

<https://doi.org/10.46344/JBINO.2020.v09i03.06>

A SHORT REVIEW ON IMPORTANCE OF LEPA-KARMA

Dr.Shriram Shivajirao Ragad.* & Dr.Sunil Tulshiramji Mehetre¹

Assistant Professor,Panchakarma Department,S.C.Mutha Aryangla Vaidyak Mahavidyalay,Satara-415002

Associate Professor,Department Of Kriyasharir,Seth Chandanmal Mutha Aryangla Vaidyak Mahavidyalaya,Satara-415002,

ABSTRACT

Ayurveda is an ancient science. There are mainly two types of treatment. Internal medicine and external application. In Ayurvedic text external application of herbal preparation is called as *bahya kalpana* or *bahirparimarjan*, in modern science it can be co related with the topical application. *lepa*, *upnaha*, *malhara* are the example of *bahya kalpana*. Among all *lepa kalpana* is most common *Lepa* pacifies the provoked local *doshas* by local application.The present article is an attempt to highlighting on details about importance, types, application and time of *lepa kalpana*

Keywords: *lepa-kalpana*, *bahya kalpana*, *importance*, a short review.

No: of Tables: 2

No: of References: 16

INTRODUCTION

There are two types of treatment given in Ayurveda for the diseases that is *Antarparimarjan* and *bahirparimarjana*. *Antarparimajan* means internal medicine like herbal preparation *choorna*, *kwatha* etc. *bahirparimarjana* treatment means, the medicine proposed for external use. For that purpose, in Ayurveda different forms of external applications are described for the convenience of treatment of different diseases. they are mentioned with term like *lepa*, *upanaha*, *udvarartana*, *abhyanga*, etc. out of all these formulations,⁽¹⁾ *lepa kalpana* is selected here for the present study.

Ayurvedic literature has not furnished complete details of *Lepa kalpana* in a single chapter. Acharya Charaka has described 32 formulations for external application in 'Aragwadhiya Adhaya'⁽²⁾

ADVANTAGES OF EXTERNAL APPLICATION:

- ❖ It can be directly applied at the site of action.
- ❖ It can be easily removed if any irritation exists.
- ❖ Mode of application is easy.

SYNONAMES:

A *lepa* is also known as *lipta*, *lepa*, *lepana*, *alepa*.⁽³⁾

DEFINITION:

Drugs in wet form are to be crushed to prepare in to paste form. If the drugs are in dry form then it should be converted in to paste by adding required amount of specific liquid. This paste is to be applied externally and is known as *lepa*. From pharmaceutical point of view, *Lepa kalpana* is a form of *Kalka kalpana*. *Kalka* & *Lepa* both are same only the purpose for which it is used, decides its nomenclature. Modern pharmaceutics have not poised any specific terminology for *Lepa*. However, *Lepa* may be equated with paste or plaster, though these words are not competent to explain *Lepa* in all its aspects elaborately.

IMPORTANCE OF LEPA KALPANA:

Means *lepa* removes bad odor, sweat and discoloration from the skin and improves its complexion. Acharya Sushruta has cited the following version while explaining the efficiency of *Lepas*.⁽⁴⁾ Viz. By pouring water over a burning house, the fire gets extinguished immediately; in the same manner, *Lepa* pacifies the provoked local *doshas* by local application. ⁽⁵⁾

TYPES OF LEPA:

According to Acharya Shushruta there are 3 types of *Lepa* as ⁽⁶⁾

- 1) ***Pralepa***
- 2) ***Pradeha***:
- 3) ***Alepa***:

Table no 1. : shows types of *lepa*

<i>Pralepa</i>	<i>Pradeha</i>	<i>Alepa</i>
<i>Shit</i>	<i>Ushna /shit</i>	<i>Madhyam</i>
<i>Tanu</i>	<i>Bahul</i>	<i>Raktapittprasadak</i>
<i>Avishoshi</i>	<i>Vishoshi</i>	
<i>Vishoshi</i>	<i>Vatshleshm-prashman</i>	

Acharya Vaggbhatt and Sharangadhara have further classified the *Mukhalepa kalpana* based on their therapeutic uses.⁽⁷⁾

1. Doshaghna Lepa:

This variety of *Lepa* includes such drugs which exerts their alleviatory action directly on the *doshas*.

2. Vishaghna Lepa:

This kind of *Lepa* includes the drugs which nullifies the poisons directly at local level after application. The drugs used in this *lepa* are potent than those in *Doshaghna Lepa*.eg. *Dashang lepa*

3. Varnya Lepa:

This is cosmetic application over the face, which improves colour & complexion. *Chandan, manjistha, ushir, shalmalikantak, sariva, masoor* are the drug which have *varnya* property. Most of the *varnya* drugs are *madhurarasatmaka & shita, guru, snigdha, mrudugunatmaka & shitaviryatmaka* & alleviates *pitta & vata*. Milk, butter, *ghruta*, oil & likewise unctuous stuffs are used as bases to prepare *varnya lepa*. Eg. *Masur* with *kshira, varnya dashemani*.⁽⁸⁾

Table 2: shows *Astanga Sangraha* describe 10 types of *Lepa*

<i>1) Snainika</i>	<i>5) Vilayana</i>	<i>8) Shodhana</i>
<i>2) Niravapan</i>	<i>6) Pachana</i>	<i>9) Ropana</i>
<i>3) Prasadana</i>	<i>7) Pidan</i>	<i>10)Savarnikaran</i>
<i>4) Stambana</i>		

❖ **Pramana (thickness) of lepa:**

One fourth, one third & half *angulis* is the thickness of the *lepa* respectively for *Doshaghna*, *Vishaghna* & *Varnya Lepa*.⁽⁹⁾

❖ **Pramana of Aalepa**

According to *Acharya Sushruta* that the thickness of *Lepa* application on the skin should be equal to the thickness of a buffalo's skin. The thickness of buffalo's skin is 4-5 mm approximately.⁽¹⁰⁾

This verse clarifies that when a rube fanciest action of a drug is expected, it should be applied uniformly thick over the skin. But when softening & soothing action is to be elicited, the drug should be applied uniformly thin over the skin.⁽¹¹⁾

❖ **Time of lepa application:**

Pralapa should not be applied at nights nor it should be allowed to stay on after it dries up, whereas *pradeha* can be allowed to stay on even after drying, in order to cause constriction / pressure over the part of the body.⁽¹²⁾

Heat of the body comes out through the skin pores at nights normally, if medicinal applications are done at night, the skin pores get blocked & obstruct the transfer of body heat. That's why topical application should not be done at nights.⁽¹³⁾

❖ **Shelf life period of lepa :**

In the shelf life for *lepa* has been mentioned as 2 year.⁽¹⁴⁾

❖ **Exclusion:**

Those who take sleep in day time, excessive speak and suffer from excessive heat excluded from *lepa kalpana*.⁽¹⁵⁾

❖ **Methodology of lepa application:**

The Ayurvedic therapy suggests that *Lepa* i.e. the topical formulations should be gently rubbed in an upward or reverse direction of the hairs over the skin to make the action of application more quick & effective. Because of this, application enters into *Romkupa* & further gets absorbed through *swedavahisrotas* & *siramukh* leading to quicker absorption of medicament and desired effects. This method of rubbing increases the skin temperature which might be hastening the pilosebaceous uptake & skin permeation of the drug in topical formulation.⁽¹⁶⁾

DISCUSSION:

In *Ayurveda* different forms of external applications are described for the convenience of treatment of different diseases. *Lepa-kalpana* is one of them. *lepa* has three types *doshagna*, *vishaghna* and *varnya*, and *Acharya Vaggbhatt* and *Sharangadhara* also classified as the *Mukhalepa kalpana*. Application of *lepa* enters into *Romkupa* & further gets absorbed through *swedavahisrotas* & *siramukh* leading to quicker absorption of medicament and desired effects.

CONCLUSION:

lepa kalpana is well explained in *Ayurvedic samhita*. That ancient knowledge of *Ayurveda* will help in management of diseases in present era very well. so its review article is an attempt to highlight on details about importance of *lepa-kalpana*, types, uses etc..

Reference

Tripathi B. Charak Chandrika hindi commentary on *Charak samhita* of *agnivesha*, vol.1st Chaukhambha Surbharti Prakashan, Varanasi, 2010,sutra-
stan, Chapter 11, Verse No.55 page no. 250

Tripathi B. Charak Chandrika hindi commentary on *Charak samhita* of *agnivesha*, vol.1st Chaukhambha Surbharti Prakashan, Varanasi, 2010,sutra-
stan, Chapter 3, page no. 246.

Murthy S.K.R. English commentary on Sharangdhar Samhita,Chowkhamba orientalai 4th edition 2001 Utter- khand chapter 11 Verse No 1 pg 235

Sharma A. 'susrutavimarsini' Hindi commentary. (1st Ed.). Susruta samhita, maharshi susruta. vol.1st Chukhambha prakashan, Varanasi:2010; Chikitsa-stan: Chapter 24 verse no.63,page no. 361.

Sharma A. 'susrutavimarsini' Hindi commentary. (1st Ed.). Susruta samhita, maharshi susruta. vol.1st Chukhambha prakashan, Varanasi:2010; Chikitsa-stan: Chapter 15 verse no.16,page no.156.

Sharma A. 'susrutavimarsini' Hindi commentary. (1st Ed.). Susruta samhita, maharshi susruta. vol.1st Chukhambha prakashan, Varanasi: 2010; Sutra-stan:, Chapter 18verse no.06 ,page no.152.

Murthy srikanta K. R. English commentary on Sharangdhar Samhita ,Chowkhamba orientalai 4th edi. 2001 Utter- khand chapter 11 Verse No 1 page no.235

Tripathi B. Charak Chandrika hindi commentary on *Charak samhita* of *agnivesha*, vol.1st Chaukhambha

Surbharti Prakashan, Varanasi,2010, Sutra-
stan,Chapter 04, verse no.08, Page no.79.
Murthy srikanta K. R. English commentary on Sharangdhar Samhita ,Chowkhamba orientalai 4th edition 2001 Utter- khand chapter 11 Verse No 74-75 page no. 243

Sharma A. 'susrutavimarsini' Hindi commentary. (1st Ed.). Susruta samhita, maharshi susruta. vol.1st Chukhambha prakashan, Varanasi: 2010; Sutra-stan:18 ,verse no.12 ,page no.153

Tripathi B. Charak Chandrika hindi commentary on *Charak samhita* of *agnivesha*, vol.2nd Chaukhambha Surbharti Prakashan, Varanasi, 2010, chikitsa-stan, Chapter 30, verse no.324-322, Page no.

Murthy S.K. R. English commentary on Sharangdhar Samhita ,Chowkhamba orientalai 4th edition 2001 Utter- khand chapter 11 Vers No 74-75 pg 243

Murthy srikanta K. R. English commentary on Sharangdhar Samhita ,Chowkhamba orientalai 4th edition 2001 Utter- khand chapter 11 Vers No 75-76pg 244

<https://www.ayurtimes.com/shelf-life-expiration-period-ayurvedic-medicines>

Garde GK. Sarth Vagbhat-
Ashtanghrudaya (Marathi).
Doshabhediyaadhyaa, Pune: Rajesh
Prakashan Sutrasthan; Chapter 22, Verse
17, page no.91.

Sharma A. 'susrutavimarsini' Hindi
commentary. (1st Ed.). Susruta samhita,
maharshi susruta. vol.1st Chukhambha
prakashan, Varanasi: 2010; Sutra-stan.,
Chapter 18verse no.03 ,page no.152.

