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PHARMACEUTICAL STUDY OF *SHITTAPITTA SHAMANA LEPA*

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ABSTRACT

Shittapitta is a commonly occurring skin condition characterized by itching, redness and irritation. In *Ayurveda*, *Bahirparimarjana Chikitsa* including *Lepa*, is commonly employed for its quick relief of local symptoms. The present study is aimed to prepare *Shittapitta Shamana Lepa*, a herbo-mineral formulation described in *Rasa Tarangini*, with special reference to *Shittapitta*. *Shittapitta Shamana lepa* contains *Shuddha Swarna Gairika* and *Haridra*. The pharmaceutical procedure adopted in the study are *Shodhana*, *Churna Nirmana* and preparation of *Shittapitta Shamana Lepa*. The prepared formulation evaluated based on its organoleptic characteristics like appearance, colour, odour and texture. The formulation exhibits desirable organoleptic characteristics. This study highlights the importance of pharmaceutical processing in ensuring safety, quality and efficacy of traditional *Ayurvedic* formulations.

KEYWORDS: *Shittapitta, Lepa, Gairika, Haridra, Shodhana, Churna nirmana.*

INTRODUCTION

Shittapitta is a commonly observed condition characterised by itching, redness and irritation of the skin. In *Ayurveda*, management of such conditions involves both internal and external therapeutic approaches. Among those, *Bahirparimarjana Chikitsa* plays an important role in providing quick relief from local symptoms.

Lepa Kalpana - a form of *Bahirparimarjana Chikitsa*, is widely employed for its direct action at the site of pathology. It helps in soothing the affected area and facilitates faster relief from symptoms like itching and irritation. The effectiveness of *Lepa* depends largely on its proper pharmaceutical preparation, which ensure its quality, safety and efficacy.

Shittapitta Shamana Lepa is a herbo-mineral formulation, mentioned in *Rasa Tarangini* for the management of *Shittapitta*. Ingredients of this formulation are *Shuddha Swarna Gairika* (Red Ochre) and *Haridra* (*Curcuma longa* Linn.).[1] Hence, present study conducted to prepare the selected formulation following the classical reference and pharmaceutical SOPs.

AIM AND OBJECTIVES

Aim

- Standardised the pharmaceutical steps involved in the preparation of *Shittapitta Shamana Lepa*.

Objective

- To collect authentic raw materials.
- To prepare the *Lepa* as per standard pharmaceutical procedure.
- To evaluate the formulation based on organoleptic characters.

MATERIAL AND METHODS

Chief Reference: *Rasa Tarangini, Mishralohadi Vijnaniya Taranga, Shloka* No. 124.

Table No. 1: Showing the ingredients of *Shittapitta Shamana Lepa.*

S. No.	Name of the ingredient	Quantity
1	*Shuddha Swarna Gairika*	1 Part
2	*Haridra Churna*	1 Part

The entire preparation of *Shittapitta Shamana Lepa* was carried out in the Department of Rasa Shastra and Bhaishajya Kalpana, S. V. Ayurvedic College, T.T.D; Tirupati, Andhra Pradesh.

Collection of raw materials

- *Swarna Gairika* and dried rhizomes of *Haridra* were collected from local market of Vijayawada and identified based on their classical characteristics.

The entire pharmaceutical study was carried out in three stages; Stage: I

- *Gairika Shodhana*

Stage: II

- *Haridra Churna Nirmana*

Stage: III

- Preparation of *Shittapitta Shamana Lepa Churna*

Material

- *Ashuddha Gairika* – 50 g
- Dried *Haridra* – 50 g
- *Go-ghrita* – Q.S.

Method of Preparation

Stage – I: *Gairika Shodhana* with *Ghrita Bharjana* method[2]

- *Ashuddha Gairika* was taken in a clean *khalva yantra* and pounded to prepare a fine powder.
- Sufficient quantity of *Go-ghrita* was taken in iron vessel and heated.
- Finely powdered *Gairika* was added to the heated *Go-ghrita*.
- The *Bharjana* (frying) process was continued until *Gairika* attained *Ishtika Varna* (brick red colour).

Stage – II: *Haridra Churna Nirmana*[3]

- Dried *Haridra* was taken and examined for any external impurities like worms, insects and dust particles.
- After ensuring purity, *Haridra* was taken into clean *Khalva Yantra* and pounded.
- The obtained powder was sieved through muslin cloth to get *Haridra Churna*.

Stage – III: Preparation of *Shittapitta Shamana Lepa Churna*

- Equal quantity of *Haridra Churna* and *Shuddha Gairika* were taken into a clean *Khalva Yantra* and mixed it thoroughly to ensure homogeneity.
- Organoleptic tests of final product were done.
- The final product was stored in air-tight container.

OBSERVATION

- The brick red colour of *Ashuddha Gairika* was transformed into dark brick red colour after *Shodhana* process.

- A *haridra churna* of bright yellow colour with characteristic aromatic odour was obtained.
- Final product was obtained in brown colour, smooth powder form.

Precautions

- *Ashuddha Gairika* should be finely powdered.
- *Bharjana* process should be done over mild fire.
- Care was taken to avoid any spillage during pounding, sieving and mixing process.

Method of preparation of *Shittapitta Shamana Lepa* at the time of its application

One or two spoons of *Lepa Churna* was taken and mixed with adequate quantity of water to obtain a semisolid consistency then applied immediately over the affected area of the body.

Images showing Pharmaceutical Procedure

Fig. 1: **Raw *Gairika***

Fig. 2: **Powdered *Ashuddha Gairika***

Fig. 3: **Heating *Go-ghrita***

Fig. 4: ***Ghrita Bharjana* of *Gairika***

Fig. 5: ***Shuddha Gairika***

Fig. 6: ***Haridra***

Fig. 7: ***Haridra Churna***

Fig. 8: **Taking both ingredients into *Khalva Yantra***

Fig. 9: ***Shittapitta Shamana Lepa Churna***

RESULT

Table No. 2: Showing the result of various procedures adopted in preparation of Shittapitta Shamana Lepa.

S. No.	Name of the practical	Initial Weight (g)	Final Weight (g)	Gain/Loss in Weight (g)
1	*Gairika Shodhana*	50 g	56 g	6 g - gain
2	*Haridra Churna Nirmana*	50 g	40 g	10 g - loss
3	Preparation of *Shittapitta Shamana lepa*	80 g	80 g	-

Table No. 3: Showing the result of Organoleptic tests of *Shittapitta Shamana Lepa.*

Organoleptic Characteristic	Result
Colour	Brown
Odour	Characteristic
Texture	Smooth powder
Appearance	Uniform particles

DISCUSSION

The pharmaceutical process adopted in this study are *Shodhana, Churna Nirmana* and preparation of *Shittapitta Shamana Lepa*.

- *Gairika* was subjected to *Shodhana*
- *Haridra* was subjected to *Churna Nirmana*

Shodhana

Raw materials such as metals and minerals are obtained from earth crust therefore, it is having unwanted impurities, which is harmful for therapeutic application. Hence, *Shodhana* process is essential prior to therapeutic application. *Shodhana* is a purification process aimed at removing unwanted impurities and enhancing therapeutic efficacy of the raw material. It plays a crucial role in ensuring safety and quality of *Ayurvedic* formulations.[4]

Gairika Shodhana

Gairika Shodhana is an important pharmaceutical process carried out to remove impurities, reduce hardness and enhance therapeutic efficacy. In present study, *Gairika Shodhana* done with *Go-ghrita Bharjana* method mentioned in *Ayurveda Prakasha*.

- In the process of *Gairika shodhana,* harmful ferrous ions (Fe^{+2}) are transformed into more stable ferric ions (Fe^{+3}), which is enhancing safety and therapeutic suitability of the formulation.[5]
- This chemical transformation of Fe ions leads to the colour change into dark brick red.

Additionally, the interaction with *Go-ghrita* during process may further enhance the intensity of the colour.

- After *Shodhana*, the weight of *Gairika* is increased due to impregnation of the organic contents of *Go-ghrita* into the *Gairika* during *Bharjana* process.
- Apart from purification, *Ghrita Bharjana* imparts inherent properties such as *Snigdha, Shita* and *Pitta Shamana* to *Gairika*, which enhance the therapeutic efficacy of the formulation.

Table No. 4: Showing the organoleptic characteristic of *Gairika.*

Organoleptic Characteristics	Before *Shodhana*	After *Shodhana*
Colour	Brick red	Dark brick red
Odour	Earthy	Earthy
Texture	Rough, stony	Very Smooth
Taste	*Kashaya*	*Kashaya, Madhura*

Haridra Churna Nirmana

- In the present study, dried rhizomes of *Haridra* were subjected to *churna nirmana* as per classical guidelines mentioned in *Sharangdhara Samhita*.
- There was a loss in weight of 10 g observed due to spillage during pounding and sieving process.
- *Churna Nirmana* leads to particle size reduction which increases the bio-availability of the formulation.
- Sieving process during *churna nirmana* ensuring the uniformity of each particle.
- Fine particles enhance the surface area which is essential for external application as they allow smooth application, uniform spreading and better adherence of the *Lepa* to the skin, ensuring effective topical application.

Preparation of *Shittapitta Shamana Lepa*

- The uniform mixing of *Gairika* and *Haridra* resulted in homogenous blend, which is important for maintaining consistency in every dose.
- The observed organoleptic characters such as colour, odour and texture indicate proper incorporation of the ingredients and acceptable quality of the formulation.
- The smooth texture of the prepared *Lepa* helps in easy application over affected area, which is a key requirement for *Bahirparimarjana Chikitsa*.
- Base for the *Shittapitta Shamana Lepa* is not mentioned in *Rasa Tarangini*. Therefore, water (Jala) is used by following *Anukta Paribhasha*.[6]

- Water is used as a vehicle in *Lepa* preparation to form a smooth semisolid paste, which is ensuring uniform application and effective release of active constituents at the site of action.

Table No. 5: Showing ingredients & properties of *Shittapitta Shamana Lepa.*

S. No.	Name of Ingredient	Properties
1	*Shuddha Swarna Gairika* [7]	*Pittahara, Raktapitta prashamana, Udardahara, Atikanduhara, Vranaropaka, Vishapaham*
2	*Haridra* [8]	*Kapha-pitta hara, Kandughna, Krimighna, Varnya, Vranahara, Shothahara*

All the ingredients of *Shittapitta Shamana Lepa* act as *Kapha-Pittahara*, *Kanduhara*, *Vranaropaka*, *Vishahara* and *Shothahara*. Hence, it is indicated in the management of *Shittapitta.*

CONCLUSION

Shittapitta Shamana Lepa was successfully prepared using standard pharmaceutical procedures mentioned in classical texts. The formulation exhibited satisfactory organoleptic properties indicating good quality and uniformity. The study emphasizes the importance of proper pharmaceutical processing in the preparation of safe and efficacious *Ayurvedic* formulations.

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