

Canities (Shyb-Ghayr-Tabi'i) and Effects of Dyeing and Colouring of Hair on Teenagers. “A Review”

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ABSTRACT

Canities (Shyb-ghayr-tabi'i) is early greying of hair. Premature greying is an important cause of low self-esteem, often interfering with socio-cultural adjustment. Premature canities may occur alone as an autosomal dominant condition or in association with various autoimmune or premature aging syndromes. Reduction in melanogenically active melanocytes in the hair bulb of grey anagen hair follicles with resultant pigment loss is central to the pathogenesis of greying. Defective melanosomal transfers to cortical keratinocytes and melanin incontinence due to melanocyte degeneration are also believed to contribute to this. The white color of canities is an optical effect; the reflection of incident light masks the intrinsic pale yellow color of hair keratin. Hair aging comprises weathering of the hair shaft, and aging of the hair follicle. The scalp is subjected to intrinsic or physiologic aging, and extrinsic or premature aging due to external factors. Intrinsic factors are related to individual genetic and Extrinsic factors include ultraviolet radiation, air pollution, smoking, nutrition, and lifestyle. The appearance of hair plays an important role in people's overall physical look. In the end, camouflage techniques using hair colorants are outlined.

Key Words: Canities (Shyb-ghayr-tabi'i), intrinsic, anagen, extrinsic, genetic, grey hair, melanocyte, premature, autoimmune.

INTRODUCTION

Fashion is trendy. Away from the fashion designs trending, other trends include body piercing (clit piercing, eyebrow, lip, nose, etc.), hair coloring and styling. Hair bleaching, coloring or dyeing is the act of changing the natural color of hair and to cover grey hair.

Definition:-

Canities, or hair greying, is a process of chronological aging and occurs regardless of gender or race. The age of graying varies with race and ethnicity. Hair is said to grey prematurely only if greying occurs at an early age.



The causes of grey or white hair at an early age may be due to:

- Hereditary
- Autoimmune disorders
- Premature ageing syndrome
- Nutritional causes
- Undue stress

- Environmental damage
- Hair Coloring is also one of the reasons for premature greying of hair



There are four most common types of hair dying. These are permanent, demi-permanent

Permanent hair coloring causes lasting chemical changes in the hair shaft. Its coloring is achieved through the use of oxidation dyes. They are the most popular types of hair dyes, because the color changes last until the hair is replaced by new growth.

Demi-permanent hair color is one that contains an alkaline agent other than ammonia and while always employed with a developer, the concentration of hydrogen peroxide in that developer may be lower than used with a permanent hair color.

Semi-permanent dyes do penetrate into the hair shaft. They typically last for 5 to 10 washings. The hair color has smaller molecules than temporary dyes and these dyes only partially penetrate the hair shaft. They contain no, or very low levels of developer, peroxide or ammonia and are, therefore, safer for damaged or fragile hair.

Temporary dyes cover the surface of the hair but do not penetrate into the hair shaft. Temporary hair color is available in various forms including rinses, shampoos, gels, sprays and foams. Temporary hair color is typically brighter and more vibrant than semi permanent and permanent hair color.

Hair bleaching products contains Hydrogen Peroxide, ammonia and toner with which the process known as oxidation. During this oxidation, ingredients release oxygen molecules that bind to melanin pigments and gradually dissolve the pigment.

EFFECTS OF HAIR COLOR

It has negative effects on the health of hair. Adverse effects include temporary skin irritation and allergy, hair breakage, skin discoloration, moisture and burning.



1. Allergies:- Hair dyes contain chemicals like para-phenylenediamine which penetrates the hair shaft, binding color to it. During this process, the dye also ends up penetrating the skin. Thus, the skin becomes prone to allergic reaction. Glycerine thioglycolate and cobalt can also cause reactions.

2. Skin Irritation:- Skin irritation is a common side effect of hair coloring. Some of the symptoms of skin irritation are itching, redness, burning sensation, sores, discomfort etc.

3. Discoloration of Skin: There is a high chance of skin discoloration occurring due to the use of various hair colors. Your skin is made of keratinized protein because of which discoloration can occur on the slips, drips and extra hair tint around the hairline.

4. Hair loss, Dry and Brittle Hair: Continuous use of hair colors can result in dry and brittle hair. The main reason behind this is the amount of chemicals present in the hair coloring products. These chemicals are responsible for the lack of moisture and separating cuticle scales, leaving your hair dull and damaged.



5. Asthma:- Asthma is one of the serious side effects of using hair colors. Ammonia is a chemical that is usually present in hair coloring products. The inhalation of this chemical is one of the reasons for an asthma attack along with other problems like wheezing, throat infection, persistent cough, etc.

6. Rashes:- Rashes are a pretty common side effect of using hair dyes and you will mostly observe them on the areas where the dye has been used and any other area where the skin has come in contact with the hair product.

7. Non-Hodgkin's Lymphoma:- The cancer which affects your lymph tissue is known as Non-Hodgkin's Lymphoma. As per the National Cancer Institute, a regular use of hair coloring products is one of the reasons for almost 30% of Non-Hodgkin's Lymphoma cases.

8. Conjunctivitis:- Conjunctivitis or a pink eye is another condition which can result due to the harsh chemicals present in the hair coloring products.

9. Dandruff:- Hair dyes spoil scalp and hence, small pieces of dead skin in a person's hair are seen which cause irritation, itching, hairfall etc.

TREATMENT

The levels of iron, folic acid, copper, vitamin B12, thyroid hormones, etc should be checked.

To strengthen brain

- Khameera, Gaozaban, Badam pak, Khameera-abresham, Khas ka sharbat, Arq gulab, Arq kewra, Khameera to be with gaozaban.

Blood purifier

- Mixture of Sharbat Musaffi-khoon with Arq murakkab khoon should be taken.
- Saafi (9ml) to be given with milk (goat's or cow's)

For patches formed

- Raughan baizamurg, Raughan Zarareeh, Raughan Amla, to be mixed together and then applied on the patches.
- Surma siyah and Garlic (3gm-3gm respectively) to be mixed and then applied.

To avoid early greying of hair (hoariness or shab-e-ghair-tabi'i)

- Kurs faulad along with itrifal ustukhuddus(6gm) to be given in morning.
- After meals:jawarish jalinus(6gm) to be consumed.

For allergies

- Paste of baking soda to be applied on affected areas and let it dry. Rinse off with cool or lukewarm water.

- Warm Jojoba oil (Jojoba oil is the liquid produced in the seed of the Simmondsia chinensis plant, a shrub) apply on scalp and leave it overnight and wash with mild shampoo.

NATURAL TREATMENT (ALTERNATIVES)



- 1) Henna, Harad, Baheda, Amla, Neel leaves, Bhringaraj, to be mixed with Arq gulab and then to be applied.
- 2) Amla, Kesar, Til, Mulaithi, to be grinded and then mixed with honey and then to be applied.
- 3) Banana (Apple\Avocado..etc.)Puree with honey to get smoother hair and to heal the damage.
- 4) A paste made of curd and sandalwood powder helps cure fungal infection.
- 5) Make a paste of kalonji oil(10g),olive oil and henna powder(30g) and apply it on scalp once in a week.
- 6) For dandruff - massage scalp with tea tree oil.

- ✓ Neem leaves with lemon can be used to get rid of it.
- ✓ Lemon juice with coconut oil.
- ✓ Hot steam bath.
- ✓ Beetroot juice with few drops of vinegar.
- ✓ Mixture of olive oil and almond oil in equal proportions.

There are many other home remedies for bettering your hair.

Diet

- -Nutritional diets to be consumed (like: milk, green vegetables and fruits etc.)
- -Avoid spicy and oily food.

Precautions

- ✓ Avoid hair coloring.
- ✓ When treatment is completed use natural alternatives to color hair.
- ✓ Avoid hair exposure to dust and sun rays.
- ✓ Avoid ironing to straighten hair.
- ✓ Avoid using concentrated shampoos.]

CONCLUSION

People assume 'canities' being the only reason for teenagers to color their hair. Hair coloring itself is the main cause of pre-mature greying of hair. Using hair colors once gradually becomes a habit. It is because people want to be trendy and presentable. Anyone not following the trend is considered to be inferior of others or less cool! In such social pressure, people with canities hesitate being a part of social gatherings. In order to camouflage grey hair, nothing but hair coloring is the option. Excess use of hair colors leads to loss of hair and damages hair quality (dry hair, dull hair, brittle hair, split-ends etc.), further, damaged hair can only be cut out. Such ill-effects become stressful. Thus, it becomes necessary to avoid hair coloring and go for natural therapies. Henceforth, avoiding hair coloring is the primary precaution.

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