

A REVIEW ARTICLE ON THE ROLE OF ARGVADHADI LEPA IN KUSHTHA

Anuradha^{1*}, Prerna², Jyoti³ and Vibhooti Chandrakar⁴

^{1,2,3}P.G. Scholar 2nd Year, Department of Ayurveda Samhita Evam Siddhant, Patanjali Bhartiya Ayurvigyan Evam Anusandhan Sansthan, Haridwar, Uttarakhand.

⁴Associate Professor, Department of Ayurveda Samhita Evam Siddhant, Patanjali Bhartiya Ayurvigyan Evam Anusandhan Sansthan, Haridwar, Uttarakhand.

Article Received on
03 Sept. 2023,

Revised on 23 Sept. 2023,
Accepted on 13 October 2023

DOI: 10.20959/wjpr202318-29970

*Corresponding Author

Dr. Anuradha

P.G. Scholar 2nd Year,
Department of Ayurveda
Samhita Evam Siddhant,
Patanjali Bhartiya
Ayurvigyan Evam
Anusandhan Sansthan,
Haridwar, Uttarakhand.

ABSTRACT

Kushtha includes group of skin disorders. It can manifest in various forms and severity levels, depending on the severity of the disease. *Kushtha* is further classified as *Mahakushtha* and *Kshudrakushtha*. It is caused by the vitiation of *Vata*, *Pitta* and *Kapha* then these *Doshas* vitiates the *Twak*, *Rakta*, *Mamsa* and *Lasika*. Skin is the largest organ and largest surface of the body intracting with external environment due to which many skin problems may occur. As the skin holds the high cosmetological importance, any disorders of skin shows high impact on the person's personal, social & psychological aspects. Healthy skin reflects the overall good health. As the skin is the outer covering of the body, *Lepa* is considered best for the treatment of *Kushtha*. *Lepa* is the external application in the form of *Kalka* (paste) or topical ointments for skin ailments. *Acharya Charaka* has

mentioned *Argvadhadi Lepa* in *Argvadheeyam Adhyaya* for the treatment of *Kushtha*.

KEYWORDS: *Kushtha*, Skin, *Argvadhadi Lepa*, *Argvadheeyam*.

INTRODUCTION

In *Ayurveda*, the term for skin is "*Twak*" or "*Charma*". *Twak* is classified as one of the five *Gyanendriyas*.^[1] which are sensory organs. It is considered as the largest sense organ in the body. Skin covers the organs of the body and protects the organs from having direct contact with external environment and prevents the infections.^[2] In *Ayurveda* all skin diseases are explained under the heading of *Kushtha*. By the constant use of mutually incompatible eats

and drinks, suppression of generated urge of vomiting or other calls of nature, use of cold water suddenly after being afflicted with heat, fatigue or fear, excessive use of salt, acid article, til and milk.^[3] All these etiological factors causes the vitiation of *Doshas* vitiates the *Dushyas* (*tvak, rakta, mamsa, Lasika*) and causing the symptoms of *Kushtha*.^[4] There are basically two types of *Kushtha*- *Mahakushtha* (7) and *Kshudrakushtha* (11).^[5] The prime symptoms of any skin disorder include itching, loss of sensation, discoloration, burning sensation, swelling, sudden appearance of painful ulcers, changes in the texture of skin, horripilation Any of these symptoms occurring as a result of any of the *Kushtha*, leaves the person in discomfort, disfigurement and disability.^[6] Skin disorders can impact individuals both physically and psychologically leading to the development of depression, self isolation and suicidal tendencies due to the emotional abuse and criticism they endure from those around them. Though several medications are available for the treatment of skin diseases in the form of tablets, syrups etc external applications play a very prominent role not only treating the physical appearance of skin but provides psychological satisfaction for the suffering person.^[7] *Acharya Charaka* explained the *Argvadhadi Lepa* in *Argvadheeyam Adhyayam* for the treatment of skin disorders (*Kushtha*).^[8]

Review of the drug

Argvadhadi Lepa can be prepared as per the reference of *Charaka Samhita*.

Argvadhadi lepa^[9]

पर्णानि पिष्ट्वा चतुरङ्गुलस्य तन्त्रेण पर्णान्यथ काकमाच्याः।

तैलाक्तगात्रस्य नरस्य कुष्ठान्युद्वर्तयेदश्वहनच्छदैश्च ॥ (च० सू० 3/18)

Contents

- Fresh leaves of *Argvadha* (*Cassia fistula*), *Kakmachi* (*Solanum nigrum*), and *Karveer* (*Nerium oleander*).
- *Takra* (buttermilk).

Argvadha (*Cassia fistula*)^[10]

- *Rasa – Madhur*
- *Guna – Guru, Maridu, Snigdha*
- *Virya – Sheeta*
- *Vipaka – Madhur*

- *Karma - Vata-Pitta Shamaka*

Prayojynga – Patra

Properties- *Kushthghna, Shothahar, Vednasthapan, Rakta-Shodhaka, Mariduvirechaka, Dahaprashamana* etc.

Modern review^[11]- The leaves of *Cassia fistula* contains Anthraquinones, Oxalic acid, Tannins, Oxynthra-quinones etc. which are having ant-ioxident and anti-inflammatory action.

Kakmachi (Solanum nigrum)^[12]

- *Rasa – Tikta*
- *Guna – Laghu, Snigdha*
- *Virya – Anushna*
- *Vipaka – Katu*
- *Karma - Tridoshaghna*

Prayojynga – Patra

Properties – *Kushthaghna, Vrana shodhan, Shothahar, Vednasthapan, Rakta-Shodhaka* etc.

Modern review^[13]- *Solanum nigrum* contains Glycosides, alkaloids, tannins, saponin etc. which are having Anti-microbial, Anti-inflammatory, Anti-oxidant and tissue regeneration properties.

Karveer (Nerium indicum)^[14]

- *Rasa – Katu, Tikta*
- *Guna – Laghu, Ruksha, Tikshan*
- *Virya – Ushna*
- *Vipaka – Katu*
- *Karma - Kapha-Vata Shamaka*

Prayojynga – Patra

Properties- *Kushthghn, Vrana shodhan, Vran ropan, Shothahar* etc.

Modern review^[15]- The leaves of *Narium oleander* contains Galacturonic acid, Rhamnose, Arabinose, Galactose etc. which are Anti-oxidant, Anti-microbial and Anti-inflammatory in nature.

Takra (Buttermilk)^[16]

- *Rasa – Madhur, Amla*
- *Guna – Laghu*
- *Virya – Ushna*
- *Vipaka – Katu*
- *Karma - Kapha-Vata Shamaka*

Properties- *Shophahar, Shoolnashaka, Sangrahi* etc.

Modern review^[17]- Buttermilk contains Pyruvic acid, Succinic acid, Lactic acid, Citric acid, Acetic acid etc. which are having Anti-bacterial, Antioxidant and collagen production properties.

Method of preparation^[18]- Take fresh leaves of *Argvadha*, *Kakamachi* and *Karveer* in equal quantity then grinds with *Takra* to make *Lepa* (paste).

How to use^[19]- Massage the patient's body with *Sarshapa tail* (it will increase the absorption of active ingredients of *Lepa*) and apply the *Lepa* (paste) on the affected area of skin.

DISSCUSSION

Skin diseases have a profound impact on a person's health and well-being. It affects mental health, may lead to emotional problems like anxiety, anger and depression etc. In *Ayurveda* *Kushtha* is called *Dushchikitsya* (not easily curable). But by *Shodhan*, *Shamana* and external application cure of the diseases become easier. *Lepa* provides remarkable relief in skin disorders. *Lepa* has soothing property due to its *Sheet guna*, pacifies local *Dosha*, absorbed toxins topically and relieves *Kleda* thus provides many benefits in skin problems. *Acharya Charaka* explained the external application of *Argvadhadi Lepa* for the treatment of *Kushtha*. All *Kushtha Rogas* are *Tridoshaja* and *Argvadhadi Lepa* helps in balancing the *Tridoshas*. The *Sheeta Virya* and *Madhura Rasa* of *Argvadha* helps in managing the vitiated *Pitta Dosha* thereby reduce burning sensation.

Kakmachi, with its *Snigdha Guna*, *Tikta Rasa* and *Tridoshghna* properties helps in managing the vitiated *Vata*, *Pitta* and *Kapha Dosha* which helps in the reduction of symptoms of *Kushtha*.

Additionally, the *Ushna virya* and *Katu-Tikta Rasa* of *Karveer* alleviates vitiated *Vata* and *Kapha Dosha*. *Argvadha*, *Kakmachi*, *Karveer* and *Takra* with their *Vrana ropaka*, *Kushthghn*, *Shoolnashaka*, *Vrana Shodhana* and *Shothahar* properties helps to reduce the symptoms of *Kushtha*.

Argvadhadi Lepa has anti-inflammatory property which helps to reduce redness, swelling, and irritation caused by various skin conditions. Antibacterial property of *Argvadhadi Lepa* helps to prevent or treat infections in various skin conditions like wounds and injuries etc.

Argvadhadi Lepa is having antioxidant property which neutralizes free radicals generated during the inflammatory response. Free radicals can damage cells and delay the healing process. Arbinose in the leaves of *Karveer* help to retain moisture in the skin, which can be beneficial for dry skin. It acts as a gentle exfoliant, helping to remove dead skin cells.

Hence from all the above literature, it can be said that *Argvadhadi Lepa* is used in *Kushtha*. And thus scientifically mechanism of action of *Argvadhadi Lepa* is explained.

CONCLUSION

Therefore, it can be concluded that external application of *Argvadhadi Lepa* is very effective in the management of *Kushtha* (Skin disorders).

REFERENCES

1. Charka Samhita By Dr. Brahmanananda Tripathi, Choukhamba Bharti Akadami, Varanasi, Reprint, Shareersthana, 2016; 1 – 30.
2. K Sembulingam and Prema Sembulingam. *Essentials of Medical Physiology*. New Delhi: Jaypee Brothers Medical Publishers, 2012.
3. Charka Samhita By Dr. Brahmanananda Tripathi, Choukhamba Bharti Akadami, Varanasi, Reprint, Chikitsasthana, 2016; 7: 4 – 8.
4. Charka Samhita By Dr. Brahmanananda Tripathi, Choukhamba Bharti Akadami, Varanasi, Reprint, Chikitsasthana, 2016; 7 – 9.
5. Charka Samhita By Dr. Brahmanananda Tripathi, Choukhamba Bharti Akadami, Varanasi, Reprint, Chikitsasthana, 2016; 7 – 13.

6. Charka Samhita By Dr. Brahmanananda Tripathi, Choukhamba Bharti Akadami, Varanasi, Reprint, Chikitsasthana, 2016; 7 – 12.
7. Dr. K. Harika, Dr. D. Uma Valli, Dr. P. Sai Sudhakar, Dr. K. Srinivas, “A Review Article on Role of Lepa In Kushta Chikitsa.”
8. Charka Samhita By Dr. Brahmanananda Tripathi, Choukhamba Bharti Akadami, Varanasi, Reprint, Sutrasthana, 2016; 3 – 18.
9. Charka Samhita By Dr. Brahmanananda Tripathi, Choukhamba Bharti Akadami, Varanasi, Reprint, Sutrasthana, 2016; 3 – 18.
10. Dravyaguna Vigyan By Acharya Priyavata Sharma, Choukhamba Bharti Akadami, Reprint, 2015; 170.
11. Md. Ashraf Ali, “CASSIA FISTULA LINN: A REVIEW OF PHYTOCHEMICAL AND PHARMACOLOGICAL STUDIES.”
12. Dravyaguna Vigyan By Acharya Priyavata Sharma, Choukhamba Bharti Akadami, Reprint, 2015; 540.
13. Zemali Djaafar, Ouahrani M. Ridha, “Phytochemical Study of Selected Medicinal plant, Solanum Nigrum, the Algerian Desert”.
14. Dravyaguna Vigyan By Acharya Priyavata Sharma, Choukhamba Bharti Akadami, Reprint, 2015; 211.
15. A. Ali Redha, “Phytochemical investigations of Nerium oleander L. Leaves and Flowers”.
16. Sushrut Samhita (Ayurved Tatwa Sandipika) By Dr. Ambiikadatta Sahstri, Choukhamba Sanskrit Sansthan, Varanasi, Reprint, Sutrasthana, 2017; 45 – 84.
17. Negussie Gebreselassie, Roger K. Abrahamsen, Fekadu Beyene, Fetien Abay, Judith A. Narvhus, “Chemical composition of naturally fermented buttermilk”.
18. Charka Samhita By Dr. Brahmanananda Tripathi, Choukhamba Bharti Akadami, Varanasi, Reprint, Sutrasthana, 2016; 3 – 18.
19. Charka Samhita By Dr. Brahmanananda Tripathi, Choukhamba Bharti Akadami, Varanasi, Reprint, Sutrasthana, 2016; 3 – 18.