	0.00018	HS

7. Effect of *Amalakyadi yoga in Snigdha*

No. of subjects.	Mean score		D	% Relief	SDd	SE	T29	P	S
	BT	AT							
30	0.9	0.5	0.4	44 ↓	0.5561	0.1015	3.6117	0.001135	HS

8. Effect of *Amalakyadi yoga in Daha*

No. of subjects.	Mean score		D	% Relief	SDd	SE	T29	P	S
	BT	AT							
30	0.2	0.1	0.1	50 ↓	0.3457	0.06312	2.1122	0.0434	HS

Table no. 9: Statistical data of objective parameter (Grey Hair)

No. of subjects.	Mean score		D	% Relief	SDd	SE	T29	P	S
	BT	AT							
30	2.3	1.7	0.6	26 ↓	0.5074	0.09264	5.737	0.000003109	HS

DISCUSSION

Palitya, or premature greying of hair, though categorized under *Kṣudra Roga* in classical Ayurvedic texts, holds significant clinical relevance in modern times due to its increasing prevalence among the younger population. *Ayurveda* considers *Palitya* not merely a cosmetic issue but a reflection of deeper systemic imbalances, particularly involving *Vata and Pitta doshas*, along with *dhatu kṣaya*, especially of *Rasa, Rakta, Asthi, dhatus*.

The etiological factors (*Nidana*) such as excessive consumption of *Pitta*-aggravating foods, mental stress (*chinta, bhaya, soka*), irregular lifestyle, and suppression of natural urges are clearly implicated in the pathogenesis of *Palitya*. The involvement of *Pitta*, especially *Bhrajaka Pitta*, leads to premature deterioration of melanocytes situated in the hair follicles (*Romakupas*), responsible for the pigmentation of hair. Simultaneously, *Vata*, by its *rukṣa* and *khara guṇa*, accelerates tissue degeneration, further contributing to loss of pigmentation.

The classical texts also highlight the role of *dhatu kṣaya*, particularly of *Asthi* and *Shukra*, as these are directly linked with hair formation and color maintenance. Since hair (*kehsa*) is considered a *mala* of *Asthi dhatu*, any disturbance in its metabolism adversely affects hair health. This comprehensive understanding shows how systemic nourishment and *dhatu* support are crucial in addressing *Palitya*.

In modern biomedical terms, premature greying is often associated with oxidative stress, genetic predisposition, nutritional deficiencies (notably Vitamin B12, Iron, Copper), and autoimmune disorders. This corresponds well with the Ayurvedic view of *dhatu kṣaya* and *doṣhik* imbalance. Furthermore, the modern emphasis on oxidative stress as a key mechanism aligns with *Ayurveda*'s focus on *Rasayana* therapy and antioxidant-rich herbs like *Amalaki*.

In this study, the highest number of subjects—11 individuals (36.60%)—belonged to the age group of 23 to 27 years. This age bracket marks the end of *Balyavastha* and the beginning of *Pitta*-dominant age, a

transition period. Another likely reason could be that this is the phase when individuals often face job-related stress and mental pressure. Since *Pitta Dosha* tends to aggravate during this period, the occurrence of *Palitya* is observed more frequently in this age group.

Maximum number of subjects in this study belongs to student community i.e. 30% and 26.67% of the subjects are in service. This is due to the fact that in both student life and in service people have to suffer from stress, strain. Also, they use more cosmetics in order to look young and charming. This may be the reason that students and service candidates are recorded more in number during the study.

Most of the subjects were having the addiction of tea or coffee i.e. 83%. Now a day tea and coffee become regular habit in most of the people's routine life. The recent studies also reveal that, smoking is one of the reasons behind the early greying of hair.

Maximum numbers of subjects were having *Pitta-Vataja Prakruti* i.e. 36.66. 23.33% were of *Vata-Pittaja Prakruti*, 13.33% were of *Kapha-Pittaja Prakruti* and 10% were of *Vata-Kaphaja Prakruti*. This shows that those subjects having *Pitta-Vataja Prakruti* are more prone for greying of hair. In ayurvedic classics it is explained that *Pitta Prakruti* persons are more prone to early greying of hair. So, it may be the reason that a greater number of persons having *Pitta* constitution was recorded in the present study.

76.66% of subjects were taking more *Amla Rasa* followed by *Lavana Rasa* and *Katu Rasa* at the rate of 70% and 56.66% respectively. Excessive use of *Lavana* results in *Palitya* and *Amla*. *Lavana* and *Katu Rasa* cause vitiation of *Pitta*.

Stress as a *Nidana* was found in maximum subjects i.e. 73.33% which is one of the causes of *Palitya*. In *Ayurveda* it is clearly mentioned that *Shrama*, *Shoka*, *Krodha* etc. increases *Sharirushma* and vitiates *Pitta* and other *Doshas*, which may result in *Akala Palitya*. The recent research findings also suggest that stress also play an important role in premature greying of hair.

Out of 30 subjects, moderate improvement was seen in 18 subjects and mild improvement in 12 subjects. But, good improvement is not seen in any one of the subjects. However, this study reveals that the *Amalakyadi yoga* is definitely helpful in the management of premature greying of hair. As it is a time bounded programme the current study is limited to 45 days only.

The formulation AMALAKYADI YOGA described in *Rasakamdhenu*—which includes *Ghritha (ghee)*, *Amalaki (Emblia officinalis)*, *Khanda sharkaraa (sugar)*, *Tila (sesame seeds)*, and *Palasha beeja (Butea monosperma seeds)*—acts as a potent *Rasayana* with targeted action against *Palitya*, or premature greying of

hair. The combination of these ingredients provides deep tissue nourishment, particularly to *Rasa, Rakta, Asthi, and Shukra dhatus*, which are fundamentally involved in hair growth and pigmentation. *Amalaki*, being rich in antioxidants and having *Tridosha-shamaka* properties, particularly pacifies *Pitta*—an important factor in premature greying—and supports melanin production through its rejuvenating and anti-aging effects. *Ghritha* and *Tila* add *Snigdha* (unctuous), *Bymhana* (nourishing), and *Medhya* (neuro-nourishing) qualities that counteract the *Ruksha* and *Tikshna* gunas of aggravated *Vata* and *Pitta doshas*, which are commonly implicated in hair whitening. *Palasha beeja*, though less commonly used in modern formulations, has classical references for detoxification and rejuvenation, particularly through its action on *Rakta* and *Asthi dhatus*. Taken at night with honey while in a lying position, as mentioned in the verse, the formulation aligns with the body's natural repair cycle, enhancing absorption and tissue-level regeneration. Overall, the mode of action can be attributed to its *Pitta-vata shamana*, *Rasayana (anti-aging)*, and *melanocyte-nourishing* effects, leading to the prevention or reversal of premature greying by correcting internal imbalances at the *dhatu* level.

CONCLUSION

Greying of hair with advancing age is a natural phenomenon; however, the appearance of grey hair in youth is often distressing. It not only affects appearance but also negatively impacts self-esteem and social interaction. This premature greying leads to psychological discomfort and, in some cases, can even contribute to mental health issues. Recognizing its growing prevalence and psychological burden, *Palitya* was selected for the present clinical evaluation.

This study also highlights the crucial role of diet, lifestyle habits, and mental stress in the onset and progression of *Akala Palitya*. Improper dietary practices, unsuitable cosmetic usage, and unresolved emotional stress are major triggers. Therefore, the adoption of a holistic treatment plan, including removal of causative factors and regulation of daily habits, is essential for effective and sustained results.

The combination of *Amalakyadi yoga* with *goghritha* and *madhu* in unequal amount as *Anupana*, created a synergistic effect that significantly improved hair quality and scalp health.

It is important to note that due to the limited sample size and relatively short duration of this study, definitive conclusions cannot be established. Further research involving larger populations and longer observation periods is strongly recommended to validate these results. Future studies should also consider systemic detoxification (*Kaya Shodhana*) before initiating *Rasayana* therapy for optimal outcomes.

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