



शंखं चक्रं जलौकां दधतमृतघटं चारुदोर्भिर्शतुर्भिः ।
सूक्ष्मस्वच्छातिहृद्यांशुकपरिविलसन् भौलिमम्भोजनेत्रम् ॥
कालाभ्योदोऽचलाङ्गम् कटितटविलसद्यारूपीताम्बराढ्यम् ।
वन्दे धन्वन्तरितं निखिलगदवनं प्रौढदावाग्निलीलम् ॥
नमामि धन्वंतरिमादिदेवं सुरासुरैवन्दितपादपङ्कजम् ।
लोके जरारुग्भयमृत्युनाशनं धातारमीशं विविधौषधीनाम् ॥



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रा.शि.मंडळ संचलित सेंटर फॉर पोस्ट ग्रेज्युएट स्टडीज अँड रिसर्च इन आयुर्वेदला
वर्धापन दिनानिमित्त हार्दिक शुभेच्छा! दि. १ एप्रिल २०२२

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IMP • Views & opinions expressed in the articles are entirely of Authors. •



Review Of Lepa Kalpana With Special Reference To Aaragvadhiya Adhyaya

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Aims and Objectives:

To highlight most efficient and potent herbomineral combinations, in the form of external applications to tackle a wide range of skin diseases.

Introduction:

Ayurveda is an ancient science of life practiced with an aim of preparation and promotion of health. Human being suffers from different health problems and he or she always tries to use various methods to get rid of them. The Bhaishajya means the substance through which we can overcome the fear of the disease. In ancient Grantha 'Charaka Samhita' Aacharya Charaka has described 'Panchavidha Kashaya Kalpana' which is basic classifications of all types herbal of preparations. Panchavidha Kashaya Kalpanas have their Upkalpanas such as Churna, Taila, Asava, Aaristha, Lepa, Malahara etc.

The treatment is of two types, Antahparimarjan and Bahirparimarjan. Bahirparimarjan means the medicines which are used as external application. In modern science external applications are grouped as Ointment, Creams, Lotions, Face packs etc.

In Lepa kalpana medicines are in the form of paste. Lepa is prepared with wet drugs, dry drugs and any liquid dravya like water, milk, Gomutra, Goghrita etc.

Types of Lepa:

Sharngadhara Samhita explains Lepa in detail.

A) According to Sharngadhara Samhita -

1) Doshaghna 2) Vishaghna 3) Varnya / Mukhalepa (cosmetic application over face to improve color and complexion)

B) According to Vagabhata, Lepa has classified into following types -

1) Snehika 2) Nirvapani 3) Prasadana 4) Ropan 5) Savarnikarana 6) Stambhana

7) Vilayana 8) Pachana 9) Pidana 10) Shodhan

C) According to Sushruta, Lepa has classified into following types-

1) Pralepa 2) Pradeha 3) Aalepa

Thickness of Lepa :

One fourth, one third and half angulis is the thickness of paste for Doshaghna, Vishaghna and Varnya lepas respectively. They are effective so long as they are moist and once they dried up they harm the skin.

Lepavidhi :

Acharyas have described the techniques of application of Lepa. It is of two kinds viz. pralepa and pradeha. The thickness of these applications on the skin should be equal to the thickness of the Baffalow's skin. Pralepa is cold and thin and which dries quickly; Pradeha is warm, thick and remains moist for a long time.

Both these applications should be gently rubbed in an upward or reverse direction as that of hair over the skin to make the application quick absorbed and effective. Pralepa should not be applied at night nor it should be allowed to stay on (even after drying) in order to prevent constriction or pressure over the part of the body.

The heat of the body comes out through the skin pores at night. On the external applications at night, skin pores get blocked and the transfer of the body heat gets disturbed. So external applications should not be done at night. But in cases of Shotha (unripe abscess), Gambhir shotha (deeply seated abscess) and Shotha arising from Rakta and Shleshma (abscess with predominance of blood and kalpana) application can be made even at nights.

In cases of Vranashothas (inflammatory abscess) the following seven kinds of Chikitsa (therapeutics) are indicated one after the other

in succession.

- 1) Shothahara lepas (application of paste)
- 2) Rakta-Sechana (blood letting)
- 3) Upanaha (warm poultices)
- 4) Patana (incision)
- 5) Shodhana (cleansing)
- 6) Ropana (Healing)
- 7) Varnakarana (procedure of imparting normal color)

In 3rd adhyaya of Charaka sutrasthana Aaraghadiya adhyaya total 32 Lepa

Table 01: 32 Lepas with their ingredients:

| Sr. No. | Name of Lepa | Ingredient | Indication |
|---------|-------------------|--|---|
| 1 | Aaraghadi Lepa | Aaraghadi, Edagaja (Chakramard), Karanja, Vasa, Guduchi, Madanphala, Haridra, Daruharidra | Kustha, Indralupta, Kitibha, Dadru, Bhagandar, Arsha, Charmakil, Apachi, Pama |
| 2 | Shryahavadi Lepa | Shryahava (Gandhabiroja), Surahva (Devdaru), Khadira, Dhava, Nimba, Vidanga and the bark of Karavira | Kustha, Indralupta, Kitibha, Dadru, Arsha, Bhagandar, Charmakil, Apachi, Pama |
| 3 | Bhurjadi Lepa | Node of Bhurja, Lasuna, Shirisha, Lomasha (Jatamansi), Krushnaganha (Sahajana) | Kustha, Indralupta, Kitibha, Dadru, Bhagandar, Arsha, Charmakil, Apachi, Pama |
| 4 | Pahnijjakadi Lepa | Pahnijjaka (Marava), Vatsaka, Kushtha, Saptaparna, Pilu, Chameli patra | Kustha, Indralupta, Kitibha, Dadru, Bhagandar, Arsha, Charmakil, Apachi, Pama |
| 5 | Vachadi Lepa | Vacha, Harenuka, Trivrutta, Nikumbha (Jamalgota), Bhallataka, Gairika, Rasanjana | Kustha, Indralupta, Kitibha, Dadru, Bhagandar, Arsha, Charmakil, Apachi, Pama |
| 6 | Manashiladi Lepa | Manashila, Haratal, Gruhadhuma, Ela, Kasis, Lodhra, Arjuna, Musta, Sarjarasa | Kustha, Indralupta, Kitibha, Dadru, Bhagandar, Arsha, Charmakil, Apachi, Pama |
| 7 | Kushathadi Lepa | Kushtha, Haridra, Daruharidra, Surasa (Tulasi), Patol, Nimba, Ashwagandha, Suradaru, Shigru, Sarshapa, Tumabaru, Dhanyaka, Vanya (Kaivart Musta), Chanda, all equal parts powdered, Macerated in buttermilk, applied on the body anointed with oil | Kandu, Pidaka, Koth, Kushatha, Kodha, Shipha |
| 8 | Kusthadi churna | Kustha, Amruta, Tuttha, Daru haldi, Kasis, Kampilak, Musta, Lodhra, Saugandhika, Sarjarasa, Manashila, Haratala, Karaviratwaka, are powdered, massage done the skin, anointed with oil | Dad, Kandu, Khaj, Kitibha, Kustha, Pama, Visarpa, Vicharchika, Srava yukta pitika |

formulations are described for the treatment "Kushatha". (See Table)

Discussion : Thus totally thirty-two yogas described in this adhyaya are useful for skin diseases. The above lepas are not only used for Kushtha but also used for vedanashaman. Shirshulanashak lepa, danashaka lepa, vatarktahar lepa are different kind of lepas other than Kushtha.

In these yogas herbal as well as mineral dravyas. Haratal (As_2S_3), Manashila (As_2S_2),

| | | | |
|----|------------------------------|---|------------|
| 9 | Manashiladi lepa | Manashila, Haratala, Maricha, Taila (sarshapa oil), Arka Kshira | Kustha |
| 10 | Tutthadi lepa | Tuttha, Vidanga, Maricha, Kustha, Lodhra, Manashila, Arka Kshira | Kustha |
| 11 | Rasanjanadi Lepa | Rasanjana, Panavad Beej made as paste adding juice of kapittha leaves | Kustha |
| 12 | Karanjadi lepa | Karanja, Chakramarda, Kustha macerated in Gomutra | Kustha |
| 13 | Haridradi lepa | Haridra, Daruharidra, Kutaj beej, Karanj beej, Tender leaves of Chameli, kanera antahtvacha, Tila kshara | Kustha |
| 14 | Pakayukta Manashiladi lepa | Manashila, Kutajtvaka, kustha, Jatamansi, Chakramard, Karanja, Bhojaparagranthi, Karavira powdered, macerated with tushodaka, made as paste. One Karsha of juice of Palasha obtained by setting fire to tree; added with one Aadhaka of ghee are cooked together to the consistence of sticking to the laddle and applied to the body | Kustha |
| 15 | Aaraghvadadi lepa | Amaltasa patra, Kakamachipatra, Kanerapatra macerated with buttermilk and applied | Kustha |
| 16 | Koladi lepa | Kola, Kulatha, Devdaru, Rasna, Udida, Atasi, Erandbeej, Kustha, Vacha, Shatahva, Yavakharamacerated with any sour made warm and applied | Vataroga |
| 17 | Vatavyadhihara lepa | Vesvara prepared from fish meat of animals of marshy land and applied as warm poultice. | Vatavyadhi |
| 18 | Vatavyadhihara lepa | The four fats mixed with powder of Dashmula and gandhaushadhas and applied | Vatavyadhi |
| 19 | Udarshulnashaka lepa | Powder of Yava added with buttermilk and Yavakshara applied warm | Udarshula |
| 20 | Vatavyadhihara lepa | Kustha, Shatahva, Vacha, Yava added with oil ,any sour liquid and applied | Vatavyadhi |
| 21 | Vataraktahara lepa | Shatahvadvaya, Yashtimadhu, Madhuka, Bala, Priyala, Kasheruka, Ghrita, Vidarikanda, Sita | Vatarakta |
| 22 | Vatarakta Vedanashamaka Lepa | Rasna, Guduchi, Yashtimadhu, Baladvaya, Jivaka, Rishabhaka, Godugdha, Gogrita, Bee wax cooked for ghee and applied | Vatarakta |
| 23 | Godhumadi lepa | Flour of Godhuma, Chrita, Ajadugdha | Vatarakta |

| | | | |
|----|---------------------------|---|--------------|
| 24 | Shirashulanashaka lepa | Tagara, utpala, Chandan, Kustha, Ghrita | Shirashula |
| 25 | Shirashulanashaka lepa | Prapaundarika, Suradaru, Kustha, Ela, Yashtimadhu, Kamal, Utapal, Padmak, Loha, Airak (Rohish), Choraka, Ghrita | Shirashula |
| 26 | Parshvashul-anashaka lepa | Rasna, Haridra, Daruharidra, Jatamansi, Shatahvadvaya, Devdaru, Sitopala, Jivantimula, Grita, Oil mixed, warmed and applied | Parshvashula |
| 27 | Dahashamaka lepa | Shival, Padma, Utpal, Veta, Tung (kamalkeshar), Prapaundarik, Khasa, Lodhra, Priyangu, Kaliyaka, Chandana | Daha |
| 28 | Dahashamaka lepa | Sita, Lata (Prayangu / Sariva), Vetasa, Yashti, Yashtimadhu, Aindri, Nilkamal, Durva, Yavasamula, Kusha, Kashmula, Jala, Airaka, Mixed with water and applied | Daha |
| 29 | Shitanashaka lepa | Shailaya, Ela, Agar, Kushtth, Chanda, Tagara, Tvaka, Devadaru, Rasna mixed with water and applied | Shitata |
| 30 | Vishaghna lepa | Shirish, Nirgundi patra mixed and applied | Visha |
| 31 | Shirishadi Swedahara lepa | Shirisha, Ushira, Hema (Nagakeshara), Lodhra | Sweda |
| 32 | Patradi Durgandhadi lepa | Tejapatra, Netravala, Lodhra, Ushira, Svetachandana | Durgandha |

Tuttha ($\text{CuSO}_4 \cdot 7\text{H}_2\text{O}$), Kasis ($\text{FeSO}_4 \cdot 7\text{H}_2\text{O}$) are the minerals having Sulphur in them. Sulphur is having antimicrobial activity and used in skin diseases.

Conclusion : 1) Now a day's everybody try to keep their skin fresh and healthy so various lepa can be used to improve the skin beauty. Lepas are helpful in preventing and curative purposes of any skin problem.

2) In Charaka Samhita total 32 lepas i.e. baya Kalpanas are described in Sutrasthan Aaragvadhiya Adhyaya.

3) Contents used in lepas are from herbal, animal and mineral origin. Base is used in the form of Oil, Goghrita, Siktha.

4) Lepa kalpana is applied for short duration time but when it is mixed ghrita, siktha like lipid vehicles it can be used for long duration.

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