

A REVIEW ARTICLE ON DASHANG LEPA FOR JWARA IN CHILDREN

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ABSTRACT

Dashanga Lepa is traditional formulation belongs from Ayurveda classics used to treat many diseases including rheumatoid arthritis, fever, inflammatory conditions, skin ailments and insect bite, etc. The formulation consisted of Shirisha, Yashtimadhu, Tagara, Rakta chandana, Ela, Jatamanshi, Haridra, Daruharidra, Kushta and Sugandha bala. These ingredients offer antioxidant, anti-inflammatory, anti-allergic, calming and soothing properties. The formulation mainly used for topical conditions like Visarpa, Dushta vrana and Visha visphota. The ingredients of formulation like Yashtimadhu and Haridra, etc. possess anti-pyretic properties and can relieve symptoms of fever like inflammation and body ache. Therefore present article summarizes role of Dashanga Lepa in Jwara especially in children.

KEYWORDS: Ayurveda, Dashanga Lepa, Jwara, Fever.

INTRODUCTION

Jwara is one of the common pathological condition mainly affect when internal strength of body get diminished. The *Jwara* resembles modern term of fever and children all around the world mainly get affected due to the low immune response. The severe stages of *Jwara* not only affect physical state but also deteriorate mental

health. *Santaapa*, *Hridivyatha*, *Aruchi*, *Trishna*, *Janmaadau nidhane* and *Angamarda*, etc. are the symptoms of *Jwara*. The pathological consequences involve vitiation of *Doshas* along with aggravation of *Ama*, further disturbances in *Rasa Dhatu* and diminish state of *Jatharagni* manifested symptoms of *Jwara* (**Figure 1**).

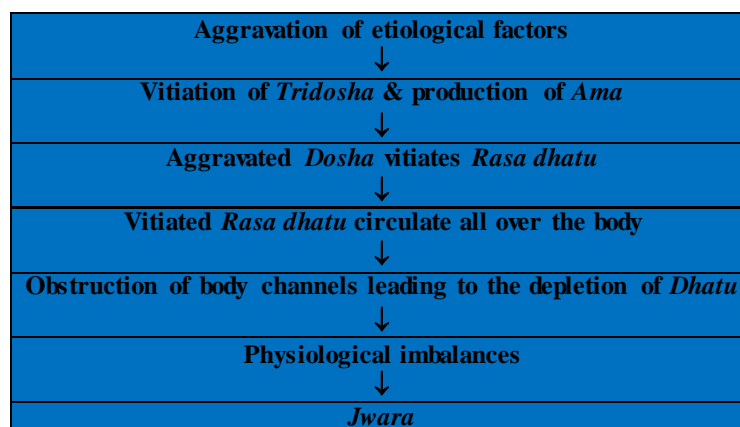


Figure 1: Pathogenesis of *Jwara* (fever) in Children

The symptoms of fever in children as per modern science are as follows:

- ✚ Loss of appetite
- ✚ Elevated body temperature
- ✚ Irritability
- ✚ Body aches
- ✚ Excessive thirst

✚ Pain

The pathogenesis of *Jwara* affects nutritional components of body therefore weakened physical strength of children. The overall growth and mental strength of children get hampered if they suffer with fever frequently. Therefore it is very important to

establish potent anti-pyretic medicine without any side effects. It is well known that ayurveda drugs are free from adverse effects of modern drugs, considering this fact present article emphasized role of ayurveda drug *Dashanga lepa* in the management of *Jwara* in children.

Dashanga lepa is ayurveda formulation mainly employed for inflammatory condition like swelling & edema, also used in headache, itching, insect bite and skin diseases. This formulation used topically after mixing with *Ghee* or water. The formulation consisted of *Yashtimadhu*, *Shirisha*, *Tagara*, *Ela*, *Jatamanshi*, *Rakta chandana*, *Daruharidra*, *Kushta*, *Sugandha bala* and *Haridra*. This formulation possesses properties of *Roga karma* acts against diseases like *Visarpa*, *Kusta*, *Shotha* and *Jwara*. It imparts *Tridoshahara* especially *Kaphapittahara* effects along with *Shophahara* property.

Dashang Lepa Method of Preparation

Yashtimadhu, *Shirisha*, *Tagara*, *Ela*, *Jatamanshi*, *Rakta chandana*, *Daruharidra*, *Kushta*, *Sugandha bala* and *Haridra* are the ingredients of formulation, these all ingredients powdered by crushing separately after proper cleaning, washing and drying. The fine powder of all ingredients mix together after proper sieving and finally stored in airtight container.

Application of Dashang Lepa

It is used externally for topical purposes, should be used before expiration of shelf life or freshly prepared, mixed with *Ghee* and water. The paste can be employed in day time to pacify *Pitta* & *Rakta*. The paste required to use against the hair follicles, uniformly and should not be rubbed excessively over the skin.

Dashang Lepa in Jwara in Children

- *Dashang Lepa* offers soothing effect therefore relive burning temperature of fever in children.
- The ingredients of formulation helps to purify blood therefore pacify *Rasa Dhatu* and prevent circulation of impure *Rasa* in body.
- *Dashang Lepa* pacifies *Vata* and *Pitta* therefore prevents pathological progression of fever in children.
- The nourishment effects of ingredients of formulation initiate natural healing process.
- The analgesic effect of formulation relieves pain associated with fever.
- Topical application helps to increases blood circulation therefore circulation of nutrients increases and *Dhatu*s get potentiated.
- The enhanced circulation improves migration of antibodies thus reduces fever associated with infections.
- Sometimes in fever there is formation of edema or swelling due to the urinary dysfunction, the topical use of *Dashang Lepa* helps to reduce such symptoms.
- *Dashang Lepa* alleviates topical manifestation of inflammation associated with fever in children.

- The calming and cooling effects of formulation helps to reduces body temperature and provides relief from hot flares.
- The skin manifestations of *Jwara* in children also relived by *Dashang Lepa*.
- It relieves other symptoms of *Jwara* like headaches & body ache.
- Heaviness and stiffness of muscles relaxed due to the improved circulatory process after the use of *Dashang Lepa*.
- Imparts physical as well as mental relaxation.
- Sometimes injury/wounds causes infections which results fever in children, *Dashang Lepa* suppress pathogenesis of wound infections thus offers beneficial effect in wound induced *Jwara* in children.
- Specifically *Dashang Lepa* provides relief in blisters associated with chickenpox fever.
- Similarly herpes wounds can be managed effectively with the use of *Dashang Lepa*.
- It is useful in fever due to the mumps & reduces swelling.
- It clears minute channels (*Srotas*) hence prevent pathogenesis of *Jwara*.

Probable Mode of Action

Dashang Lepa pacifies *Tridoshas* especially *Pitta* therefore reduces temperature and body fever. It reduces aggravation of vitiated *Kapha Doshas* thus relief heaviness and numbness. *Dashang Lepa* relaxed muscles and improves mobility hence relief joint pain associated with *Jwara*. As per modern theory this types of formulation decreases prostaglandin level which is considered responsible for inflammatory symptoms in fever. Thus reduction in prostaglandin level suppresses pain and swelling associated with fever. The analgesic property of ingredient of formulation also provides relief in pain associated with *Jwara*. *Dhatushoshak* property of formulation helps to reduces inflammatory symptoms of *Jwara* since *Kashaya* and *Tikta Rasa* of drugs of *Dashang lepa* imparts absorptive effect. *Pittashamak* effect of drug and *Sheeta Virya* offers soothing and calming effects in fever. *Kashaya* & *Tikta Rasa* prevent topical invasion of bacteria thus reduces chances of topical infections and associated fever in children.

The chemical constituents present in *Dashang Lepa* such as alkaloids, tannins, pinene, curcuminoids, phenolic compounds, flavonoids and ephedrine etc. possess anti-pyretic and anti-inflammatory effects therefore offers relief in symptoms of fever and also cure pathological progression of *Jwara*.

CONCLUSION

Dashang lepa reduces features of *Jwara* like; pain, edema and temperature. The ingredients of formulation possess anti-pyretic properties and can relieve symptoms of fever. The formulation imparts *Tridoshahara* especially *Kaphapittahara* effects therefore reduces

pathological progression of *Jwara*. The soothing effect relieves burning temperature of fever; helps to purify blood and *Rasa Dhatu* thus prevent disease pathogenesis. The nourishment effects of ingredients of formulation initiate natural healing process and relieve progressive symptoms of fever in children. However *Dashang lepa* should be used with care and under supervision of physician if symptoms such as burning sensation and rashes observed.

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