

YAVADI LEPA AS A VARNYA FORMULATION: A REVIEW**Dr. Anjali Verma^{*1}, Dr. Sasmita Tripathy², Dr. Anita Sharma³, Dr. Swaranjali Jangde⁴**

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ABSTRACT

Ayurveda describes Varnya as the property of enhancing skin complexion and radiance. Yavadi Lepa is a traditional herbal formulation widely used in Lepa Kalpana (topical applications) to improve skin tone and treat hyperpigmentation. This review explores the concept of Varnya in Ayurveda, the role of Yavadi Lepa in complexion enhancement, its herbal constituents, and the preparation method. Furthermore, it discusses the correlation of Yava (barley) with Varnya properties and modern dermatological perspectives.

KEYWORDS: Varnya, Ayurveda, Yavadi Lepa, Dosha Balance, Skin Health, Lepa Kalpana.

INTRODUCTION

Skin complexion (Varna) is an indicator of overall health and well-being in Ayurveda. Classical texts such as Charaka Samhita and Sushruta Samhita describe various herbal formulations under Lepa

Kalpana to enhance skin radiance and treat pigmentation disorders. Yavadi Lepa is a classical formulation containing Yava (barley), Yashtimadhu (Glycyrrhiza glabra), and Lodhra (Symplocos racemosa), known for their Varnya and Rakta Prasadana (blood-purifying) effects.^[1]

Concept of Varnya in Ayurveda

The term Varnya refers to substances that enhance skin radiance, clarity, and texture. Ayurveda attributes skin complexion to Pitta dosha and Bhrajaka Pitta, a subtype of Pitta that governs skin health. Herbs that pacify Pitta and detoxify Rakta Dhatu are considered Varnya in Ayurveda. Sushruta Samhita explains the varna Utpatti where in Tejo mahabhuta plays a major role in the formation of Varna.^[2]

Herbal Constituents of Yavadi Lepa

RASHPANCHAKA

DRUGS	LATIN NAME	RASA	GUNA	VIRYA	VIPAKA	KARMA	USEFUL PART
YAV ³	<i>HORDEUM VULGARE</i>	MADHUR KASHAY	RUKSH	SITA	KATU	PITTAKAPHHAR VARNAKARI (HA, Beta glucans)	FRUIT
YASHTIMADHU ⁴	<i>GLYCYRRHIZA GLABRA</i>	MADHUR	GURU, SNIGDH	SITA	MADHUR	PITTASAMAK, KAPHNISHARAK, VARNYA (glycyrrhizic acid, liquiritin)	MUL POWDER
LODHRA ⁵	<i>SYMPLOCOS RACEMOSA</i>	KASHAY TIKTA	LAGHU RUKSH	SITA	KATU	PITTAKAPHHAR, TWAKAVIKAR NASANA (Loturidine)	TWAK POWDER

Yavadi Lepa contains key herbal ingredients such as Yava, Yashtimadhu, Lodhra, each with unique skin-enhancing properties like exfoliation, hydration, anti-inflammatory effects, and complexion improvement.

Preparation of Yavadi Lepa

The herbal ingredients are finely powdered and mixed with liquid media (water, rose water, or milk) to form a smooth paste (pisti). This is applied evenly on the skin in pratiloma gati (against hair growth), after drying it should be removed gently by washing or exfoliating.^[6] A patch test is recommended before application.

DISCUSSION: Correlation of Doshas with Yavadi Lepa

Yavadi Lepa balances Pitta and Kapha doshas while nourishing Vata. It helps reduce hyperpigmentation, control oiliness, and prevent dryness. Its mechanism of action includes Rakta Prasadana (blood purification), Pitta Shamana (cooling and soothing), and tyrosinase inhibition for melanin regulation.

CONCLUSION

Yavadi Lepa is an effective Ayurvedic formulation for enhancing complexion, reducing hyperpigmentation, and maintaining skin health. Its herbal constituents align with modern dermatological research, making it a valuable Ayurvedic cosmetology solution.

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