

**Lepa Kalpana In Skin Disorders: A Critical Review Wsr To Sharangdhar**

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**Abstract**

Skin is the biggest organ of the body with its incredible restorative worth. It has an adequate of significance as it is one of the five Jananendriyas (receptor); it is promptly presented to outer climate. Skin health management is vital perspective for magnificence which in a roundabout way influences claims character. Sharangdhar Samhita is a true text for this subject and was written in fourteenth 100 years by Shri Acharya Sharangdhar. It contains clear meaning of pharmacological terms and furthermore strategy for readiness of a wide range of recepies. Skin ( Twacha ) is the biggest organ of the body and has an extraordinary restorative worth. It is one of the five Jnanendriyas (receptors) i.e., Sparsha jnyaan (contact sensation) gets from it. So it has more than adequate of significance in physical and mental prosperity of a person. It is generally helpless against illness as it opens to outer climate. The natural glue which is applied on face to treat skin break out, pimples, scars, checks and shades are known as Mukha Lepaa (face pack) in Ayurveda. Mukhalepa is a straightforward and compelling skin health management treatment in Ayurveda, which is finished utilizing assortment of home grown glues. The home grown face pack chiefly comprises of various reviving spices that assistance in sustenance of the skin and furthermore help in skin purging and make it delicate and understood. Mukhalepas likewise assists with expanding the flexibility of the skin and subsequently forestalls the maturing of the skin, maintains a strategic distance from wrinkles on the face, and gives a decent complexion. Lepa kalpana is a Bahirparimarjana kind of Aushadha kalpana. The meaning of Sharangdhar samhita is that it has shown the utilization of natural medications alongside Rasa dravyas. for ex. In Vyangahar lepa, the utilization of Swarnamakshik bhasma is demonstrated. In Romotpadak

lepa, Hastidant mashti is utilized. In Swarjikadi hemashri lepa - Sajikshar, Yavakshar, Tilakshar is utilized. This means the uniqueness of Sharangdhara samhita.

**Keywords:- Bhaishajya Kalpana, Lepa Kalpana, Sharangdhara Samhita, Skin illness, Vrana.**

### **Introduction**

The part of Ayurveda wherein medications and definitions are managed is called as "Bhaishajya kalpana". The term Bhaishajya Kalpana comprises of two words.1] Bhaishajya 2] Kalpana the substance through which we can beat the feeling of dread toward the illness is called Bhaishajya. The Ayurvedic drug arrangements were developed step by step from a straightforward structure to additional intricate structures in light of plants and plant-mineral blend. During early period, especially in Charakacharya's time, the drug arrangements were principally in five basic structures, which were aggregately named as Panchavidha Kashaya Kalpanas. There are a few classes of Kashaushadhi definition like Churna, Tailam, Asava Arishta, lepa malahar and so forth. Bhaishajya Kalpana embraces inside its crease the medications of plant, creature and mineral beginning both single medication and compound detailing. As, it is referenced in Ayurveda, the treatment is of two sorts 1. Antahparimarjana 2. Bahirparimarjana. Bahirparimarjana implies the medication planned for outside application. Skin is a powerful organ with many capabilities, and in particular keeping up with the haemodynamics of the body. It is the biggest organ of the body gives a protecting hindrance against destructive synthetics, microorganisms and bright radiations. The majority of the skin sicknesses can be intellectually anguishing and adversely affect personal satisfaction. Ayurveda is the conventional arrangement of medication that gives accentuation to both solid and ailing person. As it is referenced in Ayurveda, there are two sorts of Chikitsa; Antahparimarjana and Bahirparimarjana[1]. Bahirparimarjana chikitsa implies the outside use of cured oils, natural glues and so on. Various types of outside application like Lepa, Malahra and Upnaha are referenced in Ayurveda texts for accommodation of treatment. During early period, especially during Charakacharyas time, drug arrangements were principally in five straightforward structures altogether called as Panchvidhakashaya kalpana and a few Upkalpanas are likewise depicted. Lepakalpana i.e., outer use of home grown glues, powder and so forth is the Upakalpana of Kalka Kalpana (fine glue) which is one of the Kalpanas made sense of under Panchavidhakashaya Kalpana, and that implies making bolus of new and dry spices by adding some water. Bruhatrayi, Laghutrayi are

the two significant gatherings of Ayurveda old texts. Charaka Samhita, Shushruta Samhita and Asthanga Samgraha are the three significant texts assembled in Bruhatrayi while Sharangdharsamhita, Bhavprakash and Madhav Nidan are named under Laghutrayi. Sharangdhara Samhita is one of the old texts from Laghutrayee composed by Acharya Sharangdhara in fourteenth hundred years. It is separated into three sections, which are called Khanda.

Lepa implies the medicament which is utilized for outside application is known as Lepa. Lepa Kalpana is very much like Kalka Kalpana which is ready by new or dry medications by adding required measure of water into it which can be utilized for interior as well with respect to outer use yet Lepa Kalpana is utilized for outside application reason only.[1] As per Acharya Charaka a wide range of skin problem are considered under Kushtha Roga which was later on partitioned into Kshudra Kushtha and Mahakushtha.[2] Acharya Sharangdhara had referenced some fascinating Lepas like Kitaghna Lepa, Suryavartahara, Ardhavabhedakahara, Kurandhara, Yoni Sankochaka, Yonidravaka, Lingavridhikara, Stanavridhikara, and Vashikarana Lepas.[3] In Sharangdhara Samhita there are essentially all out 91 Lepas in the different section are referenced which was named either as per Vyadhis or as per their fixings which are available in that preparation.[4] Thus, as per present day Time there were a significant number of compound detailing which is utilized for beautification reason however it has a significant number of secondary effect and which was not really great for wellbeing. Our primary saying of Ayurveda is to keep the soundness of solid individual and to fix a sick condition holding this point viable with this survey study. Excellence, the quality that gives delight to the faculties, is maybe the craving of each and every person on the planet. Some are conceived lovely and some are made delightful. It is the regular longing of humankind to have a solid and spectacular skin with alluring character. Yet, not many are honored with normally wonderful skin. Individuals generally have extraordinary worry about their wellbeing and excellence. Excellence isn't simply a visual encounter; trademark gives a perceptual encounter to the eye, the ear, the keenness, the stylish workforce, or the ethical sense. The quality gives joy importance or fulfillment to the faculties.

### **Materials And Methods:**

- Idea of Lepa kalpana from Ayurvedic texts.
- Lepa utilized in skin issues are gathered from Sharangdhara Samhita.
- Method of activity of lepa (outer application) in skin problems.

Significant writing of Lepa Kalpana is completed from Sharangdhara Samhita. As lepa kalpana from Sharangdhar Samhita is characterized into three classifications under Mukhalepa heading as Doshaghna, Vishaghna and Varnyalepa[2] The terminology of Lepas rely upon either the great fixing or the complete substance in the lepa or sickness it fixes. Sharangdhar likewise referenced different elements of plants, creatures, mineral, marine beginning, for example, Dhattura, Shankha, Hingula and Parada and so on.

Sorts of lepa kalpana as per different acharyas Acharya Charak in Chikitsa Sthana characterize about different kinds of Lepa in Khushta Roga Rajyakshma, Shotha, Arsha, Visarpa, Madatyay, Vrana, Khalitya, Palitya, Vatarakta, Yonivyapad, and Stanya Vikara[6] Acharya Sushrut in Sushrut Samhita examine about Anulepa which is an Equivalents of Lepa and sorts of Lepa for example Pralepa it have of Shita guna which is extremely meager and further it is separated into two section Avishoshi Lepa which is taken out before evaporate and Vishoshi lepa which is eliminated after evaporate. Then, at that point, second one is Pradeha it is both of Ushna Guna or Shita Guna Ushna pradeha is for Vatakaphaj Vikara and Shita Pradeha is for Pittaraktaja Vikara. What's more, third one is Alepa which comprise of the two highlights of Pralepa and Pradeha it is applied neither too flimsy nor too thick[7] Acharya Sharagdhara had ordered the Lepa into three classifications as Doshaghna, Vishaghna, and Varnya Lepa.[8] In Bhavprakash Samhita Lepa are essentially utilized in diseases.[9]

1. The arrangement of Lepa is like Kalka Kalpana.
2. For that new or dry spice are taken and grounded it to glue structure.
3. Then modest quantity of fluid like water, milk can be added and grounded to glue structure.
4. Lepa ought to be tenderly focused on a vertical or converse track of the hairs over the skin.
5. Because of this the medication goes into the Romakupas and further gets drenched through Swedavahi Srotas and Siramukh.
6. Which prompts speedier retention of medicament and favored impacts.

### **Arrangement of Lepa**

- 1) All fixings were taken and afterward washed.
- 2) All fixings beat in khalva yantra upto yavakut structure.
- 3) Yavakut was then changed over into fine powder.
- 4) Mix the powder with fluid media and made into smooth Glue and afterward apply.

Kinds of Lepa[2] As indicated by Sharangdhar Samhita

- 1) **Doshaghna Lepa-** This Assortment of Lepa incorporates such medications which applies their alleviatory activity straightforwardly on the doshas, eg. Pathayadi Lepa.
- 2) **Vishaghna Lepa-** This Sort of Lepa incorporates the medications which invalidates the toxic substances straightforwardly at neighborhood application. The medications utilized in this Lepa are strong than those in Doshaghna Lepa eg. Dashang Lepa.
- 3) **Varnya Lepa-** This is corrective application over the face, which further develops variety. Chandan, Manjistha, Ushir Shalmali, Sariva, Masoor is a portion of the medications which are credited with this Varnya property. The majority of the Varnya drugs are Madhura Rasatmaka and Shita, Master, Snighdha Mrudu gunatmaka and Shita viryatmaka.

### **Bases Utilized In Lepa Kalpana**

The choice of an ideal base for the planning of Lepa is very fundamental as it gives a reasonable and more straightforward admittance to the dynamic standards of the medications up to the most profound layer of skin. Ghee, oil, gomutra, sriktha tail milk, spread milk, margarine, lemon juice, and similarly substance can be utilized as bases in Lepa Kalpana. However the proficiency of the above said bases are certain, their worthiness is exceptionally less due to other inconveniences like oily nature and an impossible to miss smelly scent they render to skin. Such bases are emollient yet for the most part require expansion of Cancer prevention agents and other excipients. These oleaginous bases ought to be utilized in those lepas which are supposed to have Snehana, Nirvapana, Prasadana, Ropana, and Savarnikarana properties.

### **Methodology of Lepa Application[5]**

The Ayurvedic treatment proposes that Lepa i.e the skin details ought to be delicately focused on a vertical or opposite heading of the hair over the skin to make the activity of use all the more speedy and viable. Along these lines, application goes into Romkupa and further gets ingested through Swedawahi strotas and Siramukh prompting faster assimilation of medicament and wanted impacts. This strategy for scouring builds the skin temperature which may be hurrying the pilosebaceous take-up and skin penetration of the medication in skin definition.

### **Idea For Lepa Kalpana**

- 1) The Lepa material ought to be incredibly fine.
- 2) Only new, green medications ought to be utilized to get the upside of unstable oil items in the materials.

3) In the event that a Lepa is ready with a base of terrible scent, a few non-bothering, mitigating sweet-smelling materials of home grown beginning ought to be added to neutralize the terrible scent.

4) Lepa ought to be kept applied essentially for two hours with skin impediments in order to deliver adequate skin hydration which helps in skin pervasion of the medication.

5) Lepa ought to be applied in tepid condition as the intensity works with the skin saturation of the medication, since this transient expansion in temperature of skin won't stay as it is everlastingly, this is only a stunt to permit admittance to the medication into the skin.

### **Discussion**

Sharangdhara Samhita named Lepadi Vidhi Adhyaya in the eleventh part of UttarKhanda makes sense of absolute 94 Lepa definitions, of which, 26 Lepa details are referenced in skin issues. In these definitions, various sorts of materials are utilized as a fluid medium or base. In a large portion of the lepa definitions Goghrita, Gomutra or godugdha are utilized. Sharangdhar have referenced a different adhaaya (part) for lepakalpana. Seeing this we can gauge the significance of lepa in treatment. Lepa is utilized for outer application in different illnesses. Lepa is a powdered type of different medications either new or dry. New spices are gathered and grind together and blended in with certain media/base and applied over the ideal site. Dry spices are squashed together and crushed into fine particles and blended in with some fluid medium and applied over the face. Acharya have referenced different fluid modes for various Lepas. According to remedial view. Various media like cow pee, goat pee have different significance, there might have a few extraordinary helpful possible in various media and could play steady part in retention of medications. Sharangdhar have referenced complete 94lepas in lepa adhyaay (part) in Madhyamkhand. Terminology of Lepas relies on the superb fixing in the lepa (Langlyadilepa) or all out satisfied of the Lepa (Dashnagalepa) or illnesses it fixes (Shwitrahalepa) or property (Varnya). Sharangdhara have referenced natural, mineral, marine, creature, herbo-mineral mixtures as fixings in Lepa. Different Lepas like Bakuchi, Haridra, Daruharidra and so on are referenced in skin illnesses which additionally goes about as antibacterial. Dhatura, Manashila, Shankh, Hingula, Lavana, Parad are utilized for Lepa. Acharya have referenced herbo mineral mixtures in different skin problems. Lodhra, Manjistha, Daruharidra, Saindhav, Arjuna are the ordinarily involved drugs in the lepa. Sharangdhar have likewise referenced straightforward Lepa that is of two fixings in particular (Durva, Haridra) in

Visarpa. Different medications like Haridra, Daruharidra, Chakramarda, Karanja which have antifungal and hostile to bacterial properties which have been demonstrated by research. It demonstrates the expansive range of acharya to set up the details utilized in skin problems. Different mineral mixtures like Harital, Suvarnamshik is utilized for application yet genuine impact of such review is an extension for research. Different lepa are referenced as a healthy skin like VarnyaLepa it additionally shows the expansive range of Acharaya towards magnificence and skin health management.

### **Conclusion**

Lepa kalpana is Bahirparimarjan kind of Aushadha kalpana the reference for the Lepa kalpana is accessible in numerous old style texts. The principal reference for the outside application has been referenced in Charaka samhita "Aragwadhiya Adhyaya". Skin problems are the most widely recognized developing sicknesses in the present period. With interior medicine, an outside treatment is likewise significant in skin jumble the board. As skin is the furthest layer of the body which is presented to the climate effectively thus inclined to harm quicker. Everyone attempt to keep their skin new and sound so different lepa can be utilized to further develop the skin excellence. Lepas are useful in forestalling and healing reasons for any skin issue. There is a gigantic extent of exploration as a medication disclosure and improvement with regards to lepa plans. Referenced by SharangdharSamhita. Anyway new measurements structure as a cream or balm can be a further extension for study and logical data set can be made with assistance of clinical review for foundation of viability of lepa.

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