

A CONCEPTUAL NOTE ON VISHAGHNA LEPA

Kalyanimath Gurusiddeshwar.J.

H.T Chaitra

Dept. of Agada Tantra and vyavahara Ayurveda. SDM College of Ayurveda and Hospital, Thanniruhalla, Hassan
Karnataka, India

ABSTRACT

Vishaghna lepas are chief contribution of *Ayurveda* which dealt under *Agada tantra* to treat various poisonous and unknown poisonous conditions and in conditions like *Dhoosivisha* and *Garavisha*. *Ayurveda* emphasized on both internal and external remedies to normalize *Avasthika* and *Sthanika vikaras*. *Lepas* have first importance to cure *sthanika vikaras* and to prevent further spreading of diseases. In this paper the importance, mode of application and their action and some list of *Vishaghna Lepa* has been explained.

Keywords – *Vishaghna Lepa* ,*Dhoosivisha*,*Garavisha*.

INTRODUCTION

The goal of medicine is to prevent disease, restore health and reduce suffering. Sufferings can be both external and internal; the external sufferings may be in the form of pain, rashes, inflammation, various skin lesions etc... Understanding and appropriately treating these external sufferings is an important component of this goal. In contemporary science analgesics are given in the form of topical applications, is said to provide the therapeutic benefits by reaching the local tissue with minimal side effects. In *Ayurveda* the topical applications are known as *Lepas* and this comes under the broad heading of *Bahiparimarjana Chikitsa*¹. Skin is the largest protective barrier in the body which prevents invasion of microorganisms, toxins and foreign substances in the body. The main area of *Bahiparimarjana Chikitsa* is *Twak* and the treatments like *Lepa*, *Abhyanga*, *Swedana*, *Parisheka*, *Unmardana* etc. according to disease are known as *Bahiparimarjana Chikitsa*.

The *Vishaghna lepas* are those which nullifies the harmful or poison effects from the *sthavara ,jangama and krutrima visha*. The term '*Doosivisha*' is of much importance now a day as it implies latent or residual poisons. In all *vishachikitsa Lepas* are considered as first and prime treatment aspect, so in this article an effort is made to explore those *lepas* which are explained under *visha Chikitsa* and their use and precaution's while using them.

Definition of Lepa

The medicines that are in the form of a paste and used for external application are called as *lepas*.² *Lipta*, *lepa*, *lepana*, *alepa* are Synonyms.

Types of Lepa

*Sushrutha*³ -*Pralepa*, *Pradeha*, *Alepa*.
*Sharangadhara*⁴ -*Doshagna*, *Vishaghna* and *Varnya* both categories *lepas* into 3 separate varieties and *Vagbhat*¹¹ *Snaihika*, *Nirvapana*, *Prasadana*, *Stambana*, *Vilayana*, *Pachana*, *Peedana*, *Shodana*, *S*

hoshana and Savarneekarana.

Vishaghna Lepa: Acharya Sharanghadhar entitled the name *Vishaghna lepa*. That which nullifies the poisonous effect is called *Vishaghna Lepa*, and it is one among *Chaturvimshati upakrama* according to *Charaka*. *Susruta* and *Vagbhat* also had given prime importance. In any exposure to *Sthavar or Jangama visha*, *Doshas* get vitiated and that will be neutralized by *vishaghna lepas*. *Vishaghna lepa* is said to be *sheetal* in nature. *Acharya Charaka* while discussing the treatment of *Kushta* tells about importance of *Agada (Vishaghna) yogas* as if the spot (lesion) which is stony hard, rough, stable and old then one can use *Agadayogas's* in form of *Lepa, Paana, Anjana and Nasya*⁹.

General method of preparation²: The drugs are first made into a fine powder and then mixed with some liquid media like water/ cow's urine/ oil/ ghee/*swarasa*/decoction etc. to obtain the paste form. This paste is applied over the skin.

Doshagna lepa- Here, the powder has to be mixed with *Aranala* (fermented gruel) as the media.

Visaghna lepa- Here, Ghee mixed with hot water should be used as the media.

Varnya lepa- Here, lemon juice/ milk should be used as the media.

Common Rules of application of

Lepa: While applying the *lepas*, *sneha's* are said to be added. Their quantity has to be decided as per the *dosha* vitiated⁵. The *Lepa* should not be applied at night time and left in situ after drying. It must be removed as soon as it dries up. Because *lepas* in wet state help to cure the diseases and on drying, they lose their potency and causes the irritation of the skin⁶. *Lepas* should be prepared

and used fresh. *Lepas* should be applied only once and should not be applied over the previous one⁷.

Thickness of Lepa: *Susruta* has compared the thickness of *Lepa* to the skin of buffalo, he says that *Pralepa* is thinner and *Pradeha* is thicker to buffalo's skin and in between is consider as *Alepa*. *Acharya Sharanghadhra* says as *Doshaghna lepa -1/4 angula, Vishaghna lepa-1/3 angula, Varnya lepa-1/2 angula*⁸.

Possible mode of Action of Lepa:

Lepas are usually applied against the hair follicular direction, this facilitates the quicker absorption of the drug potency through *Romakupa* (hair roots), *swedavahini* (sweat glands) and *siramukha* (blood capillaries)¹⁰. In the Chapter *Dhamani Vyakarana Adhyaya Susruta* explains *Dhamanis* which are *Oordhwagata, Adhogata and Tiryakgata*. Here he explains four *Tiryakgami Siras*. Out of these four, each divides gradually hundred and thousand times and thus become innumerable: by these the body is covered like network, bound and pervaded their openings are attached to hair follicles which carry sweat and replenish *rasa* inside and outside (“*Swedamabhivahanti Rasamchabhitarpayanthi Antharbahishcha.....*”); through them only the *veerya* of *Abhyanga, Snana* and *Lepa dravyas* enter the body after being transformed in skin; the same also carry the sensation of touch pleasant¹¹.

The physic-chemical properties of a drug in a topical dosage form affect that drug's trans-dermal delivery and topical bioavailability. The molecules of the formulation after penetrating through the stratum corneum and into viable epidermis and dermis produces its characteristic pharma-

ological response through receptors even before the blood and lymph circulations remove it, in which case it may set in a cascade of systemic effects. Though the horny layer is very impermeable to most chemicals, contributing the rate limiting step in trans-dermal absorption because of its high diffusion resistance, providing a small fractional area of 0.1 % only as permeable appendage shunt route. Besides this route the drug molecules may penetrate through the hair follicles and sebaceous glands or through sweat ducts also and thus helps to **Agada lepas which are mentioned in Bruhatrayi's (in the context of visha Chikitsa) with their reference.**

remove or neutralize the toxins in initial stage only¹².

Precaution for using Vishaghna

Lepa: The use of anti-poisonous formulation is judicious only when the case is definitely of poisoning, as if used in poison less person it may create troubles, hence with all efforts, poison should be diagnosed, as in absence of poison the physician might kill the patient¹³. So diagnosis plays important role and this precaution strictly follow when drug has to administered internally.

Agada Lepa	Mode Of Administration	Indication	Reference
<i>Kakandadiagadalepa</i>	<i>Pradeha</i>	<i>Sarvakeeta visha</i>	<i>Ch.Chi 23/53</i>
<i>Mrutasanjeevanaagadalepa</i>	<i>Pralepa</i>	<i>SarvaVishaghna</i>	<i>Ch.Chi 23/58</i>
<i>Gandhahastinamaagadalepa</i>	<i>Lepa</i>	<i>Savishavrana/Vishajanya damstra/Butagraha/visuchika/Unmada/apasmara/Arsha/Mudagarbha/kitibha/Switra.</i>	<i>Ch.Chi 23/75-76</i>
<i>Mahagandhahastiagadalepa</i>	<i>Pralepa/Alepa</i>	<i>Sarvavishaghna</i>	<i>Ch.Chi 23/77-84</i>
<i>Ksharagadalepa</i>	<i>Pralepa/Alepa</i>	<i>Shota/ Gulma/Arsha/Bhagandhar.</i>	<i>Ch.Chi 23/101-104</i>
<i>Khandasharkaralepa</i>	<i>Pralepa in vatajavishajantudamstra.</i> <i>Pradeha in pittajavishajantudamstra</i>	<i>Pralepa-vatapradanavishajantudamstr.</i> <i>Pradeha-pittapradhanavishajantudamstr.</i>	<i>Ch.Chi 23/170-171</i>
<i>Mamsyadiagadalepa</i>	<i>Lepa</i>	<i>Sarvavishahara/Shotaghna.</i>	<i>Ch.Chi 23/90</i>

Chandanadiagadalepa	<i>Pralepa/Alepa</i>	<i>Sarvavishahara</i>	<i>Ch.Chi 23/191-192</i>
Ksheeravrukshatvagalepa	<i>Pralepa/Alepa</i>	<i>Keetavishajanyashoth/daha/shoola</i>	<i>Ch.Chi 23/199</i>
Madukadilepa	<i>Pralepa/Alepa</i>	<i>Loota visha</i>	<i>Ch.Chi 23/200-202</i>
Kusumbhapushpaadiagadalepa	<i>Pradeha</i>	<i>For keeta and lootavishajanyakarnikapatana</i>	<i>Ch.Chi 23/203</i>
Kapotavitaadilepa	<i>Pralepa/Alepa</i>	<i>Vruschika and manduka visha</i>	<i>Ch.Chi 23/208-209</i>
Vachadiagadalepa	<i>Pralepa /Alepa</i>	<i>Sarvavishahara</i>	<i>Ch.Chi23/214</i>
Vishaghna lepa(shirisha+nirgundi)	<i>Pralepa/Alepa</i>	<i>Sarvavishahara</i>	<i>Ch.Su 3/28</i>
ShirishadiAgadalepa	<i>Pralepa</i>	<i>Hrutapeeda due to visha</i>	<i>Su.Ka 1/36</i>
Shyamadiagadalepa	<i>Pralepa/Alepa</i>	<i>Hasta and Nakha visha</i>	<i>Su.Ka 1/37</i>
Chandanadilepa	<i>Pralepa</i>	<i>Abhyangaja visha</i>	<i>Su.Ka 1/53</i>
Chandanagrutadilepa	<i>Pralepa</i>	<i>Cosmetic induced twakavikara</i>	<i>Su.Ka 1/60-61</i>
Mahasugandhiagadalepa	<i>Pralepa/Alepa</i>	<i>Aabharanajnya and Paadukavish</i>	<i>Su.Ka 1/77</i>
Vamsaadiagadalepa	<i>Pralepa</i>	<i>Loota /Mushika/Sarpa/Keeta visha</i>	<i>Su.Ka 5/78-79</i>
Shirisharajanyadiagadalepa	<i>Pralepa</i>	<i>Mushika visha</i>	<i>Su.Ka 7/33</i>
Kustadiagadalepa	<i>Pralepa</i>	<i>Keeta visha</i>	<i>Su.Ka 8/47</i>
Rajanyadiagadalepa	<i>Pralepa/Alepa</i>	<i>Keeta visha</i>	<i>Su.Ka 8/48</i>
Meshasrunyadiagada-	<i>Pralepa/Alepa</i>	<i>Manduka visha</i>	<i>Su.Ka 8/50</i>

lepa			
Kumkumadiagadalepa	<i>Pralepa/Alepa</i>	<i>Satapadi visha</i>	<i>Su.Ka 8/49</i>
Shirishatagaraadiagadalepa	<i>Pralepa/Alepa</i>	<i>Keeta visha</i>	<i>Su.Ka 8/52</i>
Krushnamrutrikalepa	<i>Pralepa/Alepa</i>	<i>Pippalikadamstra visha</i>	<i>Su.Ka 8/55</i>
Arkamooladiagdalepa	<i>Pralepa</i>	<i>Loota visha</i>	<i>Su.Ka 8/102</i>
Chandanarasnaadiagadalepa	<i>Pralepa/Alepa</i>	<i>Loota visha</i>	<i>Su.Ka 8/103</i>
Padmakadiagadalepa	<i>Pralepa/Alepa</i>	<i>Loota visha</i>	<i>Su.Ka 8/104</i>
Sanjeeviniagadalepa	<i>Pralepa /Alepa</i>	<i>Sarvavishahara</i>	<i>A.S.U 40/46</i>
Murvadichoorna	<i>Lepa</i>	<i>Garavishajanyatwakaroga</i>	<i>A.S.U 40/66</i>
Harenyavadailepa	<i>Pralepa/Alepa</i>	<i>Garopahatatwacha</i>	<i>A.S.U 40/69</i>
Tarunapalashkshara	<i>Lepa</i>	<i>Twagaroga/gulma</i>	<i>A.S.U 40/82</i>
Grutalepa	<i>Pralepa /Alepa</i>	<i>Sarvavishahara</i>	<i>A.S.U 40/88</i>
Chadanashirishalepa	<i>Pralepa /Alepa</i>	<i>Sarpa visha</i>	<i>A.S.U 42/9</i>
Kashmaryadiagadalepa	<i>Pralepa /Alepa /pradeha</i>	<i>Mandalisarpa visha</i>	<i>A.S.U 42/20</i>
Ksheerevishatwagalepa	<i>Pralep</i>	<i>Keeta visha</i>	<i>A.S.U 42/30</i>
Dashangalepa	<i>Pralepa</i>	<i>All type of Keeta visha</i>	<i>A.S.U 43/31</i>
Sheerishabeejalepa	<i>Pralepa</i>	<i>Manduka visha</i>	<i>A.S.U 43/34</i>
Vachadilepa	<i>Pralepa /Alepa</i>	<i>Keeta visha</i>	<i>A.S.U 43/35</i>
Tagaradilepa	<i>Pralepa</i>	<i>Makshika visha</i>	<i>A.S.U 43/39</i>
Matulungaamladilepa	<i>Pralepa/Alepa</i>	<i>Vrushcika visha</i>	<i>A.S.U 43/43</i>
Palashabeejadilepa	<i>Pralepa /Alepa</i>	<i>Vrushcikadamstrashola</i>	<i>A.S.U 43/54</i>
Hinguharitaladilepa	<i>Pralepa/ alepa</i>	<i>Vrushcika visha</i>	<i>A.S.U 43/48</i>

Pippalyadilepa	<i>Pralepa</i>	<i>Vruschika visha</i>	<i>A.S.U 43/50</i>
Paravatashakrutalepa	<i>Pralepa /Alepa</i>	<i>Vrushikadamstrjanyakandu</i>	<i>A.S.U 43/52</i>
Nagaradiagadalepa	<i>Pralepa</i>	<i>Vrushcika visha</i>	<i>A.S.U 43/56</i>
Prapoundikadilepa	<i>Pralepa /Alepa</i>	<i>Paittikaloota visha</i>	<i>A.S.U 44/25</i>
Syhyamadilepa	<i>Pralepa</i>	<i>Shlaismikalootavisha</i>	<i>A.S.U 44/26</i>
Bimbyadilepa	<i>Pralepa</i>	<i>Vatikaloota visha</i>	<i>A.S.U 44/27</i>
Bhodyadilepa	<i>Pralepa</i>	<i>All type of loota visha</i>	<i>A.S.U 44/28</i>
Shirishapadmakadilepa	<i>Pralepa</i>	<i>Loota visha</i>	<i>A.S.U 44/36</i>
Sarpakshichandanadilepa	<i>Pralepa</i>	<i>Loota visha</i>	<i>A.S.U 44/41</i>
Lakshyarajanyadilepa	<i>Pralepa /Alepa</i>	<i>Lootavishajanyatwakaroga</i>	<i>A.S.U 44/49</i>
Nishapadmakadilepa	<i>Pralepa/Alepa</i>	<i>Loota visha</i>	<i>A.S.U 45/01</i>
Agadhumadilepa	<i>Alepa/ Pradeha</i>	<i>Lootavishajanyakarneeka</i>	<i>A.S.U 46/15</i>
Matulungadilepa	<i>Alepa</i>	<i>Alarka visha</i>	<i>A.S.U 46/48</i>
Lashunadilepa	<i>Alepa</i>	<i>Alarka visha</i>	<i>A.S.U 46/52</i>
Somavalkalalepa	<i>Pralepa/ Alepa</i>	<i>Alarkajanyanakhadanta visha</i>	<i>A.S.U 46/61</i>
Bhallatakadiagadalepa	<i>Pralepa/Alepa</i>	<i>Vicharchika /Dadru/kitibha</i>	<i>A.S.U 48/33</i>
Vishadiagadalepa	<i>Pralepa/Alepa</i>	<i>Switra/Pundarika/Darunaka</i>	<i>A.S.U 48/34</i>
Savarikaralepa	<i>Pralepa/Alepa</i>	<i>Switra</i>	<i>A.S.U 48/35</i>
Veeralaangalilepa	<i>Pralepa</i>	<i>Garpanaarta</i>	<i>A.S.U 48/36</i>
Visharasanjanadilepa	<i>Pralepa /Alepa</i>	<i>Vishajanitadustavrana</i>	<i>A.S.U 48/22</i>

DISCUSSION

Lepa (Vishaghna) is one of the important *Bahiraparimarjana Chikitsa*, which

subsides vitiated *doshas* locally as well as deeper situated *doshas* in the body and pre-

vents invasion of microorganisms, toxins and foreign substances in the body.

Most of *Vishaghna lepas* are *Tridoshahara* mainly *pittahara* (*Brajakapitta* is situated in *twacha*) and due to *Ashraya Aashrayibhava* they remove a vitiated *Doshas* from the *Rakta* and acts as *Vishaghna*. *Ghruta* mixed with hot water is best media for *Vishaghna lepas*. *Ghruta* an end product of milk, is an ideal substance that has a unique action on the body constituents, it has a beneficial soothing effect on the unctuous chain (*DhaatuSnehaParamparaa*) of the tissues. And its *Sukshmakariguna* helps in penetration of drug in deeper level.

Mode of administration *Pralepa/ Alepa /Pradeha* plays very important role in absorbing a poison. *Sushruta* has compared the thickness of *Lepa* to the skin of buffalo, he says that *Pralepa* is thinner and *Pradeha* is thicker to buffalo's skin ,it means the actual thickness of the skin buffalo may be attributed as the thickness in between both, which will be thickness of *Alepa*. *Acharya Sharanghadhra* says as *Doshagnalepa - 1/4angula(0.48cm),Vishaghna lepa-1/3 angula(0.65cm),Varnyalepa-1/2 angula(0.97cm),[1 Angula = 1.95cm , yavodairangulamastasankya]*⁸. *Lepa* in the *Pratiloma* direction helps the *Oushadha* to remain there properly and allows it to enter the *romakoopas* and thereby potency (*veerya*) of *dravya* entering to *svedavahinisrotas* and

REFERENCE

1. V.Shukla,RTripathi.Charakasamhita,sootras-thana;tisraishaneeyaadyaya:chapter 11,verse 55.Delhi:chauhambha samskrita pratisthana,2006;449.
2. KRSrikantamurthy.Sushrutasamhita,sootras-thana;Vranalepanabhandanavidhi:chapter 18,verse 6 .Varanasi: chaukhambhaorientalia ,2012;128.

make the action of the application quick and effective.

Charakacharya explained importance of *Agada (Vishaghna) lepa* in *Kustachikitsa*, if the spot which is stony hard, rough ,benumbed, stable and old then one can use *Agadalepa's* in form of *Lepa,Paana,Anjana and Nasya*. By observing all indication of *Vishaghna Lepa* , *lepa's* are not only restricted to *Twaka vikaras*, it supportive to cure diseases involved in most of other *Srotas*.(indicated in *Unmaada,Gulma,Arsha,Mudagarbha,etc....*)

CONCLUSION

Vishaghna lepas can also be used in other aliments other than *Visharoga*. However, causative factor for a disease is important, i.e. history pertaining to *Dhooshivisha/ Garavisha* is must. All *Vishaghna Lepas* due to their *Guna* (property) and *veerya* (potency) act as *Doshaghna Lepa*, but all *Doshaghna lepas* need not be essentially *Vishaghna.Lepa* done externally through skin is only one example, though the *Lepas* described in our texts are effective, *Vishaghna lepas* are less used and less known, Knowledge of different varieties of *Lepas* available in different forms may help future research scholars and physicians to use it in an appropriate way.

- 3.ShobhaGHiremath.Bhaishajyakalpana;Lepakalpana:chapter 15.Banglore:IBH Prakashana, 2000; 291-297.
- 4.ShailajaSrivastava.Sharanghadharasamhita,Uttarakhand;lepavidhi:chapter11.Varanasi:Chauhambha orientalia,2003;424-426.
5. KR Srikantamurthy. Sushrutasamhita, sootras-thana;Vranalepanabhandanavidhi:chapter

18,verse 10 .Varanasi: chaukhambhaorientalia ,2012;129.

6.ShailajaSrivastava.Saranghadharasamhita, Uttarakhanda;lepavidhi:chapter 11,verse 74-76.Varanasi:Chaukhambha orientalia,2003;438-439.

7.KRSrikantamurthy.Sushrutasamhita,sootrasthana;Vranalepanabhandanavidhi:chapter 18,verse 17 .Varanasi: chaukhambhaorientalia ,2012;130.

8.RavindraAngadi.BhaishajyakalpanaVijnana;Lepakalpana:chapter 32.Varanasi: Chaukhambha-surbhabhathi prakashana,2009;308-317.

9.V.Shukla,RTripathi.Charakasamhita,chikitsasthana;Kusthachikitsa:chapter 7,verse 55.Delhi:chaukhambha samskrita prasthana,2005;188.

10.KRSrikantamurthy.Sushrutasamhita,sootrasthana;Vranalepanabhandanavidhi:chapter 18,verse 4 .Varanasi: chaukhambhaorientalia ,2012;4.

11.KRSrikantamurthy.Sushrutasamhita,shareerasthana;Dhamanivyakarana:chapter 9,verse 8.Varanasi: chaukhambhaorientalia ,2012;143-145.

12. KDTripathi.Essentials of Medical Pharmacology;Introduction,Routes of drug administration.Newdelhi:Jaypee brothers medical publishers (p) LTD,2013;6.

13.KRSrikantamurthy.Sushrutasamhita,kalpasthana;Keetakalpana:chapter 8,verse 77-78 .Varanasi: chaukhambhaorientalia ,2012;490-491.

CORRESPONDING AUTHOR

Kalyanimath Gurusiddeshwar.J.

Dept. of Agada Tantra and vyavahara Ayurveda.
SDM College of Ayurveda and Hospital,
Thanniruhalla, Hassan Karnataka, India

Source of support: Nil

Conflict of interest: None Declared