

## **ACTION OF LEPA CHIKITSA ON TWAK SHARIRA W.S.R. TO VYANGA – A BRIEF REVIEW**

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### **Abstract**

The disease Vyanga occurs due to vitiated Vata and Pitta. Both the Doshas are responsible for formation of the diseases; they are aggravated due to stress etc. It is associated with an assortment of sign and symptoms like circular lesion, Nirujatanuka (painless thin lesion), Shyava (dark brown color lesion over skin) on Mukha (face). Action of lepa chikitsa on twak sharira w.s.r. to vyanga and to collect Bahya chikitsya lepa from different Ayurvedic classical granthas is main aim of this review. To review on pharmacological action of single drug containing Kalpa. Local treatment called as Lepa kalpa collected from Yogratnakara, Chakradatta, Sharangdhara Samhita and Bhaishajya Ratnavali, Collection of pharmaceutical action of Lepa containing single drug according to Ayurveda and modern science. Discussion is on Vyanga caused by Vata and Pitta Dushti and on drugs used for local treatment of Vyanga with its pharmacological actions. Generally single drugs used in these lepa are katu, tikta and kashaya rasatmaka rarely Madhura rasatmaka, generally Katuvipaka rarely Madhura vipaka and Ushna viryatmaka rarely sheet viryatmaka.

**Keywords:** Vyanga; Lepa; Dosha; Ayurveda.

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## INTRODUCTION

The meaning of Vyanga is “vi + anga” i.e. (‘vi’ means Vikrta, Vigata, Vikala) Vikrta Anga. Literature related to Vyanga is found in almost all the Ayurvedic classics. Ksudra Roga is a group of disorders which are basically characterized by Alparupa. Kshudra Roga is termed as Alpa Vyadhi, Swalpa, Adhama or Krura Vyadhi. In Madhyakala, Madhava Nidana, Sharangadhara Samhita, Bhavaprakasa, Cakradatta, Yogaratnakara have described about the disease Vyanga in the context of Ksudraroga.

Both Caraka Samhita and Susruta Samhita considers Vyanga as a ‘Raktaja Roga’ and a common samprapti for Tilakalaka, Piplu, Vyanga and Neelika in Trisothiya Adhyaya. Individuals who belong to Pitta Prakrti are said to be prone to Vyanga. According to Vagbhata, it appears with assorted symptoms on the basis of doshika participation like Parusha (roughness), Parushasparsha (rough on touch), shyava varna (dark brown color) due to vatadosha, tamra varna (coppery color), nila varna (bluish color) due to pitta dosha, shveta varna (whitish colour) with kandu (itching sensation) due to kapha dosha.<sup>[1]</sup>

Acharya Sushruta explained Vyanga in second layer of Tvaka.<sup>[2]</sup> Vyanga is hampers the complexion of face. Glowing complexion of face increases the beauty of a person and gives self-confidence. Vyanga is explained as Kshudra Roga (minor diseases) in Ayurveda.<sup>[3]</sup> It is manifested as Niruja, Tanu, Shyavvarna, Mandalas over face. It occurs due to vitiation of Vata, Pitta Dosha followed by Rakta Dhatu.<sup>[4]</sup> As it affects Rakta Dhatu majorly it comes under Rakta Pradoshaja Vikaras.<sup>[5]</sup> On the basis of clinical features it can be compared with facial melanosis (melasma). Melasma is a common disorder of hyper-pigmentation characterized by tan or brown macules and patches that mainly affect sun-exposed areas. Melasma can affect men and women of all ethnicities and skin types

but is especially prevalent in women with Fitzpatrick skin types III to V who are exposed to ultraviolet (UV) light.<sup>[6]</sup> The precise cause of melasma is unknown but factors such as UV light exposure, pregnancy, exogenous hormones, and genetics have been shown to have an important role in the pathogenesis of melasma.<sup>[7]</sup>

In study conducted in India, an even greater discrepancy between men and women was identified: among 120 patients with melasma, 25.8% were men. In this study, sun exposure is associated with the following facts: the population has high skin types; 58.1% are outdoor workers (constantly exposed to the sun); most of the country is situated at intertropical latitudes; and people have the habit of using vegetable oils (e.g.: mustard oil) after bathing. Also in India, it was demonstrated that average age and disease duration were similar between men (33.5 and 3.5 years) and women (31.5 and 3.1 years). The main risk factors identified for men were: sun exposure (48.8%) and family history (39.0%). For women, risk factors were associated with pregnancy (45.3%), sun exposure (23.9%) and use of combined oral contraceptives (COC) (19.4%).<sup>[8]</sup>

## AIMS AND OBJECTIVES

- To study detailed about Vyanga.
- To collect bahya lepa chikitsya from different Ayurvedic classical grantha on Mukha dushika.
- To review on pharmacological action of single drug containing Lepa kalpa.

## MATERIAL AND METHODS

Local treatment called as Lepa kalpa collected from Yogratnakara, Chakradatta, Sharangdhara Samhita and Bhaishajya Ratnavali, Collection of pharmaceutical action of lepa containing single drug according to Ayurveda and modern science.

## Tvak Stara (Layers of Skin)

Classification given by Acharya Sushruta is more specific and scientific which is related with latest anatomy of skin as follows.<sup>[9]</sup> (Table 1)

### Skin has three layers<sup>[10]</sup>

#### 1) Epidermis

It is the thin outermost layer of skin, provides a waterproof barrier and creates skin tone. The skin's colour is created by special cells called melanocyte, which produce pigment melanin. It is superficial, avascular layer of stratified epithelium. It is ectodermal in origin and gives rise to appendages of skin like hair, sweat glands, nails, sebaceous glands.

#### 2) Dermis

Dermis or corium is deep, vascular layer of skin. It is mesodermal in origin. It is beneath the epidermis, contain tough connective tissue.

#### 3) Hypodermis

The deeper subcutaneous tissue is made of fat and connective tissue.

Yukti vyapashraya chikitsa is performed in Vyanga. Vamana, virechana, nasya, raktamokshana advises in nasya as a Samshodhana (Purificatory) therapy. Many formulations are narrated in different Ayurvedic classics in the form of powder, paste, oil, ghee for the treatment of vyanga as a Samshamana (Palliative) therapy. In the present study effort has been taken for collection of external lepa Kalpa in Ayurveda classics Yogaratnakar, Bhaishajya Ratnavali and Chakradatta. (Table 2 - 6)

## DISCUSSION

Vyanga is a disease which belongs to Swalpa variety of Ksudraroga. Vyanga is explained in

Charaka Samhita and Susruta Samhita in trishothiya adhyaya with tilakalak, Piplu, Neelika. More elaborate description is available in Ashtanga Hridaya Uttartantra in Kshudrarogaprakarana according to dosha. It occurs due to vitiation of vata, pitta dosha followed by rakta dhatu. On the basis of clinical features, it can compare with facial melasma. Melasma is common disorder of hyper-pigmentation characterised by tan or brown muscle and patches that mainly affect sun exposure.

Samshodhana and samshamana chikitsya are recommended in Vyanga. For local application bahya lepa are recommended which given in Yogaratnakara, Bhaishajya Ratnavali and Chakradatta. Bhangapatradi lepa, Vatankuradi Lepa, Rakta Sarshapa Lepa, Vata Pandupatradi Lepa, Arkasheeradi Lepa are only recommended in Yogaratnakara. Shashasyarakta Lepa, Daruharidradi Lepa, Sharpunkhadi Lepa are explained in Bhaishajya Ratnavali. Katutailen Lepa, Kaliyakadi Lepa, Saphed Saraso lepa are explained in Chakradatta.

Manjishtadi Lepa, Arjuntvakadi Lepa, Shweta Ashwankur Masi Lepa, Matulungadi Nimbu Lepa, Masooradi Lepa, Jatiphaladi Lepa, Navaneetadi Lepa and Varunadi Lepa are explained in all three grantha. Raktachandanadi Lepa, Shalmalikantakadi Lepa and Javadi Lepa are explained in Bhaishajya Ratnavali and Chakradatta.

## CONCLUSION

Generally single drugs used in these lepa are katu, tikta and kashayrasatmaka rarely Madhura rasatmaka, generally Katuvipaki rarely Madhura vipaki and Ushna viryatmaka rarely sheet viryatmaka. These Dravyas are Varnya and kushtaghna in action and also having antioxidant property. There is requirement of different studies to evaluate the actions such as Antioxidant effect of all Vyangahar Lepa.

**Table 1: Tvak Layers**

Sl.No.	Sushrutokta layers of skin	Size (Vrihi)	Modern skin layers	Diseases
1	Avbhasini	1/18	Stratum corneum	Sidhma, Padmakantaka
2	Lohita	1/16	Stratum lucidum	Tilkalaka, Nyaccha, Vyanga
3	Shweta	1/12	Stratum granulosum	Charmdala, Ajagallika, Mashaka
4	Tamra	1/8	Malphigian layer	Kilas, Kushta
5	Vedini	1/5	Papillary layer	Kushta, Visarp
6	Rohini	1	Reticular layer	Granthi, Apachi, Arbuda, Shlipad, Galaganda
7	Mamsadhara	2	Subcutaneous tissue & muscular layer	Bhagandara, Vidradhi, Arsha

**Table 2: Bahya Lepa chikitsya according to Yogratnakaron Vyanga<sup>[11]</sup>**

Sl. No.	Reference	Drug	Form	Remarks
1.	Bhangapatradi Lepa	Bhanga Patra, Vidhara moola, Shisham Moola	Udvartan	Nyachhavyangapaham
2	Vatankur Lepa	Vatankur, Masoor	Pralepa	Vyanga nashana
3	Manjishtadi Lepa	Manjishta, Madhu	Lepa	Vyanga
4	Arjunadi Lepa	Arjun Tvak, Manjishta, Adulasa with Madhu	Lepa	Vyangeshu
5	Shweta Ashwankur Masi Lepa	Shweta Ashwakhur Masi (By Antardhoom Vidhi) Navaneet	Lepa	Vyangeshu
6	Rakta Sarshapa Lepa	Sashaka Rakta Lepa	Lepa	Vyanganam
7	Vatapandupatradi Lepa	Varunasya kashayen mukha prakshalana After that Application of Vata pandu patra, Malati patra, Rakta chandana, Kushta, Kaliyak (Agaru), Lodhra	Lepa	Yauvan pitikanam vyanganam vinasanam
8	Matulungadi Lepa	Matulunga Jata, Goghrit, Manasheela, Goshakrit (gobar rasa)	Lepa	Mukha kanti karaka Pitika vyangajit
8	Jatiphalasya Lepa	Jatiphalasya Lepa	Lepa	Hared vyanganilikam
9	Arkasheeradi Lepa	Arka kseera, Haridra	Pralepa	Mukha karshnya shamayati
10	Masooradi Lepa	Masoor, Dugdha lepa with Go Ghrit	Lepa	Sapta ratrat pundarikdalopamam

**Table 3: Bahya Lepa Chikitya according to Bhaishajya Ratnavali<sup>[12]</sup>**

Sl.No.	Reference/ Name	Drug	Form	Remark
1	Arjuntvaka Lepa Or Manjishta Lepa Or Shweta Ashwankur Masi Lepa	Arjuntvak Churna, Madhu or Manjishta Churna, Madhu or Shwet Ashwakhur Masi, Navneet	Lepa	Vyangeshu
2	Shashasya Rakta Lepa	Shashasya Rakta	Lepa	Vyanganam
3	Lalchandanadi Lepa	Lal chandan, Manjishta, Kustha, Lodhra tvak, Priyangu phala, Masoor dal	Lepa	
4	Shalmali kankadi Lepa	Shalmali Vriksha Kank, milk	Aalep	AAliptatrahyanambhaved, Padmopam Mukha

5	Masooradi Lepa	Masoor dal (Ghrit Bharjan), Dugdha (Peshan)	Lepa	Saptaratrat Pundarikdalopamam	–
6	Javadi Lepa	Jav (Jau), Mulethi, Lodhra	Lepa		
7	Daruharidradi Lepa	Daruharidra, Neelakamala pushpa, Kustha, Dahimalai, Badari phala majja, Priyangu Phula	Lepa	Shashiprabha Saptaratren	
9	Pili Sarsodi Lepa	Pili Sarso, Haridra, Daruharidra, Manjishta, Gairik, Goghrit, Bakari Dugdha	Lepa	For 8 Days Bimbavatbhati	
10	Sharpunkhadi Lepa	Kattha Dahi, Sharpunkha Churna, Kamala pushpa, Rakta chandana Churna, Khasa Churna	Lepa	Mukhakamal Kantikari	
11	Bijaura Nimbu Mooladi Lepa	Bijaura Nimbu Moola Churna, Goghrit, Manasheela,		3 times for 15 days mukhakantikar, pidakatilkaljit	
12	Navaneetadi Lepa Or Varunadi Lepa	1. Navaneet, Guda, Kshaudra, Kola Majja 2. Varuna Tvak Churna, Bakari Dugdha	Pralepa	Vyangajit	

**Table 4: Bahya Lepa Chikitsya according to Chakradatta<sup>[13]</sup>**

Sl.No.	Reference name	Drug	Form	Remark
1	Arjuntvakadi Lepa	Arjuna tvak or Manjishta with madhu or navaneet / Shvetashwakhurmasi	Lepa	Vyangeshu
2	Raktachandanadi Lepa	Raktachandan, Manjishta, kushta, Lodhra, Priyangu, Vatankur, Masoor / Shashasyarudhir	Lepa	Vyangaghna, Mukhakantida
3	Shalmalikantakadi Lepa	Shalmalikantak Payasapishtva	Aalepa (3 Times)	Padmopammukham
4	Masuradi Lepa	Masur with ghrit / Masur with milk	Aalep	Pundarikdalopamam (7 Days)
5	Matulungadi Lepa	Matulungajata, sarpi, Manasheela, Gobar rasa	Lepa	Pidaka Til kaljit
6	Navaneetadi Lepa Or Varuntvakadi Lepa	Navaneet, guda, Madhu, Kolamajja / or Varun tvak, Chhagdugdha	Pralepanam	Vyangajeet
7	Jatiphaladi Lepa	Jatiphalkalka	Lepa Sayanch	Nilivyangadi Nashanam
8	Katutailen Lepa	Katutailen	(Evening) Abhyanga	Vaktraprasadan
9	Kaliyakadi Lepa	Kaliyak, Nil Kamal, kut, Dahi, Kolmajja, Phulapriyangu	Lepa	Vadan Shashiprabha Saptaratren
10	Yavadi Lepa	Yava (Tusharahita), Mulethi, Lodhra,	Lepa	Chamikar, Saubhagyam
11	Saphedsarasodi Lepa	Saphedsaraso, Haridra, Daruharidra, Manjishta, Geru	Lepa	Bimbavat
12	Saraphonkadi Lepa	Saraphonka, Nilkamal Patra, kut, raktachandan, Khasa, Dahi	Lepa	Mukhakamalkantikari, Bhrukuti, Tilkalakajayati

**Table 5: Single drugs used in Lepa Chikitsya**

Dravya	Latin Name & Family	Rasa	Guna	Virya	Vipaka	Karma	Prayoga
Lodhra	<i>Symplocos recemosa</i> Symplocaceae	Kashaya	Laghu	Sheet	Katu	Ruksha	Shothahar, Kushtaghna, Raktastambhan, Vranropak sankochak, astringent, anti-inflammatory, antimicrobial Shoth,Charmaroga, Raktastrav, Vrana Bija-Lekhana, Kushtaghna, Varnya, Shonitokleshak Taila- Jantughna, Vedanasthapan, SnehanaAnti bacterial Kushta, Vrana Sthothahar, Vedanasthapan, Uttejak,Kushtaghna, Durga ndhanashak, Kitanashaka Tvagdoshahar
Saraso	<i>Brassica campestris</i> Cruciferae	Katu Tikta	Tikshna Snigdha	Ushna	Katu		Daha, Kshata, Shotha, Charmaroga
Jayaphal	<i>Myristica fragrans</i> Myristicaceae	Tikta Katu	Laghu	Ushna	Katu	Tikshna	
Rakta chandan	<i>Pterocarpus santalinus</i> Papilionatae	Tikta, Madhur	Guru Ruksha	Sheeta	Katu	Dahshamak, Stambhan, Shothahar,	
Arjuntvak	<i>Terminalia arjuna</i> Combretaceae	Kashay Laghu	Ruksha	Sheeta	Katu	Rartastambhana, Sandhaniya, Vranaropana	Raktastrava
Manjishta	<i>Rubia cordifolia</i> Rubiaceae	Tikta Kashaya Madhur	Guru ,Ruksha	Usna	Katu	Shothahar Vranaropana Kushtaghna	Shotha, Vrana, Charmaroga
Shalmali Kantak	<i>Salmaal malabarica</i> Bombacaceae	Madhura	Laghu Snigdha Pichhil	Sheeta	Madhura	Kantak- Lekhana, Varnya	Vyanga, Nyachha
Varun	<i>Crataeva nurvala</i> Capparidaceae	Tikta Kashaya	Laghu Ruksha	Ushna	Katu	Raktokleshak	Vranashotha
Kushta	<i>Saussuria lappa</i> Compositae	Tikta, Katu, Madhur	Laghu, Ruksha, Tikshna	Ushna	Katu	Durgandhanashaka, Jantughna, Vedanasthapan, Varnya, Kushtaghna	Vrana, Charmaroga
Agaru	<i>Aquilaria agallocha</i> Thymelaeaceae	Katu, Tikta	Laghu, Ruksha, Tikshna	Ushna	Katu	Uttejaka, Shitprashaman, Durgandhahar, Kushtaghna, Shithhar, Vedanasthapan	Vrana, Shotha, Vedana
Manasheela	Realgar/ Red Orpiment	Tikta	Guru, Snigdha, Sara	Ushna	Katu	Anti-bacterial, anti-inflammatory Anti-leprotic (Kusthaghna)	
Bhanga Patra	<i>Cannabis sativa</i> Cannabinaceae	Tikta	Laghu, Tikshna	Ushna	Katu	Vedanasthapan, Bahyakriminashta	
Shinshapa	<i>Dalbergia sissoo</i> Papilionatae	Kashay, Katu, Tikta	Laghu, Ruksha	Ushna	Katu	Kushtaghna, Krimighna, Vranshodhan	Krimi, Kushta etc Charmaroga
Adulsa	<i>Adhatoda vasica</i> Acanthaceae	Tikta, Kashay	Ruksha, Laghu	Sheet	Katu	Shothahar, Vedanasthapan, Jantughna, Kushtaghna	Vranashotha, Charmaroga,

Priyangu	<i>Calicarpa macrophylla</i> Verbenaceae	Tikta, Kashay, Madhur	Guru, Ruksha	Sheet	Katu	Dahaprashamana, Vedanasthapan, Durgandhanashana	Atisweda, Durgandhi Vrana
Mulethi	<i>Glycyrrhiza glabra</i> Leguminosae	Madhur	Guru, Snigdha	Sheet	Madhur	Dahashamak, Vedanasthapan, Shothahar	Vranashotha
Daruharidra	<i>Berberis aristate</i> Berberidaceae	Tikta, Kashay	Laghu, Ruksha	Ushna	Katu	Shothahar, Vedanasthapan, Vranasho dhana, Vranaropana	Shothavedana,
Haridra	<i>Curcuma longa</i> Zingiberaceae	Tikta, Katu	Ruksha, Laghu	Ushna	Katu	Shothahar, Vedanasthapan, Varnya, Kushtaghna, Vranashodhana, Vranaropana	Shotha Vedana Vikara, Kushta, Kandu, Tvakadosha, Vrana
Usheer	<i>Vetiveria zizanioidis</i> Graminae	Tikta, Madhur	Ruksha, Laghu	Sheet	Katu	Dahaprashamana, Vtakodshahar, Varnya, Swedapanayana	Daha, Charmaroga, Atisweda
Matulunga	<i>Citrus medica</i> Rutaceae	Madhur	Laghu, Snigdha	Sheet	Madhur	Shothahar	Shotha, Charmaroga

**Table 6: Chemical constituents and Action**

Sl. No.	Drugs	Action
1.	Lodhra <sup>[14][15]</sup> Symplocosracemosa P.U-Bark Sarshapa <sup>[16]</sup>	Anti-oxidant – Salireposide benzoyl salireposide Antibacterial- Harmine Antibacterial activity Propionibacterium acnes
2	Brassica campestris P.U-Seed	Anti-oxidant - Phenolic compound
3	Jaatiphala <sup>[17][18][19]</sup> Myristicafragrans P.U-Fruit	Antibacterial – Trimyristin Myristic Antioxidant - Isoeugenol, lignans, eugenol, beta-caryophyllene Anti-inflammatory – Myristicin Antibacterial activity against P. acne, S. Epidermidis,
4	Raktachandana <sup>[20]</sup> Pterocarpus santalinus P.U – Heartwood	Anti-Inflammatory, Antioxidant-Pterostilbene Anti-Bacterial-Lignans
5	Arjuna <sup>[21][22]</sup> Terminalia arjuna P.U – Bark	Antibacterial – Luteolin, Anti-inflammatory – Terminoside Antioxidant – Arjunic acid
6	Manjishta <sup>[23]</sup> Shalmali <sup>[24][25]</sup>	Antimicrobial activity against P. acne and S, Epidermidis Antimicrobial activity against P. acne, antioxidant activity
7	Salmaliamalabarica Part Used- Thorn Kushta <sup>[26][27]</sup>	Anti-oxidant, anti-inflammation, anti-androgen and anti-bacterial activities Antibacterial activity against P. Acne Anti-inflammatory – Cynaropicrin
8	Saussurealappa P.U-Rhizome Matulunga <sup>[28]</sup>	Antioxidant/Immunomodulatory – Costunolidedehydrocostus Antibacterial against S. epidermidis, P acne
9	Citrus medica P.U-Fruit	Antioxidant, Analgesic - Flavonoid and phenolic compounds. Anti-inflammatory - Citroflavonoids.

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