



IJAYUSH
International Journal of AYUSH
AYURVEDA, YOGA, UNANI, SIDDHA AND HOMEOPATHY
<http://internationaljournal.org.in/journal/index.php/ijayush/>

International Journal
Panacea
Research library
ISSN: 2349 7025

Review Article

Volume 10 Issue 01

Jan – March 2021

AYURVEDA VIEW ON *KUSHTHA* AND ITS MANAGEMENT W.S.R. TO ROLE OF *LEPAN KARMA*

Dr. Lokesh Chandra Sharma

Professor & HOD, Samhita Siddhant, Govt. Akhandanand Ayurveda College, Ahmedabad, Gujarat,
India.

Abstract:

Ayurveda literature presented term *Kushtha* for skin diseases which derived from the word 'Kush' means coming out from the inner part to the upper part. The skin diseases mainly characterized with spots on skin along with patches, itching, burning sensation and painful wound on skin sometimes. Discoloration or pigmentation in such types of conditions not only affects physical health of person but also imparts psychological manifestations. The patient suffered with skin diseases requires medical therapies as well as psychological counselling to avoid social isolation and get early relief. *Dosha vaishamyan*, *Srotavarodham*, *Krimi*, *Manovikaras* and *Kledakar Ahar*, etc. along with environmental factors can lead pathogenesis of *Kushtha*. Vitiation of *Dosha* along with *Rakta* and *Mamsa* involves in *Twak Roga*. Ayurveda emphasizes many therapies for *Kushtha* and *Lepan Karma* is one such approach. Present article described ayurveda view on *Kushtha*, its management and role of *Lepan Karma*.

Key-Words: *Ayurveda*, *Kushtha*, *Twak*, *Lepan Karma*.

Introduction:

Skin is important body organ responsible for many vital functioning of body and acts as *Gyanindriya* since involve in sensation, it also prevent body from shock and responsible for physical appearance. Therefore health of skin is very important since deteriorated condition of skin health causes physical as well as mental stress. The skin diseases widely come under category of *Kushtha*. Vitiating of *Dosha* mainly *Kapha Dosha* and disturbance of *Raktha* along with *Dushyas* of *Mamsa Dhatu* manifested symptoms of skin diseases [1-4].

Ayurveda suggested *Shamana* and *Samshodhana* therapies for managing such types of conditions. *Shamana* therapy used to pacify *Doshas* involved in *Kushtha*. Ayurveda advised that uses of *Tikta & Kashaya dravyas* as part of *Shamana* therapy is beneficial in case of *Kushtha*. Similarly *Nidana Parivarjanam* means avoidance of etiological factors also recommended to prevent pathological invasion of skin ailments. *Samshodhana* therapy helps to remove morbid *Doshas* from body; *Antah Parimarjana* and *Bahi Parimarjana* means internal purification and external purification helps to detoxify body. *Lepa Karma* is one such approach of *Bahi Parimarjana Chikitsa* which provides remarkable relief in skin disorders [3-7].

Lepa has soothing property due to its *Sheet guna*, pacifies local *Doshas*, absorbed toxins topically and relieves *Kleda* thus provides many benefits in skin problems. *Manjistha*, *Chandan*, *Ushiri* and *Sariva* are some drugs which used topically for their *Varnya* property. Drugs possess *Madhura & Shita* properties, *Guru & Snigdha Guna* and *Shita viryatmaka* thus alleviates *Pitta & Vata*.

Ayurveda advised uses of Butter, Milk, *Ghrita* and oil to prepare *Varnya Lepa*. *Vridhdha Vagbhata* described various *Lepas* on the basis of their *Gunas* as mentioned follow:

- ❖ *Snaihika*
- ❖ *Stambhana*
- ❖ *Nirvapana*
- ❖ *Vilayana*
- ❖ *Prasadana*
- ❖ *Pachana*
- ❖ *Ropana*
- ❖ *Pidana*
- ❖ *Savarnikarana*
- ❖ *Shodhana*

As per Ayurveda *Lepa* should be applied gently in an upward or reverse direction on the affected area. The drugs of *Lepa* absorbed through *Swedavahi srotas* & *Siramukh* and exert its action biologically [5-9].

Contraindications for *Lepa* Application:

- ❖ Stale *Lepa* material should not be used for application.
- ❖ Two types of *Lepa* should not be used consecutively.
- ❖ *Lepa* if dried once should not be reused by mixing with solvent.
- ❖ *Lepa* possessing cooling sensation should be avoid in winter season when patient feel fever.
- ❖ Pregnancy over the stomach.

Precautions need to be considered while using *Lepa* in skin ailments:

- ✚ *Lepa* contains vegetable drugs should be used within 24 hours since long period may decompose drug which can cause harm to skin.
- ✚ *Lepa* should not be rubbed too strongly.
- ✚ *Lepa* possessing irritation should be applied gently in required amount only.
- ✚ Children and elderly patient should be treated with *Lepa* carefully.
- ✚ *Lepa* meant for topical application must be avoided to use in face area.
- ✚ Sensitive or allergic patient should treat with care and preliminary test before applying *Lepa*.
- ✚ *Lepa* material should be extremely fine.
- ✚ *Lepa* should be kept applied at least of two hours with skin occlusions so as to produce sufficient skin hydration which helps for skin permeation of the drug.
- ✚ *Lepa* should be applied with lukewarm to facilitate skin permeation of the drug [10-12].

Aragvadhadi Lepa

Lepan Karma is one of the important therapy suggested by *Acharyas* for *Kushtha*. *Acharya Charaka* described *Lepana* as "*Sadya Siddhi Karaka*" and *Lepa* like *Aragvadhadi Lepa* offers remarkable benefits in skin disorders. It is prepared from *Aragvadh Phalmajja*, *Chakramarda*, *Karanja Seeds*, *Vasa*, *Guduchi*, *Madanphal*, *Haridra* and *Daruharidra*, etc. Ingredients of *Aragvadhadi Lepa* possess *Kusthaghna* property therefore offers therapeutic relief in skin problems. These ingredients mixed with *Gomutra* and used in the form of *Lepa*.

Probable Mode of Action of *Aragvadhadi Lepa*:

The *Laghu*, *Ushna*, *Ruksha*, *Vishada* & *Tikshna Guna*, *Ushna Virya* and *Katu Vipaka* of *Lepa* help to pacifies *Kapha* and *Vata*. *Sukshma* & *Tikshna* properties facilitate penetration of active principles of *Lepa* to the site of application. *Ushna*, *Tikshna*, *Vishad* & *Sukshma* properties helps to clear obstruction of *Swedavahi srotas* and allows removal of local toxins through *Sweda*. The *Ushna Virya* of *Lepa* & *Snigdha Guna* causes pacification of *Doshas* and break *Samprapti* of skin diseases. *Kandughna* property of drug relives *Kandu*, soothing effect provides symptomatic relief and active principle cure diseases from its root causes. The general beneficial effects of *Lepa Karma* in *Kushtha* are depicted in **Figure 1**.

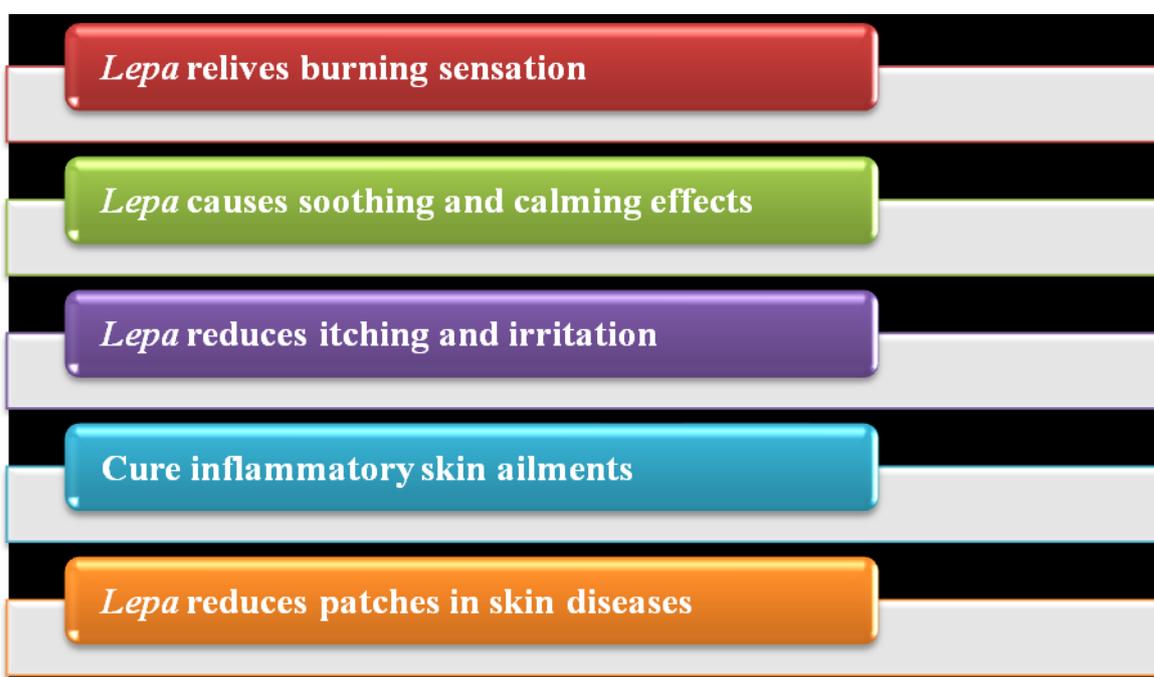


Figure 1: General health benefits of *Lepa Karma* in skin problems.

Conclusion

Ayurveda advised term *Kushtha* for skin ailments mainly characterized with rashes, patches, itching, burning sensation and painful manifestation of skin including discoloration or pigmentation. *Srotavarodham*, *Dosha vaishamyan*, *Krimi* and *Kledakar Ahar*, etc. along with environmental factors can causes *Kushtha*. Vitiation of *Dosha*, *Rakta* and *Mamsa* mainly associated with *Twak Roga*. Ayurveda recommended many therapies for *Kushtha* and *Lepan Karma* is one such approach. *Lepan Karma* due to its *Kandughna* property relives *Kandu*, provides symptomatic relief and break pathogenesis of skin diseases.

References

1. Babaria C.H. et al. - Study of Twak-Rachana & Kriya in relation to Twak Vikaras w.s.r. to its importance in Prakriti,1997, Jamnagar.
2. Bhaishajya Ratnavali - Ed. By. Rajeshwara Dutt Shastri, Chaukhambha Sanskrit Sansthana, Varanasi
3. Bhavaprakasha - Ed. By. Bramhashankar Mishra with Vidyotini Hindi Commentary Chaukhambha Sanskrit Pratisthan, Varanasi.
4. Bhela Samhita - Ed. By. Vd.Venkatasubrahmanya Shastri & Sri.Rajrajeshwar Shastri, CCRAS.Delhi.
5. C.C. Chatterjee - Human Physiology (1994) Vol. I & II, 9thed.,Medical Allied Agency, Calcutta.
6. Charaka Samhita - Eng. translation by B.Das & RK Sharma, Chaukhambha Sanskrit Series Office, Varanasi.
7. Dalhana - Nibandha Sangraha Comm. on Sushruta Samhita. Ed. By YT. Acharya, Chaukhambha Orientalia, Varanasi.
8. Dwarakanath C. - Introduction to Kayachikitsa, 3rd ed., Chaukhambha Orientalia, Varanasi.
9. Fitzpatrick - Dermatology in General Medicine Vol. I & II, 5th ed., Mc Graw Hill, New Delhi.
10. Gayadasa - Nyayachandrika, Panjika, Comm. on Sushruta Samhita, Chaukhambha Orientalia, Varanasi.
11. Harrison - Principles of Internal Medicine, 14th Ed. Mc Gram Hill, New Delhi.
12. Hemadri - Ayurveda Rasayana Comm. on Ashtanga Hridaya.Ed. by H. Paradkar, Chaukhambha Orientalia, Varanasi.