

A REVIEW OF DASHANG LEPA AND DARUHARIDRA RASANJAN & ITS MEDICINAL PROPERTIES

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ABSTRACT

Dashang lepa one of the mixtures of ten very effective and common indigenous drugs for local application in many superficial inflammatory conditions as described in many *Ayurvedic* texts. However, it is very effective to reduce the inflammatory process after local application over inflammatory swelling. **Daruharidra Rasanjan** have been considered as a very significant herb in many eyes and skin disease for external application. The bark is used as the main part of Daruharidra that is used in its crude form as powder or decoction ^[1].

Methods: *Acharya Shushruta* has described seven *upkrama* for the management of *Vranashopha*. In these *upkrama*, first is *Vimlapan* (Softening by kneading with fingers), second *Avasechan* (Bloodletting), third *Upnaha*. (Warm poultices), fourth *Patana* (Cutting/Incision), fifth *Shodhana* (Cleaning), sixth *Ropana* (Healing) and seventh *Vaikrtapaha* (Removing/warding off the abnormalities)^[2]

Upnaha (Application of Medicated past, is a type of bandha in which the bandhana karma is done after application of ushna Dravya (hot medication). The bandhana karma is done to pacify vata since vata has chala guna(mobility). When it is applied in amavastha the shopa gets subsided, when it is applied to pachyamanavastha the shopa gets pakwa suppurated ^[3]. Current will provide a brief review of medicinal property of Dashang lepa and Daruharidra Rasanjan.

KEYWORDS: Dashang lepa, Daruharidra Rasanjan, Medicinal Property.

INTRODUCTION

In today's lightning-fast world with the advancement of medicinal instruments and

procedures, classic ayurvedic texts reflects some basic concepts which current situation agrees and confronts positive results. Here, critical review of Upnaha chikitsa mentioned in shushruta Samhita with reference to medicinal property of Dashang lepa and Daruharidra rasanjan will be carry out.

आलेप आद्य उपक्रमः एष सर्वशोफानां सामान्यः प्रधानतमश्च तं च प्रतिरोगं वक्ष्यामः
ततो बन्धः प्रधानं तेन शुद्धिर्वणरोपणमस्थिसन्धिस्यैर्य च ।।

AIMS AND OBJECTIVES

To discuss, evaluate and Elaboration on medicinal properties of Dashang lepa and Daruharidra Rasanjan

MATERIAL AND METHODS

Material related to Dashang lepa and Daruharidra Rasanjan collected from classical Ayurveda texts, various websites, articles, books of modern and ayurveda medicines respectively. The available commentaries of Ayuvedic samhitas have also refferd to collect relevant matter.

REVIEW OF DASHANG LEPA

Dashang lepa is mentioned in many Ayurvedic texts like: Chakradutta in Visarpa-Visphota Chikitsa 23; Sharangdhar, Madhyam Bhag, Uttarkhand 11/4-6; Bhavprakash, Uttrardh, Dwitiya Bhag 56/32; Yogaratnakar, Uttrardh, Visarpa Chikitsa; Bhaishjyaratnavali 57/18.(Pg-58), described as *Vranasophaghna* (anti- inflammatory) remedy for local application.

1.Shirh (<i>Albiza lebbeck</i> Benth.)	<i>Kashaya</i>	<i>Laghu,Ruksha</i>	<i>Ishad-Ushna</i>	<i>Katu</i>	<i>Tridosahara</i>	Bark
2.Madhuyasthi (<i>Glycyrrhiza glabra</i> Linn.)	<i>Madhura</i>	<i>Guru, Snigdha</i>	<i>Sheeta</i>	<i>Madhura</i>	<i>Vata- Pitta shamak</i>	Root
3.Tagar (<i>Valeriana wallichii</i> DC.)	<i>Tikta, Katu, Kashaya</i>	<i>Laghu, Snigdha</i>	<i>Ushna</i>	<i>Katu</i>	<i>Kapha- Vata shamak</i>	Root
4.Raktachand an (<i>Pterocarpus santalinus</i> Linn.)	<i>Tikta, Madhura</i>	<i>Guru, Ruksha</i>	<i>Sheeta</i>	<i>Katu</i>	<i>Kapha-Pitta shamak</i>	Heartwood
5.Ela (<i>Eletteria cardamomum</i> Linn. Maton)	<i>Katu, Madhura</i>	<i>Laghu,Ruksha</i>	<i>Sheeta</i>	<i>Madhura</i>	<i>Tridosahara</i>	Fruit- Seed

6.Jatamansi (<i>Nardostachys jatamansi</i> DC.)	<i>Tikta, Kashaya, Madhura</i>	<i>Laghu, Snigdha, Tikshna</i>	<i>Sheeta</i>	<i>Katu</i>	<i>Kapha-Pitta shamak,</i>	Rhizome
7.Haridra (<i>Curcuma longa</i> Linn.)	<i>Tikta, Katu</i>	<i>Laghu, Ruksha</i>	<i>Ushna</i>	<i>Katu</i>	<i>Kapha-Vata shamak, Pittarechak</i>	Rhizome
8.Daruharidra (<i>Berberis aristata</i> DC.)	<i>Tikta, Kashaya</i>	<i>Laghu, Ruksha</i>	<i>Ushna</i>	<i>Katu</i>	<i>Kapha-Vata shamak,</i>	Root
9.Kushta (<i>Saussurea alappa</i> C.B.Clarke)	<i>Tikta, Katu</i>	<i>Laghu, Ruksha</i>	<i>Ushna</i>	<i>Katu</i>	<i>Kapha-Vata shamak</i>	Root
10.Hrive ra (<i>Pavonia odorata</i> Willd.)	<i>Tikta, Katu, Kashaya</i>	<i>Laghu, Snigdha</i>	<i>Sheeta</i>	<i>Katu</i>	<i>Kapha- Vata shamak</i>	Root

I. All the 10 drugs taken in equal amount of 1kg and thoroughly washed in running tap water and dried in the natural shading about on Temperature 26°C. After some days, dried drugs will be grinded in a mixer and a powder will be obtained. Then filtered through the sieve no. 85 and it will become fine powder. The powder will be kept in a dry and airtight container.

II. *Dashang lepa* is mixed with Cow's pure *ghrita* in 5:1ratio for local application.

Medicinal Uses

1. Skin Disorders: Dashang Lepa is commonly used as an external application for treating eczema, dermatitis, and psoriasis due to its soothing and anti-inflammatory properties.
2. Wound Healing: It aids in the healing of minor wounds, cuts, and burns by promoting tissue regeneration and reducing infection risks.
3. Fever with Burning Sensation: When applied on the forehead, Dashang Lepa is effective in alleviating burning sensations and reducing fever.
4. Pain Management: It provides relief from localized pain and inflammation caused by arthritis or injuries.

Mode of Application

The Upnaha followed by Dressing or lepa (paste) is prepared by mixing the powdered formulation with water, milk, or rose water and applied directly to the affected area.

REVIEW OF DARUHARIDRA RASANJAN

<i>Drug</i>	<i>Rasa</i>	<i>Guna</i>	<i>Virya</i>	<i>Vipaka</i>	<i>Dosha Karma</i>	<i>Pharmacological Action</i>	<i>Therapeutic uses</i>
<i>Daruharidra</i>	<i>Tikta, Kashaya</i>	<i>Lghu, Ruksha</i>	<i>Ushna</i>	<i>Katu</i>	<i>Tridoshaj</i>	<i>Shothhar, Vran Ropan +Shodhan</i>	<i>Skin disorders, Vran vikar</i>

Daruharidra (Berberis Aristata Don.) and **Goat milk** is main ingredient, and both have been considered as a very significant herb in many eyes and skin disease for external application. The bark is used as the main part of Daruharidra that is used in its crude form as powder or decoction. The Goat milk is used in preparation of Rasanjan. B. aristata is an erect shrub with 3- 6m height and sub-acute leaves. Daruharidra and Goat milk both are used as a remedy for treating eye disorders, ear disorders, jaundice, diabetes, fever, vana ropan etc.

Rasanjan (Berberis Aristata) or Rasaut is the crude concentrated extract prepared from roots and stem bark of Daruharidra (Berberis aristata). (Family: Berberidaceae).

- In Rasanjan preparation here Goat milk is used. Rasanjan preparation is carried out in two steps.
- I. Kwath preparation of Daruharidra.
- II. Ghana preparation.
- Rasanjan is mostly used as external application but it can also use as internally.

Step I - Preparation of Daruharidra Kwath

Sr. No	Ingredients	Quantity
1.	Daruharidra	200gm
2.	Water	4000ml

1. Daruharidra stem bark free from insects to be taken and washed properly for soil removal.
2. It is soaked in 16 parts of water i.e. 4000 ml for a period of 12 hours.
3. Soaked Daruharidra is kept on moderate flame for heating.
4. It is subjected to heating until the contents reduce to 1/8th i.e. 500ml
5. Then is filtered through cloth to get decoction of Daruharidra. Observation:
 - The colour of water changes to yellow after soaking.
 - After Kwath preparation, its colour changes to dark brown.

Step II- Preparation of Rasanjan.

Sr. No	Ingredients	Quantity
1.	Daruharidra Kwath	500ml
2.	Goat Milk	500ml

1. Daruharidra Kwath 500 ml is mixed with equal quantity of Goat milk and subjected to heating on mild flame.
2. Continuous stirring of the contents to avoid sticking of content as the liquid turns into thick (syrupy) in consistency.
3. Further heating should carry out by water bath method to avoid charring.
4. After complete evaporation of liquid content, dried, kept in semi solid consistency and preserved in airtight containers.^[8]

Daruharidra Rasanjan is an extract derived from the stem or root of Daruharidra (*Berberis aristata*). It contains alkaloids such as berberine, which exhibit strong antimicrobial, anti-inflammatory, and antioxidant properties.

Medicinal Uses

1. Eye Disorders: It is extensively used in Ayurvedic eye drops and formulations to treat conjunctivitis, eye redness, and other infections due to its soothing and antimicrobial effects.
2. Skin Conditions: Daruharidra Rasanjan is beneficial in treating acne, pimples, and other inflammatory skin conditions.
3. Digestive Health: It helps alleviate gastrointestinal disorders like diarrhea, dysentery, and indigestion due to its astringent and antimicrobial properties.
4. Liver Protection: Its antioxidant nature supports liver health by detoxifying and reducing oxidative stress.

Mode of Application

Daruharidra Rasanjan can be used topically for skin issues or incorporated into eye drops and other formulations for specific treatments. It is also used internally in controlled doses under professional supervision.

DISCUSSION

The synergy of herbs in Dashang Lepa and the concentrated potency of Daruharidra Rasanjan make them effective remedies in treating various disorders. The anti-inflammatory properties of Dashang Lepa make it a popular choice for skin and joint-related ailments, while Daruharidra Rasanjan's antimicrobial effects extend its application to both internal and external treatments.

Both formulations have demonstrated significant therapeutic benefits in traditional and

clinical applications. However, standardization, dosage precision, and long-term studies are necessary to further validate their efficacy in modern medicine.

CONCLUSION

Dashang Lepa and Daruharidra Rasanjan represent the richness of Ayurvedic medicine in addressing diverse health conditions. Dashang Lepa's versatility in skin and pain management, coupled with Daruharidra Rasanjan's effectiveness in eye care and digestive health, underline their importance in holistic healing. Their integration into modern healthcare could offer natural, safe, and cost-effective alternatives for treating common ailments. However, their use should always be guided by Ayurvedic practitioners to ensure safety and effectiveness.

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