

A REVIEW ARTICLE ON LEPA KALPANA

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ABSTRACT

The science of *Ayurveda* makes use of the natural resources to achieve its fundamental goals, *Swasthya Rakshanam* and *Vyadhi Prashamanam*. Metals and minerals have been used frequently in Indian medicine for a very long time without having any negative effects. *Lepa*, an external application of a herbal medication, is used in *Bhaishjya Kalpana*. *Lepa* is a method of making paste from wet pharmaceuticals; if the medications are dry, they are first ground into paste by adding a small amount of water. The topical medications known as *lepa* preparations are designed to be applied externally to the skin or mucous membrane. *Lepa Kalpana* is one of several *Bahya*

Kalpana that holds proper significance in the *Ayurvedic* medical system. *Lepa Kalpana* are used in different conditions like inflammation, wound healing, wound cleaning and many more conditions.

KEYWORDS: *Lepa Kalpana*, *Kalka*, *Bhaishajya Kalpana*.

INTRODUCTION

Ayurveda is a science with many branches that address various facets of human existence. Out of *paad chatustaya* described by *acharya charak*^[1] drug manufacture is one of its key facets, and it is further divided into two branches, *Rasa Shastra* and *Bhaishajya Kalpana*. *Bhaishajya* means "medicine" and *Kalpana* means "forms," therefore it is possible to say that medicines are prepared utilising natural substances. *Lepa* is a method of making paste from wet pharmaceuticals; if the medications are dry, they are first ground into paste by adding a small amount of water or any other liquid media. *Lepa Kalpana* is the name of the paste that

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is applied externally. *Lepa Kalpana* is mostly discussed in the *Charak*, *Sharangdhar*, *Sushrut*, and *Vagbhata Samhitas* of *Ayurveda*. *Lepa Kalpana* is applied externally depending on the condition of the patient's illness. Different illness issues are treated effectively with *Lepa Kalpana*.

To completely understand the ideas of *Lepakalpana*, one must rely on the Scattered references in different *samhitas*. In "*Aragwadhiya Adhaya*," Acharya *Charaka* described many formulations for external use; nevertheless, neither he nor the commentator *Chakrapani* touched various pharmaceutical aspects of *Lepakalpana*.

MATERIAL AND METHOD

In *lepa Kalpana* different herbal drugs are taken in powder form and treated with a liquid media to form a paste or wet pharmaceuticals are used to make paste to apply externally on skin or mucosa. Materials are specific in different diseases and conditions.

TYPES OF LEPA

According to Acharya *Sushruta* there are 3 types of Lepa as;^[2]

a) *Pralepa*

This type of *Lepa* is of soothing property (*Sheet Guna*), It is applied in very thin layer, and is useful in *Pitta* dominant *vikar*.

b) *Pradeha*

This type of *Lepa* is cold or hot in nature, thick or thin and useful in *Vata* and *Shleshmadoshaj Vikar*.

c) *Alepa*

The action, thickness etc. of this Lepa is fall between above two *lepa*.

According to Acharya *Sharangdhar* there are 3 types of *Lepa* as;^[3]

a) *Doshaghna Lepa*

This variety of *Lepa* includes such drugs which exerts their alleviatory action directly on the *Doshas*.

b) *Vishaghna Lepa*

This kind of *Lepa* includes the drugs which nullifies the poisons directly at local level after application.

c) *Varnya Lepa*

This is cosmetic application over the face, which improves colour & complexion.

THICKNESS OF *LEPA*

Acharya *sushruta* indicated that *lepa* should be almost as thick as wet skin of buffalo.

According to *acharya charak* thickness of *lepa* should be half of the width of thumb.

One fourth, one third & half *Angul Praman* is the thickness of the *Lepa* respectively for *Doshaghna*, *Vishaghna* & *Varnya Lepa* by other *acharyas*.

TIME FOR *LEPA* APPLICATION^[4]

Lepa should not be applied at night.

Freshly made *lepa* should be applied.

Lepa should not be allowed to stay on after it dries up, whereas *Pradeha* can be allowed to stay on even after drying, in order to cause constriction or pressure over the part of the body.

Another layer of *lepa* over previously applied *lepa* should be avoided.

METHODOLOGY FOR *LEPA* APPLICATION

Lepa should be applied in opposite direction of hairs over the skin to make the action of *lepa* quicker and effective.

IMPORTANCE OF *LEPA*

Lepa is applied topically on skin and mucous membrane. Different disease conditions can be treated by *lepa* i.e.-joint pain, skin diseases, psoriasis, urticaria, wound, acne, inflammation, nonhealing ulcers etc. Specific ingredients are used in different diseases according to predominance of *dosha* and involvement of *dhatu*.

DISCUSSION

Lepa is topically used paste like medicament which is indicated for external use. Formed by either dry herbal powder mixed with a liquid media or fresh herbs grinded till they become paste like in consistency. The ingredients of *lepa* depends upon the disease and predominance of *doshas*. For better results *lepa* should be applied under the rules and regulations as indicated in *Samhitas*.

CONCLUSION

Lepa is an effective tool in *ayurveda* medicament system for external application on skin and mucosa. *Lepa* is made out from dry or wet herbs which are grinded till they become fine. Consistency of *lepa* is semi solid or paste like. Different disease conditions can be treated by *lepa* i.e.-joint pain, skin diseases, psoriasis, urticaria, wound, acne, inflammation, nonhealing ulcers etc. The ingredients used in *lepa* are specific for different diseases and conditions. The description of *lepa Kalpana* is erratically available in *Ayurved samhitas*. In *samhitas* various varieties of *lepa* are described which can be used according to the predominance of *dosha* and involvement of *dhatu*. hence, *lepa* is an important formulation of medicines for external use.

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