

AN INSIGHT OF LEPA KALPANA IN DIFFERENT SAMHITA

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Abstract

Ayurveda is science of life it includes curative, preventive and primitive type of ailment seen in this science. Eight branches of Ayurveda having different types of treatment such as Internal and external in internal – Shamana, Shodhana, and Lepa, Upanaha, malahara etc... Lepa is an external application, Kalpana means – Preparation, using the medicated drug made into a Kalka and applied on skin in the form of Pradeha, Pralepa, and Alepa. These three types of External applications used for treating different diseases. Lepa kalpana are mentioned in Brihatrayi. They mentioned in different form and modality. It is helpful for help management, curative and preventive aspects in day today life.

Key words- lepa, lepa kalpana, lepalapana in brihatrayi

INTRODUCTION

The chikitsa of two type Antar parimarjana and Bahir parimarjana in Ayurveda Science has huge Explanation of External applications in the name of Lepa, Upanaha and Malahara etc... Lepa kalpana is a Bahirparimarjana type of Aushadha kalpana. Lepa mentioned both as the Varnya and Chikitsa of different diseases. Lepa kalpana are the External application to the Twak The routet of administration of drug in two way. One is through nine orifices and other one is through Twak. It is

the one of the biggest organ in the body which absorbs medicine.

It maintains the equal distribution. All most all Twakaroga are harmful and exposed on skin. So many causative factors for Twakaroga are day today in life style habits like food, activity, mental states it causes Twakaroga like Kusta, visarpa etc... Ayurveda science had a detail explanation about external application in the name of Lepa kalpana explanation in the form of Chikitsa and Varnya aspect.

Lepa kalpana means in Ayurveda medicated drugs are used in the form

of Kalka and applied on Twak .It is mentioned in Charaka samhita, Susruta samhita, Astanga samhita, Astanga samgraha etc... Lepa is prepared with wet and dry medicated drugs along with any liquid media like Jala, Honey, Ksheera, Mamsa rasa, Taila, Swarasa, Kashaya etc... Different media is used in different diseases conditions such as Doshgna, Vishgna, Varnya, etc...

AIM AND OBJECTIVES

- Review of Lepa kalpana in Ayurveda.
- Application of Lepa kalpana mentioned in different Samhita.

MATERIALS AND METHOD

- All references of Lepa kalpana taken from the Ayurveda samhitas like Charaka samhita, Susruta samhita, Astanga samhita, Astanga hrudaya
- Different Lepa kalpana which are mentioned by different Acharyas in Samhita are compiled in this article

LEPA:

In Ayurveda classics there was separate preparation for external application. Sharangadhara samhita, Bhava prakasha the term lepa was used which was exclusively used for

external application in the form of Kalka, it was the term used for the preparation which was used both for external and internal use.

DERIVATION

Derived from Root 'lip', suffix by 'vang' Pratyaya

DEFINITION

आलेपस्य च नामनि लिप्तो लेपश्च लेपनम्¹

The act of smearing is called Lepa or medicines used in the form of paste for external application is lepa.

Accharya sharangdhara –either Aadra or shushka dravya along with jala, mix well and is made into a paste and are apply on external is known as lepa.²

SYNONYMS OF LEPA ³

- Lepa- Plastering, Smearing(wm)
- Lihin(A S U), Alepana (A H SU)
- Lipa –smearing
- Lipi –painting
- Lipta- Adhering, joined(wm)
- Lepana- Ointment(w m), upanaha
- Lepya –smeared
- Lipti –to reduce to minutes
- Pralepa –cold lepa
- Pradeha –ushna lepa
- Alepa- Linment

TYPES, ^{4, 5,6,7,8}

S no	Name of the lepa	Acc CA	Acc –SU SA	Acc –sha sha	Acc –A .H	Acc –A S
1	Pralepa	✓	✓	-	-	-
2	Pradedha	✓	✓	-	-	-
3	Alepa	✓	-	-	-	-
4	Doshagna	-	-	✓	-	-
5	Vishgna	-	-	✓	-	-
6	Varna	-	-	✓	-	-
7	Snaihika lepa	-	-	-	-	✓
8	Nirvapana Lepa	-	-	-	-	✓
9	Prasadana lepa-	-	-	-	-	✓
10	Sthambhana lepa	-	-	-	-	✓
11	Pachana	-	-	-	-	✓
12	Pidana	-	-	-	-	✓

13	Shodhana	-	-	-	-	✓
14	Shoshikarana	-	-	-	-	✓
15	Savarnikarana	-	-	-	-	✓
16	Vilayana lepa	-	-	-	-	✓

THICKNESS OF LEPA⁹

- Doshagna lepa -1/4 Angula
- Vishahna lepa -1/3 Angula
- Varnya lepa -1/2 Angula

GENERAL ACTIONS OF LEPA KALPANA¹⁰

Vrana ropaka, Daha shamaka, Vrana shodhaka, Kanduhara, Sandhanakara in Bhagna, Soothahara, Shoolahara and Stambaka

COMMON METHOD OF PREPARATION OF LEPA

Lepa kalpana are two types Adra and Suska, wet medicated drugs are grind into a paste form and used for external application. and dry medicated drugs are clean it and grind into a powder form and make it filter with the help of sieve. Filtered powder and mix with any one of the liquid media like Taila, Ksheera, Gritha etc... the combination is continuously grind it until paste form then used for external application

PRAMANA OF LEPA (THICKNESS OF LEPA)^{12, 13, 14}

1. Acharya Charaka – Tribhaga Angushta
2. Acharya Susruta – Ardra Mahishcharma
3. Acharya Sharangdhar - Ardra MahishCharma

SA-VEERYATA AVADHI OF LEPA¹⁵

Shelf Life of Lepa: Herbal Lepa Churna is preserved to check their potency for 2 months if kept in air tight container. If a Lepa is made up of mineral &

metallic drugs, the drug themselves do not have any expiry period. Hence it depends totally upon the base with which the drugs are mixed to form a Lepa, because except Siktha, Ghrita & Taila, all other Ayurvedic bases have property to go rancid within 24 hours.

In Ayurveda 'SAVEERYATA AVADHI' word is used in the time period during which the veerya, guna of any dravya remains unaffected due to other external factors

Acharya sharangadhara has mentioned about saveeryata avadhi in first Saveeryata avadhi of a formulation are depends on Ingredients, preparation, form dravya

- Saveeryata avadhi was mention in 13th c later on other acharyas like acharya Sharangadhar, Yogaratnakar where the one who had mentioned about the saveeryata avadhi of different ayurvedic dose age form.
- Based on need different preparation were mentioned which over the period of time were tested for their actions and its observations ayu of dravya that is time for which it can protect its own gunas were calculated is called as saveryata avadhi of dravya
- The word veerya –the potential of dravya to give a desired action.
- Which a specific dravya can possess its guna or veerya never

changed then it is called Saveeryata avadhi of dravya.

1. Sthavara dravya - 30 days

2. Parthiva dravya - Infinite

Fresh vegetable lepa – 24 hours

METHOD OF LEPA APPLICATION AND ITS ACTION ¹⁶

- The Ayurvedic therapy suggests that Lepa that is
- The topical formulations should be gently rubbed in an upward or reverse direction of the hair over the skin.
- To make the action of application more quick & effective.
- Because of this, application enters into Romkupa & further gets absorbed through Swedawahi strotas & Siramukh leading to quicker absorption of medicament & 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.

CERTAIN CONDITION FOR LEPA PREPARATION AND APPLICATION ¹⁷

- According to Sushruta Pralepa should not be applied at nights nor should it 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 or pressure over the part of the body.
- 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 lepa

kalpana should not be done at nights.

- lepa are to be removed immediately after drying ¹⁸
- lepa should not overlap and previous day prepared lepa should not be used ¹⁹

UTILITY OF LEPA

- It gives immediate relief by pain and swelling. It has a main role in vrana chikitsa because of its karma should be like that pachana, shodhana, utsadana, ropana, prahladana etc...
- One simile mentioned in susruta chikitsa 1st chapter dwivarnaneeya chikitsa adhyaya there is fire occur in a house we will put out fire pouring water like that alepa should help in pacify the ruja and shophya ²⁰

SUGGESTION FOR LEPA KALPANA ²¹

- The Lepa kalpana material should be fine powder.
- Only fresh, green drugs should be used to get the advantage of volatile oil contents of the materials.
- If a Lepa is prepared with a base of bad odour, some non-irritating, soothing aromatic materials of herbal origin should be added to counteract the bad odour.
- Lepa should be applied in lukewarm condition as the heat facilitates the skin permeation of the drug, because this transient increase in temperature of skin is not going to remain as it is forever, this is just a trick to allow access to the drug into the skin.

- Note – Different Vishgna lepa mentioned in Charaka, Susruta, Astanga Samhita for Damsha

Different Formulations of Lepa in Charaka samhita²²

Table: Showing formulations of Lepa according to Charaka

S No	Name of Lepa	Ingredients	Conditions	Liquid media	References
1.	Kusthadi Lepa	Kustha,haridra,surasa, patolaadi	Kandu,Pidaka,Ko tha,Shopha	Taila	Cha.Su.3/8-9
2.	Kusthadi Lepa	Kustha ,amruta, kasisa,kampilaka,musta, lodraadi	Dadru,Pama,Kiti bha,Kandu,Vicharchika	Taila	Cha.Su.3/11
3.	Koladi Lepa	Kola, kulatha, surasa, daru haridra,masha, atasi,	Vatamaya	Taila	Cha.Su.3/18
4.	Aanupa Matsyamisha	Anupamatsya, amesha,veshavaru	Vatavyadhi	Taila	Cha.Su.3/19
5.	Chatusneha+Dash amula	Dashamola	Anila Vyadhi	Ghritha,taila, vasa, majja	Cha.Su.3/19
6.	Yavachurna+Sakshara	Kustha,shatahva, vacha, yava ,yava,kshara	Jathare	Takra, taila, amla dravya	Cha.Su.3/20
7.	Kusthadi Lepa	Kustha,shatahva, vacha, yava	Vatavyadhi	Taila	Cha.Su.3/20
8.	Shatavhadi Lepa	Shatavha, madhuka, madhooka, bala, priyala, kasheruka	Pavane Sarakte	Ghritha	Cha.Su.3/21
9.	Rasnadi Lepa	Rasna,guduchi, madhuka, bala, atibala, jerraka, sasharbhaka	Raktanila	Dudga, gritha	Cha.Su.3/22
10.	Godhumachurnadi Lepa	Godhuma,chagadugda	Vatarakta	Gritha	Cha.Su.3/22
11.	Natadi Lepa	Natotpala, chandana,kustha	Shiroruja	Gritha	Cha.Su.3/23
12.	Prapaundarikadi Lepa	Prapoundareeka, suradaru, kustha,yasthimadhu,kamalotpala, loha, padmaka, choraka	Shiroruja	Gritha	Cha.Su.3/24
13.	Lohadi Lepa	Rasna, haridra, nalada,shatahva,devadaru,sitopala,jeevantimola	Parshvaruja	Taila	Cha.Su.3/25
14.	Shaivaladi Lepa	Shaivala,padmotpala,tunga, prapoundarika,mruna, lodra, priyangu, keleya, chandanadi	Nirvapanartha	Gritha	Cha.Su.3/26
15.	Sitadi Lepa	Shaileya, ela, guruni,kustha,chanda,nata, suradaru, rasna,sheeta	Nirvapanartha	Jala	Cha.Su.3/27
16.	Shirishadi Lepa	Shirisha, lamajjaka,hemalodra	Tvagdosha and Svedahar	Jala	Cha.Su.3/29
17.	Patrambudyadi Lepa	Lodra, abhaya, chandanani	Shariradaurgandhyahara	Jala	Cha.Su.3/29
18.	Shatadhaut/Sahatradhaut Ghrita	Yasthimadhu,sarpi adi	Garbhasthapana rtha	Gritha	Cha.Sha.8/24
19.	Eladi Lepa	Ela,kustha,darvi,shatapushpa, chitraka,vidanga,kustha	Mandala Kustha	Jala	Cha.Chi.7/84
20.	Chitrakadi Lepa	Maricha, lavana,rajani,tagara,sudha	Mandala Kustha	Grahadhuma mootra, pitta,kshara	Cha.Chi7/85
21.	Mansyadi Lepa	Trapu,sisa,amayachurna, chitraka,brahati	Mandala Kustha	Jodharasa, mootra	Cha.Chi 7/87
22.	Trapusadi Lepa	Trapu,sisa,amayachurna, chitraka,brahati	Mandala Kustha	Godharsa	Cha.Chi 7/88
23.	Falgvadi Lepa	Kadali,palasha,patali nikuchala,kshara	Mandala Kustha	Jala,ma msarasa	Cha.Chi 7/89
24.	Kusthadi Lepa	Kustha, karanja,beeja,anyaadagaja,kustha,prapunnabe	Kustha	Jala	Cha.Chi 7/93

AN INSIGHT OF LEPA KALPANA IN DIFFERENT SAMHITA

		eja, kapitta,lodra			
25.	Prapunadi Lepa	Prapunada,kapitta, lodra	Kustha	Jala	Cha.Chi.7/93
26.	Shvetakarveeradi Lepa	Shwethakaraveeramoola, kutaja,karanjadwya	Kustha	Jala	Cha.Chi 7/94
27.	Lodradi Lepa	Lodra, dataki, vatsakabeeja, naktamala	Kustha	Jala	Cha.Chi.7/95
28.	Shirisha Tvaka Karpas Pushpa Rajavriksha Patra Kakamachi	Shirishatwak,pushpa,karpasa, rajavrikshapatra, kakamachi	Kustha	Jala	Cha.Chi7/96
29.	Darvadi lepa	Darvi+Rasanjana Nimba+Patola Churna Khadirasara Aargvadha Churna+ Kutaja Churna Triphala Churna Saptachurna Churna Tinisha Karveera	Kustha	Jala,swa rasa	Cha.Chi.7/97-99
30.	Tumbaradi lepa	Kustha,tumabaru	Mandalakustha	Jala	Cha.Chi.7/122
31.	Pootikaranjadi Lepa	Kustha,pata,musta, tumberu,murva, vacha, edagaj, kutaja, shigru, vyoshana,bhallataka	Mandalakustha	Jala	Cha.Chi7/123
32.	Khadiradi lepa	Chiktrak+Shobhanjan Churna Guduchi+Apamarga+Devadar Churna Khadira+Dhava Shyama+Danti+Dravanti Laksha+Rasanjan+Ela Punarnava	Vatakaphaja Kustha	Jala	Cha.Chi.7/124-125
33.	Edgajadi Lepa	Edagaja,kustha,soviraka, sarshapa	Krimikustha,Man dalakustha,Dadr u	Saindha va	Cha.Chi.7/126
34.	Edagajadi lepa 2	Edagaja, sarjarasa, moolabeeja,	Sidhma	Kanji	Cha.Chi 7/127
35.	Vasa+Triphala	Vasa, triphala, brihati,patola,sasariva, rihoni	Kustha	Jala	Cha.Chi 7/128
36.	Jalavapyadi Lepa	Jala,loha,vapya, kasha, patra,plava chandana mrunala	Pittakaphaj Kustha	Jala	Cha.Chi 7/130
37.	Priyangvadi Lepa	Priyangu, harenuka,vatsaka, ativisha, chandana rohini katuka	Pittajaa Kustha	Jala	Cha.Chi.7/132
38.	Nimbadi lepa	Nimba+Vidanga+Gommotra	Prapatsu Lasika Gatreshu Jantujagdhesu		Cha.Chi 7/157
39.	Vrushadi Lepa	Vrusha, kutaja,saptaparna,karaveera, karanja, nimba, kadhira	Krimikustha	Gomutra	Cha.Chi 7/158
40.	Edgajadi Lepa	Edagaja, vidanga, aragawagada	Kustha	Jala	Cha.Chi.7/160
41.	Edgajadi Lepa	Go, ashwa varaha , usthra dantha	Kustha	Jala	Cha.Chi.7/160
42.	Manashiladi Lepa	Manashila, vidanga, kasisa, rochana ,kanapushpa	Shvitra	Saindha va lavana	Cha.Chi.7/167
43.	Shatapushpadi Lepa	Shatapushpa, madhuka, kustha, tagara, chandana	Rajayakshma janit Shirashoola, Parshvashoola, Ansashoola	Gritha	Cha.Chi.8/77
44.	Baladi Lepa Palankashadi Lepa Veeradi Lepa Shatavaryadi Lepa	Bala, rasna, tila, sarpi madhuka neelautpala	Shiraparshvaans hashoola	Gritha	Cha.Chi.8/78-80
45.	Padmakadi Lepa	Padma,ushira , chandana , durva, madhuka, manjista	Rajayakshmajani t Ansadaha	Gritha	Cha.Chi.8/83
46.	Vetasadi Lepa Shwetachanadi Lepa	Veatasa, ksherra, twacha manjista, latha, mrunala chandana padmaka elakou	Pittajaa Shotha	Tailapak a	Cha.Chi.12/68
47.	Pippalyadi Lepa	Krushna, sikata, puranapinyaka, shigru,twak ,kustha, shunti,	Kaphaj Shotha	Jala, mootra	Cha.Chi 12/70
48.	Bibhitaki	Bibhitaka , yasthimadhu, musta, kapithapatra chandana	Daha and	Jala	Cha.Chi.12/71

AN INSIGHT OF LEPA KALPANA IN DIFFERENT SAMHITA

	Majjalepa Yastyadi Lepa		Vedana Shotha	in	
49.	Haridradi Lepa	Haridra+Sudhaksheer,Pippali+Haridra+Gopitta Shirishbijadi Lepa Pippalyadi Lepa	Arsha	Jala ,ksheera	Cha.Chi.14/52
50.	Udumbaradi Lepa	Udumbara,twaka, madhuka, padmaka kinjalaka, utpala	Visarpa	Gritha	Cha.Chi.21/72
51.	Nyagrodadi Lepa	Nyagroda, kadali, bisagranthi	Visarpa	Gritha	Cha.Chi.21/73
52.	Peetachandanadi Lepa	Kaleeya, madhuka, hema, vanya,chandam padmaka ela, mrunala	Visarpa	Jala	Cha.Chi.21/74
53.	Shadvaladi Lepa	Mrunala, shanka, chandana utpala vetasa	Visarpa	Tanula jala	Cha.Chi.21/75
54.	Sarivadi Lepa	Sariva, padmaka kinjalaka, ushira neelautpala manjistha, chanada lodra madhuka padmaka	Visarpa	Jala	Cha.Chi.21/76
55.	Naladadi Lepa	Nalada, harenu lodra, madhuka padmaka durva,sarjarasa gritha	Visarpa	Gritha	Cha.Chi.21/77
56.	Yavakadi Lepa	Yavaka+Ghrita Yastyadi Lepa	Visarpa	Gritha	Cha.Chi.21/78
57.	Baladi Lepa	Bala,utpala shaluka, veera agaru chanda ,mrunala	Visarpa	Gritha	Cha.Chi.21/79
58.	Yavadi Lepa	Yavachurna+Yasti,Harenu+ghrita,Masoor+ghri ta,Shvetshali +ghrita,Mauktik Pisti+Ghrita Shankhachurna+Ghrita,Shuktichurna+Ghrita Gairika+Ghrita,Pundarika+Ghrita Yasti+Ghrita,Bala+Ghrita	Visarpa	Gritha	Cha.Chi.21/80-82
59.	Nyagrodhadhi Lepa	Nyagrodhada, dugda, gritha	Vatapittajaa Visarpa	Gritha	Cha.Chi.21/83-86
60.	Triphaladi Lepa	Triphala, padmaka ushira, samnga, karaveera	Kaphaja Visarpa	jala	Cha.Chi.21/87-92
61.	Panchavalkala Lepa Patoladi Lepa	Panchavalkala	Vataraktapittapr adhan Visarpa	Gritham anda, madhua mbu	Cha.Chi.21/94
62.	Moolaka di Lepa	Shuskamoolaka, naktamala , twacha vacha ,bibhitaka twacha	Granthi Visarpa	Jala	Cha.Chi.21/123-125
63.	Jambvadi Lepa	Jambu,amrataka, badara,vetasa, panchavalkala	Murcha,Bhrama, Trishna	Gritha	Cha.Chi.22/35,36,37
64.	Nyagrodhadi Lepa Vijayadi Lepa	Nyagroda, udumbara,aswatha, plaksha, vetasa, valaka	Vranashopha	Gritha	Cha.Chi.25/46
65.	Madhukadi Lepa	Madhuka, ashwata, twak, saveera, udumbara,	Vatarakta Dhayukta	Jala ,gritha	Cha.Chi.29/131
66.	Tiladi Lepa	Tila, priyalapistha ,madhuka, bisamoola, vetasa	Daharaga Vatarakta	Dugda, gritha	Cha.Chi.29/133
67.	Prapaudarikadi Lepa	Prapoundarika, manjista, darvi, madhuka, chandana ,sitopala ushira ,masura , padmaka	Vatarakta(Ruk,D aha,Visarpa,Rag a, Shopha)	Jala	Cha.Chi.29/134

THREE TYPES OF LEPA MENTIONED IN SUSRUTA SAMHITA²³ Based on the modality

S n	Name of lepa basedonmodality	Defination	Indication	Used
1	Pralepa	This is the sheeta lepa prepaed with sheeta dravya without heating It is applied as a tanu lepa and without heat	Pitta	All pittajaa vikara
2	Pradeha	This is ushna lepa prepaed with ushna dravya with heat It is applied as a thick lepa	Vata, shlesma	Vata and kaphaja vikara
3	Alepa	This is moderate lepa	Rakta, pittajaa	Shodhana and ropana, raktaja

				vikara
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- Quantity of Sneha dravya used in Lepa kalpana ²⁴

Vata dosha -1/4 part

Pitta dosha -1/6 part

Kapha dosha -1/8 part

Different formulations of lepa in Sushruta samhita

s. no	Name of lepa	Ingridents	Conditions	Anupana	Reference
1	Pradeha	Ushna dravya	Vrana pedana	Jala	Su chi 1/47
2	Pradeha	Sarpi or madhu yukta kashaya	Srava Bhagna vrana	Madhu ,Gritha	Su chi 3/12
3	Pradeha	Yasthimadhu,arka, eranda, tiladi	Vatarakta	Madhu	Su chi 5/7
4	Pradeha	Shyma, sudha, loha ,pureesha, danthi	Medaja galaganda	Jala	Su chi 18/52
5	Pradeha	Sarshapa, suvalarchala, saindhava, kakajanga	Shopha	Jala	Su chi 23/12
7	Alepa	Vrana upacharaja dravya	Vrana chikitsa	Jala, gritha	Su chi 1/8
8	Alepa	Danya,snigda padarta	Vrana		Su chi 2/25
9	Alepa	Manjista, madhuka, raktachandhana	Bagna	Shatadouta grita	Su chi 3/7
10	Alepa		Dhatu upadhatu of vata prakopa chikitsa		Su chi 4/7
11	Alepa	Matulunga, saindhava, sigru,moola,	Vatarakta	Madhu,gritha	Su chi 5/7
12	Alepa	Snuhiksheera and haridra curna , kukkutapureesha with gunja, haridra, pippalli	Arshas	Gomutra	Su chi 6/12
13	Alepa	Haritala ,manahashila, arka, ksheera, tila, sigru, mareecha,	Kustha	Gomutra ,gopitta	Su chi 9/10
14	Alepa	Haridra, tila or tila kalka	Vidradi	Madhu	Su chi 16/25
15	Alepa	Kantakari, argawada, kakanantika, kakadanthi	Granthi	Jala	Su chi 18/13
16	Alepa	Madhu, gritha, tila	Upadamsha	Madhu	Su chi 19/38
17	Alepa	Sukti, yavakshara	Kshudraroga	Jala ,gritha	Su chi 20/3
18	Pralepa	Tilapistha	Bagnadhara	Gritha	Su chi 8/21
19	Pralepa	Rajavriksha ,kshara	Potikeeta	Taila	Su chi 9/16
20	Pralepa	Himsra, rohonya, amrita, bhargi,shyonaka,bilva, krishnagandha	Vatajagranthi	Jala	Su chi 18/5
21	Pralepa	Ushnadravya	Kaphajavridhi	Mutra	Su chi 19/12
22	Pralepa	Prapoundarika, madhuyasthi,punarnava, kustha, devadaru,sarala, agaru,rasna	Vataja upadamsha	Taila	Su chi 19/29
23	Pralepa	Gairika, anjana, madhuyasthi, sariva, ushira, padmaka chandhana	Pittajaa upadamsha	Gritha	Su chi 19/31
25	Pralepa	Ajakarna, palashamoola	Kshudraroga	Jala	Su chi 20/14
26	Pralepa	Priyangu, tagara , mustha,triphal	Mukha roga	Jala	Su chi 22/12

TEN TYPES OF LEPA MENTIONED IN ASTANGA SANGRAHA ²⁵

s.n o	Name of Lepa	Ingridents	Indications	Media	Reference
1	Pradeha	Padmaka ,ushira, chandana	Rajayakshma chikitsa	Gritha	A sa chi 7/43
2	Pradeha	Dhataki,lodra, masha curna	Atisara chikitsa – shoola	Taila	A sa chi 11/23
3	Pradeha	Sarshapa,sourchala,saindhava	Swayathu chikitsa	Jaladi	A sa chi 19/10
4	Pradeha	Kurcha,danthi,trivri,th,karaveere,karanja,kutaja di	Kustha chikitsa	Gomaya	A sa chi 21/53
5	Pradeha	Taila,lavana,agara	Vatavyadhi	Taila	A sa chi 23/11
6	Pradeha	Kadamba, surasa, manjeera karaveerapushpa	Pratyekagraha pratishedha	Jala	A sa u 6/ 5
7	Pradeha	Katu,teekshana,ushna dravya	Karnaroga	Jala	A sa u 22/17
8	Pradeha	Nyagrodhadi hana dravya	Pittajaa,raktaja Granthi,	Jala	A sa u 35/4
9	Pradeha	Kashaya curna	Guhyaroga	Madhu	A sa 39/14

AN INSIGHT OF LEPA KALPANA IN DIFFERENT SAMHITA

10	Pradeha	Sheeta veerya dravya	Keetavisha	Jala	A sa u.43/22
11	Pralepa	Trushanadi churna	Mutrargatha chikitsa	Jala	A sa chi 13/10
12	Pralepa	Punarnava, himsra, koshataki, karaveera kimshuka, ativishadi	Swayatu	Jala	A sa 19/10
13	Pralepa	Priyala, yasthimadhu, jeevana gana ,krushna	Shiroroga	Ksheera	A sa u 28/24
14	Pralepa	Panasa	Sarva vrina		A sa u 30/37
15	Pralepa	Baladwaya, padmakadi	Bagna	Sawarasa	A sa u 32/ 30
16	Pralepa	Nyagroda, devadaru, haritaki, putika, karanja, madanaphala churna	Kshudraroga	Gritha	A sa u 37/20
17	Pralepa	Kusta, ysthimadhu, suradhru, punarnava, loha, sarala, rasna ,pundareeka	Guhya roga	Jala	A sa u 39/4
18	Pralepa	Shyamadwaya, nisha, musta, vasadi	Lootavisha	Jala	A sa u 44/26
19	Pralepa	Bhargi ,vrischikali, mahaasaha	Visha	Jala	A sa u 48/22
20	Alepa	Sigru ,Shiladwaya	Vidravidridhi	Madhu	A sa chi 15/3
21	Alepa	Vyosha, sarshapa, nisha, yava shokayukta, kola	Switra	Jala	A sa chi 22/8
22	Pralepa	Yava, madhuka erandabeeja, punarnava, dhanyambu	Vatashonita	Jala	A sa chi 24/9
23	Alepa	Kapitta patra, changeri, badara, kakamachi	Balaamaya –shirorok	Gritha	A sa u 2/25
24	Alepa	Kandaka	Pratyeka graha	Avimutra	A sa 6/12
25	Alepa	Sidartakadi dravya	Bhuta chikitsa	Jala	A sa u 8/9
26	Alepa	Vacha, pathya, vrischika, arka, sarshapa, jatila, potana, kulingaha, choraka, lashuna	Apasmara	Taila	A sa u 10/26
27	Alepa	Navaneeta, swetalodra	Vartmaroga	Navaneeta	A sa u 12/17
28	Alepa	Sariva, gairika, yava, durva	Linganasha	Gritha	A sa 17/ 10
29	Alepa	Kasisa, sorasthrika, rasanjanani, mocharasa	Mukharoga	Madhu	A sa cu 26/59
30	Alepa	Varshabhumoola, mrudhwika, swayamguptaphalamani	Vajeeekarana	Jala	A sa u 50/51

TEN TYPES OF LEPA BASED ON KARMA ²⁶

- **Snaihika lepa** –It is used in Vatajvikar and here Sneha dravya used
- **Nirvapana lepa**–It is used in Pittajavikar, Vishvikar, Agnidagdha, Ksharadagdh etc...here Sheet Veerya Dravya used
- **Prasadana lepa**–It is used in Vatadushitarakta vikar
- **Sthambhana lepa**–It is used in Excessive bleeding, it acts as a Sthambhana
- **Vilayana lepa**–It is used in Shotha conditions, Ushna veerya dravya, Kaphamedavikar and Granthishotha conditions
- **Pachana lepa**–It is used in Pachyamashothaja vrana, Ruksha and Ushna Veerya Dravya used
- **Pidana lepa** –It is used in Vrana conditions, here Picchila and Rukhsadravya
- **Shodhana lepa** –It is used in Shodhana of Vrana
- **Shoshana lepa** –It is used in Ropana of Vrana conditions
- **Savarnikarana lepa** –It is used mainly Changing Twak varna Eg-Vrana

LEPA KALPANA MENTIONED IN ASTANGA HRIDAYA SAMHITA

S no	Name of lepa	Ingridents	Conditions	Media	Reference
1	Pradeha	Sugandha, snigdha dravya	Ksharagni	Gritha	A h 30/45
2	Pradeha	Srungadairva, padmaka, ushira, chandana	Rajayakshma	Gritha	A h su 5/70
3	Pradeha	Manashila, marichani, arka, paya	Kustha	Taila	A h su 19/70
4	Pralepa	Sheeta veerya dravya	Jwara	Jala	A h chi 1/ 133
5	Pralepa	Arkaksheera, sudhaksheera, triphala	Arshas	Paya, jala	A h chi 8/25
6	Pralepa	Yava, darvi	Arshas	Jala	A h chi 8/106
7	Pralepa	Loha, kesara patra plava chandana, mrunalani	Kustha	Jala	A h chi 19/88
8	Pralepa	Navaneeta, sweta lodra	Vartma roga	Jala	A h u 9/11
9	Pralepa	Kutula, kustha utpala, chandana	Shiroroga	Gritha	A h u 24/8
10	Pralepa	Kustha tila, Krishna sariva, neelotpala	Shiroroga	Madhu	A h u 24/41
11	Pralepa	yava, goduma, mugda	Vrana	Madhu	A h u 25/ 33

12	Pralepa	Ajashakrut, shigrumoola, laksharasa	Granthi arbudada shleepada apachi nadi	Kanjika	A h u 30/1
13	Pralepa	Daru, kustha, manohva	Kshudraroga jala	Jala	A h u 32/2
14	Pralepa	Pathya, nisha, Krishna, manjistha, ativisha, vyoshana, alabu, vrinda, vartaka	Keetalotadi visha	Vartaka rasa	A h u 37/38
15	Pralepa	Shirisha, kumkuma, amritavallibi	Mooshika alarka visha	Jala	A h u 38/17

Special contribution of this is different Mukha lepa mentioned based on different seasons.²⁷

- Sisira rutu – Simghimoola, Krishna taila, Nistuka yava, Darvitvak
- Vasant rutu – darbharmoola, hima, Usheera, shirisha, Mishi
- Grishma rutu – kumuda, Chandhana Utpala, Doorva, Madhuka, Kumuda
- Varsha rutu – kalyaka, Tila, Useera, Mamsi, Tagara, Padmakh
- Sardh rutu – talisa, gundra, Agar, Tagar, Pundarika, Yastimadhu, Kasha, Gundra
- Hemanta rutu – kolamajja, Lodrasava, Vasamoola, Sabara, Kolamajja, Gourasarshapa

THREE TYPES OF LEPA MENTIONED IN SHARANGADHARA SAMHITA

Based on the action of the lepa²⁸

S no	Name of lepa	Definition	Indication
1	Doshgna	It removes the viciated Doshas from the body	Vataja, Pittajaa, Kaphaja
2	Vishgna	It removes the toxic effects from Sthavara, Jangama, Gara	Kusta Shotha, Vishgna Visarpa
3	Varnya	It gives complexion	Vyanga, varnya, vrana

- **Doshagna lepa** – It removes the viciated Doshas from the body. thickness is ¼ - Angula, drugs used in Doshagna lepa are Triphala, Sunti, Raktachandana, Punarnava etc...
- **Vishagna lepa** – It removes the toxic effects from Sthavara, Jangama, Gara Visha. thickness is 1/3- Angula and drug used for Vishagna lepa are Kusta, Haridra, Chandana, Tagara, and Shirisha Twak etc...
- **Varnya lepa** – It gives complexion. thickness is ½-Angula, Rakta Chandana, Manjista, Priyangu Lodra etc...

Different formulations of lepa in Sharangadhara Samhita

s. n o	Name of the lepa	Ingrident	Indication	Liquid media	Referen ces
1	Agnidagdha Lepa-1	Decoction of Tinduki bark	Agnidagdha	Gogrita	sha sa u kha 11
2	Agnidagdha Lepa-2	Yava Mashi		Tila taila	sha.sa u kha 11
3	Apachinashak Lepa	Sarshapa, Neem, leaves with Bhallatak, seeds burnt	Apachi	Aja mutra	sha.sa u kha 11
4	Armaroga nashak Lepa	Maricha Churna	Armarog	Bringaraj a swarasa	sha.sa u kha 11
5	Arunshika har Lepa-1	Purana Pinyaka and cock excreta	Arunshika	Gomutra	sha.sa u kha 11

AN INSIGHT OF LEPA KALPANA IN DIFFERENT SAMHITA

6	Arunshika har Lepa-2	Khadira, Neem, and Jambu bark paste		Gomutra	sha.sa u kha 11
7	Arunshika har Lepa-3	Kutajtwak and Saindhav lavana		Gomutra	sha.sa u kha 11
8	Avbahuka Lepa	Gunja seeds paste	Avbahuka, Vishwachi, and Gridhrasi	Jala	sha.sa u kha 11
9	Bakuchyadi Lepaguti	Bakuchi, Vetasa, Laksa, Kakodumbarika, Kana, Rasanjana, Louha churna, and Krisna Tila are grounded with Gorochana and made into pills	Shwitra	Gomutra	sha.sa u kha 11
10	Chirbilvadi Lepa	Chirbilva Agni, Dantimula, Citrakamula Twak, Hayamaraka and the excreta of dove, crow, and vulture	Vrana Darana	Jala	sha.sa u kha 11
11	Daahanashak Lepa	Seed pulp of Vibhitaka is made into paste	Daah	Jala	sha.sa u kha 11
12	Dantyadi Lepa	Danti Citrakamula Twak, Snuhi latex Arka latex Guda, Bhallatakasht, Kasisa and Saindhava	Vrana darana	Jala	sha.sa u kha 11
13	Darunahar Lepa-1	Priyaalbeeja, Madhuka, Kustha, Masha, and Saindhava	Daruna	Madhu	sha.sa u kha 11
14	Darunhar Lepa-2	Khakas seed made into paste		Godugdh a	sha.sa u kha 11
15	Darunhar Lepa-3	Amrabeej, Churna and Haritaki Churna		Godugdh a	sha.sa u kha 11
16	Dashanga Lepa	Powder of Sirisa, Madhuyashti, Tagar, Raktachandana, Ela, Haridra, Daru Haridra, Kushtha (Saussurea lappa), and Vaalak (Coleus vettiveroides)	Erysipelas, inflammation, and wounds	Jala	sha.sa u kha 11
17	Gandamala har Lepa	Sarshapa Beej, Shigrubeej, Shana Beej, Atasi,, Yava, and Mulakabeej	Gandamala	Buttermil k and sour liquids	sha.sa u kha 11
18	Gatradaurgandhyahar	Tambul Patra, Kustha, and Shiva	For bad odor	Jala	sha.sa u kha 11
19	Indralupta nashak Lepa	Tikta Patol Patra Swarasa	Indralupta	Honey	sha.sa u kha 11
20	Indralupta nashak Lepa-1	Bruhati Swarasa	Indra;opa	Swarasa	sha.sa u kha 11
21	Indralupta nashak Lepa-3	Yashtimadhu, Indivara and Mridvika	Indralupta	Taila, Goghrita, and Godugdh a	sha.sa u kha 11
22	Kandu Dadru Lepa	Prapunnata Beeja, Bakuchi, Sarshapa, Tila, Kustha, Nishadway, and Musta	Dadru, Kandu, and Vicharchika	Takra	sha.sa u kha 11
23	Kandu pamadi Lepa-3	Durva, Abhaya, Saindhava, Chakramarda, and Kutheraka	Kustha	Takra	sha.sa u kha 11
24	Kandu pamadi Lepa-4	Durva and Nisa	Kustha	Jala	sha.sa u kha 11
25	Kandu pamadi Lepa-5	Siddhartha, Rajani, Kustha, Prapunnat, and Tila	Kustha	Tila Taila	sha.sa u kha 11
26	Kaphaj Galgandahar Lepa	Deodaru and Visala	Kaphaj type of Galaganda	Madhu	sha.sa u kha 11
27	Kaphaj Shirahshool har Lepa	Harenu, Nata, Shaileya, Musta, Ela Agaru Daru Mamsi, and Rasna	Kaphaj type of Shirahshool	Madhu	sha.sa u kha 11
28	Kaphaj Shothahar Lepa	Krishna, Purana Pinyaka Sigrutwaka, Sikta, and Shiva	Kaphaj type of inflammation	Cow urine	sha.sa u kha 11
29	Kaphajvidradhi har Lepa	Ishtika, Sikta, Lohakitta, and cow's dung	Kaphaj type of vidradhi	Jala	sha.sa u kha 11
30	Kaphajvisarpanashak	Triphala, Padmaka, Ushira, Samanga,	Kaphaj type of	Goghrita	sha.sa u

AN INSIGHT OF LEPA KALPANA IN DIFFERENT SAMHITA

	Lepa	Karavira, Nalamula, and Ananta	Visarpa	and milk	kha 11
31	Kesha sanvardhak Lepa	Gunja, root or fruit or Bhallataka, Swarasa or Goksura flowers or Tila flowers	For hair growth	Goghrita and honey	sha.sa u kha 11
32	Kesha sanvardhak Lepa	Skin, hair, nails, horns, and bones of quadrupeds are burnt into ashes		Tila Taila	sha.sa u kha 11
33	Kitaghna Lepa	Paste of seeds of Langali, Ativisha, Alaabu, Jalini, and Mulak	Inflammation due to insect stings	Dhanyambu	sha.sa u kha 11
34	Kurandaghna Lepa	Ajaaji, Hapusa, Kustha, Eranda, and Badara	Kuranda	Kanji	sha.sa u kha 11
35	Linga stanadi vridhikar Lepa-1	(1) Maricha, Saindhava, Krisna, Tagara, Brahatiphala, Apamarga, Tila, Kustha, Masa, Sarsapa, and Ashwagandha	For development of penis and breast	Madhu	sha.sa u kha 11
36	Linga stanadi vridhikar Lepa-2	Brahatiphala, Apamarga, Tila, Kustha, Masa, Sarsapa,	(2) Sheeta Ashwagandha and rock salt	Goghrita	sha.sa u kha 11
37	Lingapida har Lepa	Roots of kovidara	Linga pida	Jala	sha.sa u kha 11
38	Muhasedi lepa	Vata Pandu Patra, Malti Patra, Raktachandana, Kustha and Kaliyaka	Pimples, blemishes, and moles	Jala	sha.sa u kha 11
39	Mukhkantakar Lepa	Paste of Raktachandan, Manjishtha, Lodhra, Kustha, Priyangu, Vatankura, and Masur	To remove blemishes and increase glow of face	Water	sha.sa u kha 11
40	Nabhi pra Lepa	Madanphala, tikta	Udarshool	Kanji	sha.sa u kha 11
41	Nasagata Raktapitta Lepa	Amla (Embllica officina fried in Goghruata	Nasagata Raktapitta (epistaxis)	Kanji	sha sa
42	Netra pidahar Lepaguti	Rasanjana is grounded with Trikatu and made into pills and these pills are grounded with Jalaand applied to eye lashes	Eyesight itching	Jala	sha.sa u kha 11
43	Netrarogahara Lepa	Haritaki, Saindhava, Gairika, and Rasanjana	Eye disorder	Jala	sha.sa
44	Palitahar Lepa	Indravaruni , seed oil	Palitya roga	Taila	sha.sa u kha 11
45	Pittaja shothhar Lepa	Madhuka , Chandana , Murva , Nalamula , Padmaka ,Ushira Valaka and Padma	Pittajaa type of inflammation	Taila	sha.sa u kha 11
46	Pittaja Sirovedanahar Lepa-1	Chandana ,Ushira , Yasti , Bala , Vyaghra nakha, and Utpala	Pittaja type of Shiro vedana	Godugdh a	sha.sa u kha 11
47	Pittaja Sirovedanahar Lepa-2	Roots of Dhatri ,Kaseru , Hribera , Padma , Padmaka , Chandana , Durva ,Ushira and Nala	Shirovedana	Tila taila	sha.sa u kha 11
48	Pittaja vatraktanashak Lepa	Jatamansi ,Sarjarasa, , Lodhra, Madhuka, Harenuka , Murva, Nilotpala, Padma, and Sirisa Kusuma	Vatarakta	Shatadou ta Grita	sha.sa u kha 11
49	Pittaja vidradhihar Lepa-1	Laja, Madhuka and Sharkara Godugdh and Goghrita	Pittaja type of Vidradhi	Godugdh a and gogrita	sha.sa u kha 11
50	Pittaja vidradhihar Lepa-2	Payasya , Ushira Raktachandana	Vidradi	Godugdh a	sha.sa u kha 11
51	Pittaja visarpahar Lepa	Chandana ,Mrinala , Lodhra ,Ushira Kamalotpala, Sariva, Amalaki, and Pathya	Pitta type of erysipelas	Goghrita and godugdh a	sha.sa u kha 11
52	Romatpadak Lepa	Hastidanta mashi and Rasanjanam	Romatapadaka	Aja dugda	sha.sa u kha 11
53	Shankhak anantavat Lepa	Shatavari , Nilotpala, Durva, Tila ,Krisna and Punarnava	Shankhak and Anantvata	Jala	sha.sa u kha 11
54	Shlipad rogahar Lepa	Dhatura , Eranda Nirgundi ,Varsabhu , Sigru, and Sarsapa are made into paste and	Shleepada	Madhu	sha.sa u kha 11

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		applied as Pralepa			
55	Shothahar Lepa	Paste of Punarnava , Devdaru ,Sunthi, Sidhartha and Sigr	Shotha	Kanji	sha.sa u kha 11
56	Sidhma rogahar Lepa-1	Dhatri ,Sarjara and Yavakshara are powdered	Sidma	Jala	sha.sa u kha 11
57	Sidhma rogahar Lepa-2	Darvi Mulakabija. Hartala ,Surdaru and Tambula Patra are added in equal quantity of one Karsa	Sidma	Jala	sha.sa u kha 11
58	Suryavarta Ardhabhedaka Lepa	Sariva ,Kushtha ,Madhuka ,Vacha ,Pipal, and Krishna utpala	Suryavarta and Ardhabhedaka	Jala	sha.sa u kha 11
59	Swarjikadi Lepa	Kshara of Swarjika and Yava	Vrana darana	Jala	sha.sa u kha 11
60	Sweda daurgandhyahar Lepa	Boiled Kulathha ,K ustha Jatamansi, Chandana, boiled Chanaka, and Twak	Sweda daurgandhya	Jala	sha.sa u kha 11
61	Tarunya pitikahar Lepa	(1) Lodhra, Dhanyaka, and Vacha mixed in equal quantity	Pimples	Jala	sha.sa u kha 11
62	Tarunya pitikahar Lepa	(2) Maricha and Gorochana		Jala	sha.sa u kha 11
63	Tarunya pitikahar Lepa	(3) Sarshapa, Vacha, Lodhra, and Saindhava Lavana		Jala	sha.sa u kha 11
64	Updansha nashak Lepa	(1) Roots of Karavira (Nerium odorum) is grounded	Syphilitic ulcers	Madhu	sha.sa u kha 11
65	Updansha nashak Lepa	(2) Triphala mashi		Madhu	sha.sa u kha 11
66	Updansha nashak Lepa	Rasanjana, Sirisa and Pathya		Madhu	sha.sa u kha 11
67	Vashikaran Lepa	Vacha, Sauvarchala, Kustha, Rajani dwaya, and Maricha are applied on the body	Vashikaran (to control any human being)	Gritha	sha.sa u kha 11
68	Vataj galgandahar Lepa	Nichula , Sigrubija, and Dashmula are powdered and applied	Galaganda	Madhu	sha.sa u kha 11
69	Vataj shirovedana har Lepa	Kustha and Eranda taila or Muchkunda flowers	Vata type of headache	Kanji	sha.sa u kha 11
70	Vataj shothahar Lepa	Bijpurjata , Himsra , Devadaru , Mahaushadha ,Rasna ,and Agnimantha	Vataja type of inflammation	Jala	sha.sa u kha 11
71	Vatvidradhihar Lepa	Shigru Shephalika ,Eranda,Yava Godhum and Mudga	Vataj type of Vidradhi (abscess)	Gritha	sha.sa u kha 11
72	Vatvisarpa har Lepa	Rasna ,Nilotpala Deodaru ,Chandana, Madhuka, and Bala	Vata type of erysipelas	Goghrita and Godugdh a	sha.sa u kha 11
73	Vayasyadi Lepaguti	Vayasi , Edagaja Kustha ,and Krishna is grounded with Aavi mutra and made into pills	Shwitra (leukoderma)	Goat's urine	sha.sa u kha 11
74	Vrana krimighna Lepa-1	Karanja, Nimba Nirgundi	Vrana krimihari	Jala	sha.sa u kha 11
75	Vrana krimighna Lepa-2	Garlic	Krimignha Vrana	Jala	sha.sa u kha 11
76	Vrana krimighna Lepa-3	Asafetida and Neem (Azadirachta indica	Krimignha Vrana	Jala	sha.sa u kha 11
77	Vranapachak Lepa	Sana Mulaka Shigru, Tila, Sarshapa, Vacha, Kinva, and Atasi	Vranashodhan	Jala	sha.sa u kha 11
78	Vranashodhak ropak Lepa	Tila, Saindhava, Yastimadhu, Nimba Patra, Nisha dwaya	Vranashodhan	Goghrita	sha.sa u kha 11
79	Yoni sankochanartha Lepa-1	1) Fruits of Palasha and Udumbara powder	Constriction of vagin	Madhuan d Tila Taila	sha.sa u kha 11
80	Yoni sankochanartha Lepa-2	2) Makanda phala powder	Yoniroga	Madhuan d camphor	sha.sa u kha 11
Herbo-mineral ingredients					

81	Agnidagdha lepa	Tugaksheeri, plaksha, Chandra, gairika and amrita	Agnidagdha	Gogrutha	sha sa u kha 11
82	Mukha kantikara lepa 1	Matulunga, jta, grutha and manashaila	Varnya	Gomaya rasa	sha sa u kha 11
83	Mukha kantikara lepa 2	Arjuna bark	Varnya	Water	sha sa u kha 11
84	Palitahara lepa 1	Fine powdered of iron, brungaraja, triphala, and black soil	Palita roga	Aavi mutra	sha sa u kha 11
85	Palitahara lepa 2	Three amla, two haritak and one bhibitaki, one karsha iron powder	Palita roga	Ajadugda	sha sa u kha 11
86	Palitahara lepa 3	Triphala, nilika patra, loha churna and bringaraja	Palita roga	Ajadugda	sha sa u kha 11
87	Palitahara lepa 4	Triphala, louha churna, dadimatwak and lotus stalks and bringaraja	Palita roga	Ajadugda	sha sa u kha 11
88	Pamadi lepa	Hemaskshiri, vidanga, darada, gandhaka, kushta, sindura	Pama, dadru, vich archika	Datura, nimba tulasipatra swarasa	sha sa u kha 11
89	Romshatana lepa 1	Two part shanka churna, one part hartala, half part manahashela, and one part swarajika kshara	Romshatana	Jala	sha sa u kha 11
90	Romshatana lepa 2	Hartala, shanka churna, palashakshara	Romshatana	Jala	sha sa u kha 11
91	Shwitra rogahara lepa	Swarana pusphi, kasisa, vidanga, manahashila, gorochana and saindhava	Switra rogahara	Jala	sha sa u kha 11
92	Shwitra rogahara lepa	Hartala and bakuchi	Switra rogahara	Gomutra	sha sa u kha 11
93	Vranashodhanapan lepa	Nimba patra, tila, danti, trivrit and saindhava	Vranashodhaka and ropaka	Madhu	sha sa u kha 11
94	Yonidravakar lepa	Parada, indravavuni patra and stem of rakta karavira	Yoniroga	Jala	sha sa u kha 11

DISCUSSION

Lepa Kalpana is a Bahirparimarjana type of Aushadha kalpana. For the preparation of the Lepa first the ingredients are to be powdered according to the particle size required. The powdered drug is then mixed with the suitable liquid media and made into paste form. This paste form of the drug is called as the Lepa.

One Lepa should not be followed by another Lepa, because the density & compactness of material increases, this causes rise in local temperature, burning sensation & pain. A Lepa dried once, should not be re-used by mixing any other liquid media.

Lepa is a preparation where powdered drugs are mixed with some liquid or other media and made into fine paste and used as an external application on the skin. Liquid media or bases

in Lepa play an important role in enhancing its action.

Different media such as cow urine, goat urine, and ghee have been mentioned for Lepa preparation. These different media have special therapeutic potential and hence they may have a supportive role in increasing the efficacy of the formulation.

It is observed that ghee is the most commonly used media and it is evident that fats and oils have better skin penetration and thereby better bioavailability on local application. It can be understood that there must be a specific reason for the use of a specific base.

Ayurveda therapy suggests that Lepa, that is, the external lepa should be gently rubbed in an upward or reverse direction of the hairs over the skin to

make the action of application more quick and effective. Due to this, the drug enters into the pores at the root of the hair through which the drug gets absorbed in the capillary network to minor veins and then further into systemic blood circulation.

This ultimately results in the absorption of medicament and desired effects. This method of rubbing increases the skin temperature, which might be speeding up the pilosebaceous uptake and skin permeation of the drug as heat causes dilation of the capillary end.

Acharyas have had emphasized each and every minutes detail for best therapeutic and cosmetics actions. among all these lepa kalpa, acharya are trying to keep few points in order for further advancement of the subjects in ayurveda twak care products mainly used externally in the form of oil, herbal, paste, powder, etc...

Lepa kalpana are classified based on duration, thickness, temperature and various alcoholic preparations are also mentioned in samhita like, sauviraka, kanji, sura, prasanna and tushodaka are increases the penetration of lepa.

Acharya charaka were mentioned Lepa types, only thirty two Choorna Pradeha are mentioned for external application. In Charaka chikitsa eighty three and Pralepa and Alepa lepa used in Visarpa chikitsa, total one hundred and fifteen Lepa mentioned in Charaka chikitsa sthana so many lepa are mentioned in different diseases such as Arshas kusta, visarpa, vrana, palithya, yonivyapad, etc...

Three types of drugs used for External application is Sthavara, Jaangaha, Bhoumija

- Sthavara – Sunti, langali, guggulu, arka,
- Janghama-Gomutra, ajaksheera, kapota loma, shringa etc...
- Parthiva - Haratal, tutta, swarna, gairika, gandhaka shilajatu etc...

Acharya sushrutha systematic description of lepa and its classification as- pradeha, pralepa and alepa based on action of lepa is mentioned in sushrutha samhita. Acharya charaka were mentioned Lepa types, only thirty two Churna Pradeha are mentioned for external application. In Charaka chikitsa eighty three and Pralepa and Alepa lepa used in Visarpa chikitsa, total one hundred and fifteen Lepa mentioned in Charaka chikitsa sthana so many lepa are mentioned in different diseases such as Arshas kusta, visarpa, vrana, palithya, yonivyapad, etc...

Ingredients of lepa kalpa in sushrutha samhita are –sthavara, janghama and parthiva sources mainly sthavara are used which is more in number -the main lepa is indicated in vrana upalrama- krihnakarma, pandukarma, and romasnjanana etc... these lepa kalpana described in varnya type of lepa. And acharya also mentioned different lepa in different diseases conditions like –vrana, kusta, shwitra, galaganda, upadamsha, shleepada, visarpa etc... Three Types of Lepa Mentioned in Susruta Samhita Pralepa, Pradeha, and Alepa Thickness of Lepa should be as like Mahisha twak Quantity of Sneha dravya used in Lepa

kalpana method of lepa application
time of lepa application

Acharya vagbhata has mentioned kalanusara lepa; in ushna kala- lepa is applied for soothing effect. Where as in sheeta kala for producing ushna and kapha should be decreases. and acharya followed acharya charakas principles of chikitsa in the lepa context. mainly doshagnha, vishgna and varnya lepa are mentioned. The main contribution of astanga hrudaya is different mukhalepa based on different Rutu wise. Acharya vriddha vagbhata has mentioned the lepa based on therapeutic application like-sniadhika, nirvapana prasadana and ropana etc...here different liquid media are used in lepa purpose –gomutra, kanji, amladravya.

Ten Types of Lepa mentioned in Astanga Sangraha based on therapeutics uses. in Astanga hrudaya lepa are mainly indicated in different therapeutic and cosmetic purpose.

The Significance of Sharangdhara Samhita is that it has indicated the use of Herbal drugs along with Rasa dravyas. For ex. Vyangyaha lepa the use of Swarnamakshik Bhasma is indicated.

In Romotpadak lepa, Hastidant mashi is used. In Swarjikadi hemashri lepa – Sajikshar, Yavakshar, Tilakshar is used. This signifies the Uniqueness of Sharangdhara samhita. The Lepa Kalpana is considered as the secondary kalpana of the Panchavidha kashaya Kalpana. It is the modified form of Churna Kalpana. Lepa Kalpana has some advantage of external application like it can be

directly applied at the affected site for quick actions and easily removed if any irritation occurs.

In Lepadi Adhyaya, Acharya has explained Lepa formulation for almost all types of skin disorders. In this chapter, along with this, acharya has also mentioned different Lepa for specific conditions such as Stana and Lingavridhikar, Yoni Dravakar Lepa, and Suryavarta Ardhabhedakahara Lepa, also given importance to varnya and twakavikara, which is he explained a total of 15 formulations of Lepa for mukharoga and keshavardhaka.

It may be interpreted that till the period of Sharangadhara samhita, the climate and food habits were more natural and nourishing to health; therefore, the prevalence of skin disease was considered negligible. Hence Acharya might be focused more on formulations related to the beauty care.

The formulations related to genital organs can be considered as a special contribution in the field of Ayurveda. It can be interpreted that the aim of mentioning such formulations was only to treat cases that were having unsatisfactory sexual life and willing to continue their progeny.

In Sharangdhara samhita, a total of 12 Lepa formulations are explained for the management of Vranashotha. He explained very precisely Lepa sequence according to different conditions and then further according to different types of abscesses.

Acharyas had used herbo-mineral preparation while using mineral ingredients. He mentioned the use of Hartala in least quantity.

According to the Ayurveda principle of medicine, while treating any skin disorder, the internally administrated medicines show their effect according to their medicine passes through Jatharagni Paka then it follows the Dhatwagni which nourishes the skin.

As the skin is the Saara part of Rakta it shows its effect on Twakgata Kala. On behalf of the afore mentioned principle, it can be said that oral medication takes time to show the result on skin, by the time the patient has the symptoms such as irritation and itching. In such cases, if any local application is used with that of orally administrated medicines

CONCLUSION

Lepa kalpana is Bahirparimarjan type of Aushadha kalpana the reference for the Lepa kalpana is available in many classical texts. The first reference for the external application has been mentioned in Charaka samhita "Aragwadhiya Adhyaya" in detail. Lepa is addya upakrama for vrana and is one among the 60 upakrama .it helps in sthanika dosha nirharana. Main focus on vranachikista . In Addition Sharangdhar Samhita has stated the Lepa vargikaran according to Dosha and karma vargikaran. Lepa kalpas is used for external application all Samhitas Lepa kalpas are indicated in Shotha, Daha, Vrana, Visarpa, Vrana shodhak, Vrana Ropak, Mukha kantikar, Kesh Kantikar, Kustha,

Abscesses, Goitre, Adenoma, and various skin diseases. Acharya given more importance for varnya, doshas hara and vishgna.

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