



## REVIEW ON LEPA KALPANA

<sup>1</sup>\*Dr. Tushar Vilasrao Gawande and <sup>2</sup>Dr. Swati Ramkrushna Dhamnikar<sup>1</sup>Associate Professor, Rasa Shastra & Bhaishajya Kalpana Department Shri Gurudeo Ayurved College & Hospital Mozari Amaravati.<sup>2</sup>Associate Professor, Rognidan & Vikruti Vidhyan P.R Pote College of Medical Science Ayurved Amravati.

\*Corresponding Author: Dr. Tushar Vilasrao Gawande

Associate Professor, Rasa Shastra &amp; Bhaishajya Kalpana Department Shri Gurudeo Ayurved College &amp; Hospital Mozari Amaravati.

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## INTRODUCTION

In Bhaishajya Kalpana application of herbal drug externally known as Lepa. Lepa preparation are the topical medicament 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. Ayurveda has the science of Drug Manufacturing which is divided into two branches as Rasashastra and Bhaishajyakalpana. Bhaishajya – Medicine and Kalpana – Forms, thus it can be said that preparation of medicines by using herbal drugs. Bhaishajyakalpana includes Panchavidha Kashaya Kalpana as Swarasa, Kalka, Shruta, Shita, and Fanta. It also includes preparation of Churna, Gutti, Vati, Siddha Taila/ Ghrita, Asava, Arishta, Lepa, Arka etc. In Lepa wet medicinal drugs are made in paste form, if the drugs are in dry state then they are converted into paste form by adding little quantity of water and grinding. This paste is used as an external application and called as Lepa Kalpana. From Pharmaceutical point of view Lepa Kalpana is a form of Kalka Kalpana. Kalka and Lepa are same only the purpose for which it is used, decides its nomenclature. Ayurveda has different forms of external applications They are mentioned with term like Lepa, Upanaha, Udavarartana, Abhyanga etc. Out of all these formulations, Lepa Kalpana has been selected here for the present study.

Acharya Charaka has described formulations for external application in 'Aragwadhiya Adhaya' but neither he himself nor commentator Chakrapani touched the various pharmaceutical aspects of Lepakalpana.

## Types of Lepa

According to Acharya Sushruta there are 3 types of Lepa as;

## 1. Pralepa

This type of Lepa will possess soothing property (Sheet Guna), It should be applied in very thin layer, indicated in Pitta dominant Twakrogas.

## Pradeha

his type of Lepa could be applied, with the material which is lukewarm or cold, thick or thin and useful in Vata and Shleshmadoshaj Vikar.

## 3. Alepa

The action, thickness etc. of this Lepa is moderate compare to Pralepa and Pradeha.

## Pramana (Thickness) of Mukhalepa

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

## Time for Lepa application

Lepa should not be applied at nights nor should it 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.

## Methodology for Lepa application

Lepa should be gently rubbed in an upward to opposite direction of hairs over the skin to make the action of application more quick & effective.

## Pashchat karma of Mukhalepa

Lepa should be removed before it dry. After that Mridu Abhyanga should be done for better its efficacy.

## Shelf-Life period of lepa

If *Lepa*, contains vegetable drugs, it should be used within 24 h, otherwise the drugs get decomposed, and the application may harm the skin. If a *Lepa* is made up of mineral and metallic drugs, then it does not have any expiry period. Hence, it depends totally upon the base with which the drugs are mixed to form a *Lepa*. Because, except *Siktha*, *Ghrita*, and *Taila*, all other Ayurvedic bases have the propensity to go rancid within 24 h. Rule 161B of Drugs and Cosmetics Rule, 1945 said that self-

life period of *Lepa Churna* is 1 year, *Lepa Malahar* is 2 years and *Lepa guti* is 3 years.

### ***Lepa* kalpana in present era**

*Lepa* in its textual form is not convenient in present era. Common problems with Ayurvedic *lepa*s are stains after its application, smell, sensitivity, greasiness, fluidity, frequency of flow etc. So, it is very necessary to do study and research in *lepa kalpana*. For the convenience, new dosage forms like cream or ointment have been developed and which is free from all common problems of applications of old *lepa*. In these new Ayurvedic creams, herbs are main ingredients and these herbs are added with some base for the cream/ointment and some other excipient.

### **DISCUSSION AND CONCLUSION**

Topical application is providing the therapeutic benefits by reaching local tissues and with minimal side effects. Hence *Lepa Kalpana* is a very important treatment procedure for poison, arthritis, wound etc. and also have cosmetic value. In contemporary era there are tremendous opportunities for further advancement of *Lepa Kalpana* for much better therapeutic and cosmeceutical purposes by adopting current science and technology. Various advancements have been done in *lepa kalpana* and all these advanced doses form are suitable in present scenario.

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