

## THE CLINICAL IMPORTANCE OF LEPA KALPANA IN DADRU KUSHTA (TINEA CORPORIS): AN AYURVEDIC PERSPECTIVE

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### ABSTRACT

**Background:** *Dadru Kushta* is a prominent dermatological condition classified under *Kshudra Kushta* (minor skin diseases) or *Maha Kushta* (major skin diseases) in various classical Ayurvedic texts due to its highly contagious and recurrent nature. It clinically correlates with **Tinea Corporis** (ringworm), a superficial dermatophyte infection. **Aims and Objectives:** This article explores the classical pathogenesis (*Samprapti*) of Dadru, emphasizing the role of *Bhrajaka Pitta*, and evaluates the clinical importance of *Lepa Kalpana* (topical paste application) as a targeted local therapy. **Discussion:** *Lepa Kalpana* bypasses systemic degradation, delivering active phytoconstituents directly to the stratum corneum. Metabolized by *Bhrajaka Pitta*, it swiftly breaks the disease pathway by relieving *Kandu* (itching), *Raga* (erythema), and clearing *Mandala* (circular lesions). **Conclusion:** *Lepa Kalpana* serves

as a scientifically sound, non-invasive, and highly efficient bio-available drug delivery system that is vital for achieving rapid symptomatic relief and preventing recurrences in Tinea Corporis.

**KEYWORDS:** It clinically correlates with Tinea Corporis (ringworm), a superficial dermatophyte infection.

## 1. INTRODUCTION

In Ayurveda, skin diseases are comprehensively studied under the heading of **Kushta Roga**. Among these, **Dadru Kushta** is frequently encountered in clinical practice. Characterized by *Kandua* (intense itching), *Raga* (erythema), *Pidaka* (papules), and *Mandala* (elevated circular lesions), Dadru mirrors the clinical presentation of **Tinea Corporis** (ringworm) in contemporary medicine.

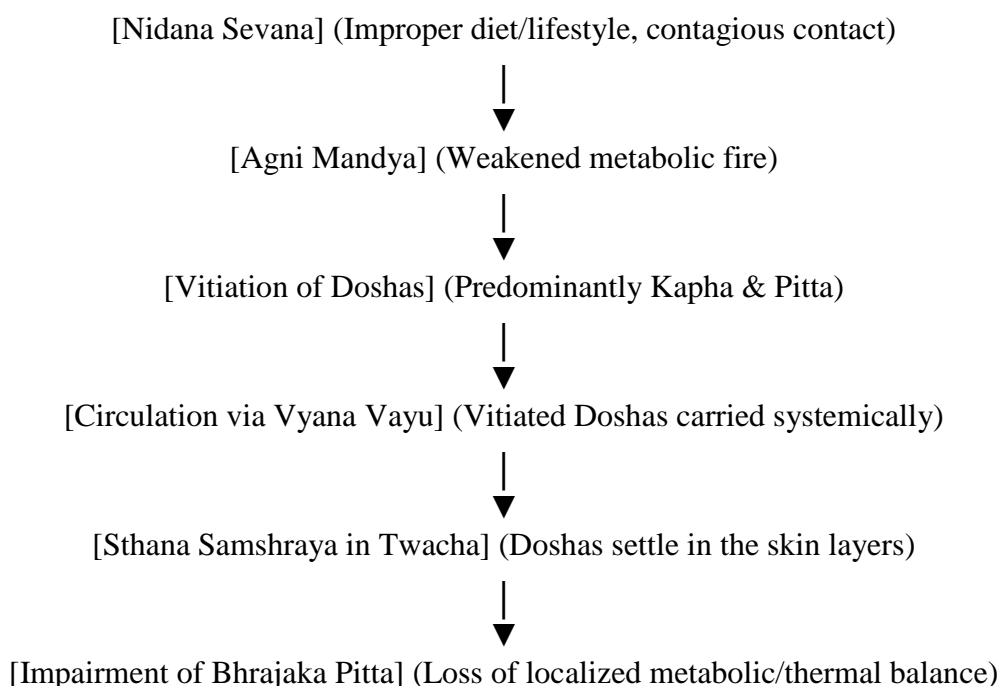
While internal purification (*Shodhana*) and oral pacifying medications (*Shamana*) address systemic toxicity, **Lepa Kalpana** (topical paste application) holds a paramount position in immediate localized management. As a form of *Bahiparimarjana Chikitsa* (external therapy), it targets the direct site of lesion manifestation, offering immediate relief where systemic drugs face barriers of bioavailability.

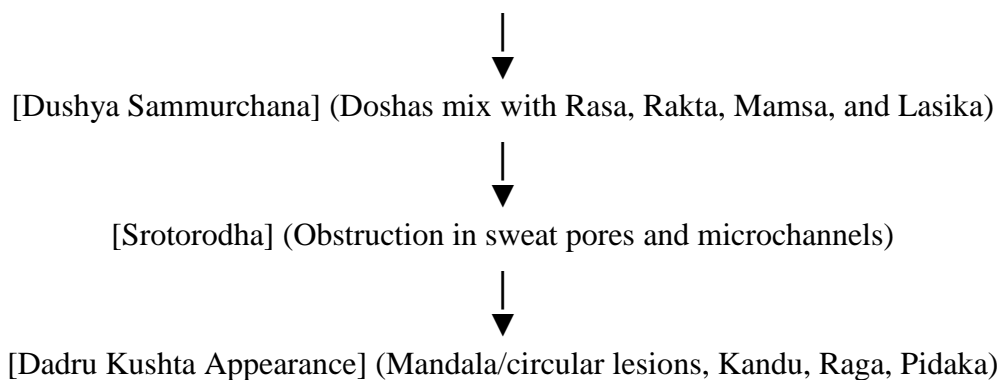
## 2. Pathophysiology (*Samprapti*) of Dadru Kushta

Dadru is a **Kapha-Pitta** dominant condition where *Rasa* (plasma), *Rakta* (blood), *Mamsa* (muscle tissue), and *Lasika* (lymph) serve as the primary *Dushyas* (vitiating elements).

The ingestion of incompatible food combinations (*Viruddha Ahara*), unhygienic practices, or contagious contact leads to the vitiation of internal *Doshas*. These toxins clog the microchannels (*Srotas*), manifesting on the skin surface.

### Flowchart of Pathophysiology





### 3. The Role of Bhrajaka Pitta in Skin Pathology and Therapeutics

**Bhrajaka Pitta** resides specifically within the skin layers (*Twacha*). Its primary physiological responsibilities include regulating body temperature, radiating normal skin complexion, and, crucially, **digesting and metabolizing topical applications**.

When vitiated *Doshas* undergo *Sthana Samshraya* (localization) in the skin, Bhrajaka Pitta's normal functions are disrupted. Instead of maintaining skin health, its corrupted *Tejas* (thermal nature) interacts with *Rakta* and *Lasika*, producing localized inflammation, burning sensations (*Daha*), and redness (*Raga*).

#### The Mechanism of Lepa Action via Bhrajaka Pitta

When a wet herbal *Lepa* is applied to the skin, Bhrajaka Pitta metabolizes the active therapeutic properties (*Veerya*) of the herbs locally. The moisture content of the paste hydrates the stratum corneum, opening up the micro-passages. Bhrajaka Pitta processes these active elements, allowing them to penetrate deep into the skin layers to eliminate the localized Kapha-Pitta blockage and neutralize dermatophytic activity.

### 4. Clinical Importance of Lepa Kalpana

The clinical efficacy of utilizing *Lepa* in Dadru Kushta (*Tinea Corporis*) rests on several therapeutic principles:

- **Direct Action (*Sthanika Chikitsa*):** Bypasses gastrointestinal digestion and hepatic metabolism, delivering high concentrations of antifungal and anti-inflammatory phytoconstituents directly to the infected epidermal cells.
- **Breaking the Pathogenesis (*Samprapti Vighatana*):** Formulations containing herbs like *Chakramarda* and *Nimba* exert *Kandughna* (anti-pruritic) and *Krimighna* (antifungal) actions, stopping the itching-scratching cycle that causes secondary bacterial infections.





## 7. DISCUSSION AND CLINICAL GUIDELINES

To optimize the therapeutic window of *Lepa Kalpana* and minimize adverse reactions, specific clinical rules must be meticulously followed:

- 1. Thickness of Application:** The paste should be applied uniformly at a thickness of approximately one-quarter of an *Angula* (approx. 5–6 mm). This ensures an optimal gradient for the absorption of active constituents without choking epidermal respiration.
- 2. Moisture Maintenance:** A *Lepa* must be removed or washed off just as it begins to dry. Allowing a paste to dry completely on the skin leads to local moisture depletion, which can aggravate *Pitta*, causing increased irritation, cracked skin, and burning.
- 3. Temporal Contraindications:** Application of *Lepa* at night is strictly forbidden classically. At night, body heat is naturally retained internally, and applying a wet paste can block normal sweat pore function, leading to a trapping of heat that worsens Kapha-Pitta skin disorders.

## 8. CONCLUSION

*Lepa Kalpana* represents an indispensable, targeted, and highly effective external therapy for the management of Dadru Kushta (Tinea Corporis). By leveraging the localized metabolic capabilities of *Bhrajaka Pitta*, *Lepa* provides immediate symptomatic relief from intense pruritus and inflammation, while executing a robust antifungal action directly at the lesion site. When correctly combined with internal purification treatments, *Lepa Kalpana* ensures a rapid, safe, and recurrence-free resolution of superficial dermatophyte infections.

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