

S.O.P OF AYURVED TOPICAL MEDICATION VISHAGNA GANA LEPA

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ABSTRACT

Background-Ancient medical scholar Acharya Charaka explains skin is the first protective barrier of human body and explains its 06 layers. Structurally, the skin consists of two parts. The superficial, thinner portion, which is composed of epithelial tissue, is the epidermis. Depending on the composition of topical drugs, a vehicle is used for five types effects on the skin cleansing, decoration, skin care, Skin hydration maintain and protection. The Carrier technology offers an intelligent approach for drug delivery by coupling the drug to a carrier particle such as nanoparticles, microspheres, liposomes, etc. which modulate the release and absorption characteristics of the drug. In Ayurveda the topical applications are known as Lepa and this comes under the broad heading of “Bahiparimarjana Chikitsa”. In the 6th chapter, Shad virechana satasritiya adhyaya of Sutra sthana of Charaka Samhitha deals with six hundred evacuatives, their locations, five

sources of extracts, five types of extract preparation, fifty great extractives and five hundred extractives. One among five hundred extractives is “vishagna gana” (Detoxifying group drugs). This “vishagna gana”-group of drug contain 10 herbs, which are having anti-inflammatory action, analgesic property, anti-oxidant property, and anti-bacterial action. **Observation and Result**—each raw herbs was purchased 350gram in net weight from local marked and identified by Dravyaguna department and formulation prepared in teaching pharmacy. Authenticated ingredients were taken in equal 200 gram quantity and subjected into purification process after that drugs are dried and made into fine Powdered and packed into

airtight container. Total net powder drug achieved 01KG 950gram and 50 gram lost during preparations process. **Conclusion**— we found that before purification, the raw product was 02Kg in weight and fine powder in nature. However, after the topical applications prepared with the S.O.P technique, the final product lost its 50 gram weight due to the evaporation of the water portion from the product above. The final topical applications product weighed 01kg 950gm and was very soft ointment in nature. It easily absorb in dermis.

KEYWORDS: DETOXIFYING GROUP DRUGS, SKIN DISEASES, NATURAL ANTI-OXIDANT, S.O.P, LEPA.

INTRODUCTION

In Ayurveda the topical applications are known as Lepa and it considered under the Bahiparimarjana Chikitsa. The main area of Bahiparimarjana Chikitsa is twak (skin).

Skin is the largest protective barrier in the body which prevents invasion of microorganism, foreign substances in the body. The skin covers the external surface of the body and is the largest organ of the body in both surface area and weight. In adults, the skin covers an area of about 2 square meters and weighs 4.5–5 kg, about 16% of total body weight. It ranges in thickness from 0.5 mm on the eyelids to 4.0 mm on the heels. However, over most of the body it is 1–2 mm thick. In the 6th chapter, Shad virechana satsritiya adhyaya of Sutra sthana of Charaka Samhitha the drug vishagna gana (Detoxifying group drugs) is explained. This gana (group of drug's) contains drugs namely Haridra (*Curcuma longa*), Manjishta (*Rubia cordifolia*), Suvaha(*Pluchea lanceolata*), Sukshmela (*Elettaria cardamomum*), Palindi (*Operculina turpethum*), Chandana (*Santalum album*), Kataka (*Strychnos potatorum*), Sirisha (*Albizia lebbek*), Sinduvara (*Vitex negundo*), Sleshmataka (*Cordia dichotomo*).^[1]

Table 1: Composition of Vishagna Gana Lepa.

s.no	Ingredients	Family	Used part	Pharmacological action	Ratio
1.	<i>Curcuma longa</i> ^[2]	Zingiberaceae	Rhizome	Anti-oxidant, Anti-microbial, anti-inflammatory	01 part
2.	<i>Rubia cordifolia</i> ^[3]	<i>Rubia cordifolia</i>	Root	Anti-oxidant, Anti-inflammatory, Anti toxic	01 part
3.	<i>Pluchea lanceolata</i> ^[4]	Compositae	Root	Analgesic, Anti-inflammatory, Anti toxic	01 part
4.	<i>Elettaria cardamomum</i> ^[5]	<i>Elettaria cardamomum</i>	Seeds	Anti-spasmodic, Anti-septic, Anti-bacterial, Antiinflammatory,	01 part

				Anti-oxidant, Analgesic	
6.	<i>Operculina turpethum</i> ^[6]	<i>Operculina turpethum</i>	Root	Anti-pyretic, Anti-inflammatory, Anti-ulcer, Purgative	01 part
7.	<i>Santalum album</i> ^[7]	Santalaceae	Heart wood	Antiseptic, Anti-spasmodic, Anti-bacterial, anti-oxidant	01 part
8.	<i>Strychnos potatorum</i> linn ^[8]	Loganiaceae	Seeds	Alexipharmic (antidote against poison), Antinociceptive (pain relieving), Anti-inflammatory	01 part
9.	<i>Albizzia lebbek</i> Benth ^[9]	Mimosoideae	Bark	Anti-histamine property, Anti-allergy, Antiinflammatory, Anti-oxidant, anti-bacterial.	01 part
10.	<i>Vitex negundo</i> ^[10]	Verbinaceae	Leaves	Anti-inflammatory, Anti-pyretic, Analgesic, Antioxidant	01 part
11.	<i>Cordia dichotomo</i> ^[11]	Boraginaceae	Bark	Anti-microbial, Analgesic, Anti-bacterial, Anti-ulcer, Anti-inflammatory	01 part

MATERIALS AND METHODS

The 10 raw ingredients of Vishagna Gana Lepa namely- Haridra (*Curcuma longa*), Manjishta (*Rubia cordifolia*), Suvaha (*Pluchea lanceolata*), Sukshmela (*Elettaria cardamomum*), Palindi (*Operculina turpethum*), Chandana (*Santalum album*), Kataka (*Strychnos potatorum*), Sirisha (*Albizzia lebbek*), Sinduvara (*Vitex negundo*), Sleshmataka (*Cordia dichotomo*) were collected from local market each 350gram in net weight and authenticated in our teaching pharmacy.

Preparation method - After authenticated ingredients were taken in equal 200 gram quantity and subjected into purification process after that drugs are dried and made into fine Powdered and packed into airtight container. Total net powder drug achieved 01KG 950gram and 50 gram lost during preparations process. Final product divided into two equal part. Half of drugs were preserved in 25 gram plastic container for used as face pack and the rest of drug mixed in 500 ml liquid petroleum jelly and for fragrances the rose essence was added. The product packed into 50 gram plastic container for further used as topical gel. The tropical drug Vishagna Gana Lepa is an external dermatological application advised to apply gently in

to the affected area or apply the drugs powder with cold water as face pack and keeps it like that till it dries and then washed with cold water.

DISCUSSION AND CONCLUSION

In this study, we found that before purification, the raw product was 02Kg in weight and fine powder in nature. However, after the topical applications prepared with the S.O.P technique, the final product lost its 50 gram weight due to the evaporation of the water portion from the product above. The final topical applications product weighed 01kg 950gm and was very soft ointment in nature. It easily absorb in dermis.

Out of 10 drugs of the formulation, 09 are having anti-inflammatory action, 07 are having analgesic property, 04 are having anti-oxidant property, and 05 are having anti-bacterial property. Among the 10 vishagna gana (Detoxifying group drugs), 05 (*Rubia cordifolia*, *Pluchea lanceolata*, *Santalum album*, *Albizia lebbek*, and *Cordia dichotomo*.) are having anti toxin action and drugs namely *Curcuma longa*, *Rubia cordifolia* and *Santalum album* are having varnya property.



Figure: Manjishta.



Figure: Haridra.



Figure-Sukshmela.



Figure: Chandana.

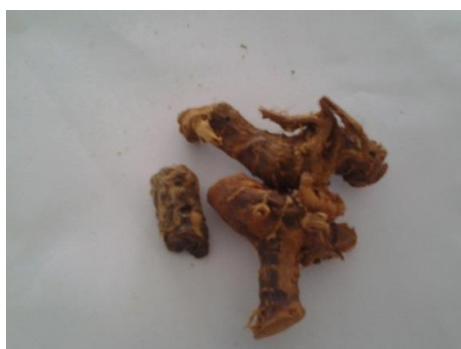


Figure: Suvaha.



Figure: Palindi.



Figure: kataka.

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