

## A CRITICAL REVIEW STUDY ON LEPA KALPANA

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### ABSTRACT

In Bhaishjya 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 Bhaishajyakalpna. Bhaishajya – Medicine and Kalpana – Forms, thus it can be said that preparation of medicines by using herbal drugs. Bhaishajyakalpna 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.

**KEYWORDS:** Lepa, Udvartana, Semi-solid, Kalpana, Pharmaceutics.

### INTRODUCTION

Lepa kalpana is one of the upakalpna mentioned in Ayurveda for external application of the body surface. Human physic receives the drug in two ways. One through internally, i.e through the aperture of the body and another through

externally (The whole surface of the body). Absorption of drugs through body surface deserves special care for its optimum delivery. Lepa kalpana plays an important role in Ayurvedic system of medicine. Metals and minerals are in frequent use in Indian system of medicine since long back without any untoward effect. In Bhaishajya kalpana application of drug externally is known as lepa. It includes lepa, Upanaha, Malahara etc.<sup>[1]</sup>

In Bahaya Parimarjan, the medicine is administered for external use only. In Ayurveda, there are different form of external application are described for cure of various ailment. These different forms like Lepa, Udvartana, Malahara, Upnaha, Abhyanga etc. Description in topical or external application of the medicine in semi-solid form is Lepa. Lepa described in classics as the treatment of the various diseases and for beauty purpose. Preparation of Lepa is the medicament meant for topical application to the skin, coloring the hairs and others. In the preparation of Lepas, single or compound drugs are converted into fine powder form and mixed with desire or specific liquid media. Beauty, is a quality that provides the pleasure to the sense, is perhaps the desire of human being. It is natural desire of the human being to have a healthy glamorous appearance with attractive personality but very few are God gifted in sense of beauty. Beauty is not just an external appearance, it is a characteristic that gives a perceptual appearance to the eyes, ear, intellect or the moral sense. It is the quality that pleasure or satisfaction to the sense. Herbs which are for the beautification is well described in Ayurveda literature since the centuries as herbal extract in a part or whole part for various ailment of the skin related and coloring of hairs for overall appearance. Marketed demand of the Ayurveda in beautification increase due to its unique concept about beauty and effective, low cost, easy availability of the contents, long lasting beauty therapy without side effect. The herbal paste which use on hairs for coloring or cure of graying of hairs etc. are known as Keshranjan Lepa. Kesharanjan Lepa or hair color changing Lepa is one of the well-known effective and oldest method which spread over the hairs of the head and left for some time till completely dry and washed with fresh water properly.

### **Significance of lepa kalpana**

In therapeutics has been well emphasized in classical texts of Ayurveda. But nowadays application of lepa in its actual form is a time-consuming process and also it is having various disadvantages like impediment in utilization, protection trouble, non-accessibility of crisp medication in all the season and so on. The consolidation of a raw herb into steady measurement structure is a troublesome assignment. Homemade lepa choorna protects its strength for 30 days if kept in a hermetically sealed holder. Consequently, pharmaceutical change is key for better upgrade of adequacy, shelf life of usability, agreeableness of the item.<sup>[2]</sup> So there is requirement for change in its form. So, we can prepare lepa guti, gel, ointment, cream, facial mask for the better benefit.

Lepa kalpana in ancient era Definition of lepa: When ardra or sushka dravya are ground with water well and made into a paste and used for external application, such a formulation is known as Lepa.<sup>[3]</sup>

Its synonyms are lipta, lepa, and lepana.<sup>[4]</sup>

Method of preparation: The selected freshly dried drugs are taken in a clean Khalva yantra, pounded to fine powder form and filtered. This filtrate is again taken in Khalva yantra and added with required little quantity of water or any of the specified liquid preparations. The mixture is thoroughly triturated to obtain it in paste form, which is used as lepa for external application.<sup>[5]</sup> Types of lepa Based on the mode of application Acharya Sushruta explained three types of lepa such as pralepa, pradeha and alepa.<sup>[6]</sup> According to the therapeutic use Acharya Sharngadhara classified Lepa as

Doshaghna, Vishaghna and Varnya. The thickness of the application of lepa for these three are different.<sup>[7]</sup> Ashtanga samgraha various type of lepa like Snaihika, Nirvapana, Prasadana, Stambhana, Vilayana, Pachana, Pidana, Shodhana, Shoshana, Savarnikarana<sup>[8]</sup> have been mentioned. Conditions for lepa Preparation and Application.<sup>[9]</sup>

Ingredients are taken in the powder form Lepas are applied against direction of hair follicle to facilitate quicker and good absorption.<sup>[10]</sup>

Lepas are to be removed instantly after drying<sup>[11]</sup>

Lepa should not be applied during night<sup>[12]</sup>

Overlapping of Lepa is avoided strictly 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.<sup>[13]</sup>

#### **APPLYING METHOD OF LEPA**

Acharya Sushruta has been mentioned that how to applied the Lepa. They described about usefulness of Lepa according to proper methodology. (Su. Su. 18/4) According to Acharya Sushruta it has been mentioned that Lepa should be gently applied on skin in an upward of reverse direction of the hair to make the action more effectiveness. By this type of application of Lepa on skin enters into Romakoopa get quick absorb through Swedavahisrotas and Siramukha leading to desire effect. This type of rubbing method increase the temperature of the skin which may be hastening the pilosebaceous uptake and skin permeation of the drug in topical formulations.

#### **TIME AND DURATION OF LEPA APPLICATION**

Time schedule of particular medicine is must necessary for its proper effect. This time of application is considered that there are not produce any harmful effect. Time period of applied medicine like Lepa, Upnaha etc. are considered for specific time which described in our classics. Acharya Sushruta has been described in (Su. Su. 18/13) Generally, it has been described that, heat of the body come out through skin pores at the night. So, if the Lepa or topical application applied in the night time, the skin pores get blocked and obstruction the transfer of the heat of the body. So, it has considered that Lepa should not be applied in the night. Acharya Charak has been described that at the night time, all the Srotas in the body get closed. There also mentioned that their working capacity wanes as compared to daytime. Thus, the application of Lepa at night will not produce desirable effect. The other opinion may be as to why external application on medicine should not be made at night. But there are some exceptions i.e. Apakva, Rakta Shlesma Shotha etc. applied may be at night.

#### **CONTRAINDICATION OF LEPA**

Topical applications are contraindication in specific condition which may related with contents, use after long time, applied method etc. Topical application of Lepa which used in contraindication condition they will not produce actual effect. It may be cause other complication like itching, burning sensation, watery discharge if not work properly. Thus, there are specific time duration, applicable period has been mentioned in our classics to cure the diseases and to save

from harmful effect. Acharya Sushruta has been suggested that which conditions are not suitable for proper effect of Lepa or conditions which are contraindicated for application of Lepa.

## DISCUSSION

The topical medication intended for external use is called Lepa. The fundamental idea behind Lepa Kalpana is that herbs are ingested as prescribed in Ayurvedic scriptures, combined with a medium to make a paste, and then applied to the skin. The Ayurvedic literature have many Lepa formulas for treating various ailments. The thickness, time technique of preparation, and application method should all be rigorously adhered to for best outcomes.

## CONCLUSION

Lepa is a crucial medication that should be given topically to the skin. Lepa is used to treat a variety of ailments, including acne, wound healing, fairness, inflammation, and other skin conditions. Lepa is a key component of Ayurveda, it can be said in this way.

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