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Lepa Kalpana - A Review

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ABSTRACT

Ayurveda the science of life is the most ancient medical knowledge in the world. Metals and minerals are in frequent use in Indian system of medicine since long back without any untowards effect. In *Bhaishajya Kalpana* application of herbal drug externally known as *Lepa*. *Lepa* preparation are the topical medicaments meant for external application to the skin or mucosal membrane. The topical preparation include *Lepa*, *Upanaha*, *Malhara* etc. out of many *Bahya Kalpana*, *Lepa Kalpana* has due importance in Ayurvedic system of medicine. *Lepa Kalpana* are used in different conditions like inflammation, wound healing, wound cleaning and many more uses.

Key words: *Lepa Kalpana*, *Bhaishajya Kalpana*.

INTRODUCTION

Lepa Kalpana is the herbal preparation used for external use. In Ayurveda *Lepa Kalpana* is mainly described in *Sharangdhar Samhita*, *Sushrut Samhita* and *Vagbhat Samhita*. The main basic concept of *Lepa* is that, wet drugs are pounded to fine paste form and the dry drugs are pounded to fine powder form and mixed with any of the liquid media like *Swarasa*, *Kwatha*, *Ghrita*, *Taila*, *Godugdha*, *Gomutra*, *Jala* etc. according to demands of particular disease condition or need. This paste is used for application as *Lepa*. This *Lepa Kalpana* is used for externally according to different disease condition. *Lepa Kalpana* plays an important role in treating different disease conditions.

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MATERIALS AND METHODS

In *Lepa Kalpana* different herbal drug in the form of powder is taken and is triturated with different media to form paste and applied externally as *Lepa*. Materials are different for different disease condition.

Types of Lepa

According to *Acharya Sushruta* three types of *Lepa*,^[1]

1. *Pralepa*
2. *Pradeha*
3. *Alepa*.

According to *Acharya Sharangdhar* three types of *Lepa*.^[2]

1. *Doshgna*
2. *Vishgna*
3. *Varnya*

According to *Acharya Vagbhat* ten types of *Lepa*.^[3]

1. *Snaihika*
2. *Nirvapana*
3. *Prasadana*
4. *Stambhana*
5. *Vilayana*

6. Pachana
7. Pidana
8. Shodhana
9. Shoshana
10. Savarnikaran

- **Pralepa Lepa:** It is cold and thin in nature. This Lepa is prepared from *Sheeta Virya Dravyas*.
- **Pradeha Lepa:** It is cold or hot in nature. It is used in mainly *Vata Kaphaja* disease conditions.
- **Alepa Lepa:** This Lepa fall in between above two Lepa. It is neither applied too thin or too thick.

Thickness of Lepa

Acharya Sushruta has compared thickness of Lepa to skin of Buffaloes. Also Acharya Sharangdhar opinion is same about thickness of Lepa. Other commentator opinion is different. They say for *Doshghna Lepa* - 1/4 Angula, *Vishaghna Lepa* - 1/3 Angula and in *Varnya Lepa* - 1/2 Angula thickness is to be applied.

Quantity of Sneha in Lepa

In Lepa preparation certain amount of Sneha i.e. Ghrita, Taila is to be mixed in proper quantity is necessary. So Acharya Sushruta said about their proportion. In *Vata Vyadhi* - 1/4 part, in *Pittaja Vyadhi* - 1/3 part and in *Kaphaja Vyadhi* - 1/2 part of Sneha is to be added in Lepa preparation.

Uses of Lepa

Lepa are used in different disease condition and predominance of Dosha. Lepa are used for wound healing, wound cleaning, fairness of skin and many more uses.

Conditions for Lepa preparation and Application

- Ingredients are taken in fine powder form.
- Lepa are applied against hair follicle direction to facilitate quicker and good absorption.

- Lepa are to be removed instantly after drying.
- Lepa should not be applied during night.
- Overlapping of Lepa is avoided strictly.

DISCUSSION

Lepa are the topical medicament meant for external application. Herbal drugs are taken as said by text and triturated with media and applied on skin is the basic concept of Lepa. Different references of Lepa is said in text as per their disease condition and their Dosha predominance. For better result in disease condition thickness, quantity of Sneha and certain condition for Lepa preparation and application is to be followed strictly.

CONCLUSION

Lepa are the key medicine for external application on skin. Lepa are used in different disease condition like wound cleaning, wound healing, fairness of skin, inflammation, acne and many more disease condition. In this way we can say that Lepa plays an important role in Ayurved system of medicine.

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