ISSN: 2322 - 0902 (P)
ISSN: 2322 - 0910 (O)

International Journal of Ayurveda and Pharma Research

Review Article

LEPA CHIKITSA IN AYURVEDA: A CRITICAL APPRAISAL OF CLASSICAL CONCEPTS AND CONTEMPORARY THERAPEUTIC RELEVANCE

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Article info

Article History:
Received: 03-08-2026
Accepted: 06-09-2026
Published: 04-10-2026

KEYWORDS:
Lepa Chikitsa, Bahya Karma, Ayurveda, Different diseases.

ABSTRACT

Ayurveda, the traditional system of medicine of India, emphasizes a holistic approach to disease management through internal and external therapeutic modalities. Among the external therapies (*Bahya Karma*), *Lepa Chikitsa*-the topical application of medicated herbal pastes-holds a significant place in the management of various inflammatory, painful, and dermatological conditions. Classical Ayurvedic texts, particularly *Sushruta Samhita*, describe *Lepa* as *Adhya Upakrama* and *Pradhanatama Upakrama* for the treatment of *Sarva Shopha* (all types of inflammation), highlighting its therapeutic importance. **Objective:** To critically appraise the classical concepts, principles, indications, methods of application, and contemporary therapeutic relevance of *Lepa Chikitsa* in Ayurvedic practice. **Methods:** "This review was conducted using classical Ayurvedic texts including *Charaka Samhita, Sushruta Samhita*, *Ashtanga Hridaya*, and *Sharangadhara Samhita*. Relevant references on *Lepa* formulations were compiled and analyzed. Secondary data from modern databases (PubMed, Scopus) were also reviewed to understand transdermal drug delivery correlations". **Key Findings:** Classical literature describes different types of *Lepa* based on their therapeutic indications, ingredients, and methods of preparation. *Lepa* acts by alleviating vitiated *Doshas*, reducing inflammation, pain, swelling, and stiffness, while promoting tissue healing. Contemporary studies suggest that transdermal absorption of phytoconstituents, local anti-inflammatory effects, improved microcirculation, and analgesic properties may contribute to its clinical efficacy. *Lepa* has demonstrated promising utility in musculoskeletal disorders, inflammatory conditions, skin diseases, traumatic injuries, and other localized pathologies. However, robust clinical evidence and standardized treatment protocols remain limited. **Conclusion:** *Lepa Chikitsa* is a valuable external therapeutic modality in Ayurveda with a strong classical foundation and promising contemporary relevance. Integrating traditional knowledge with scientific validation through well-designed clinical studies may further establish its role as an effective, safe, and evidence-based treatment approach in integrative healthcare.

INTRODUCTION

Ayurveda, the ancient science of life, emphasizes a holistic approach toward the prevention and management of diseases through various therapeutic modalities. Among these, *Lepa Chikitsa* (topical application of medicated pastes) holds a significant place as an external treatment method, widely described in classical Ayurvedic texts. *Lepa* involves the application of herbal or herbo-mineral formulations over the skin, aimed at delivering localized as well as systemic therapeutic effects through transdermal absorption. It is considered a simple, cost-effective, and non-invasive intervention with broad clinical applicability. Traditionally, *Lepa* has been utilized in the management of a wide spectrum of disease conditions, including inflammatory disorders, skin diseases, musculoskeletal ailments, wounds, and swelling. Its therapeutic action is attributed to properties such as *Shothahara* (anti-inflammatory), *Vedanasthapana* (analgesic), *Kusthaghna* (anti-dermatotic), and *Vranaropaka* (wound healing). The pharmacological efficacy of *Lepa* is influenced by factors such as the nature of the drugs

Access this article online

Quick Response Code

https://doi.org/10.47070/ijapr.v14i9.4429

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used, method of preparation, duration of application, and the patient's *Prakriti* and disease condition.

Importance of *Lepa Chikitsa*: *Lepa Chikitsa* occupies a unique and indispensable position among the external therapeutic modalities of Ayurveda due to its simplicity, safety, affordability, and effectiveness. Classical Ayurvedic texts regard *Lepa* as one of the foremost treatment measures (*Adhya Upakrama*), particularly for the management of *Shotha* (inflammation), *Vedana* (pain), *Vrana* (wounds), and various *Twak Vikaras* (skin disorders). *Sushruta* describes *Lepa* as the *Pradhanatama Upakrama* for alleviating all types of inflammation, emphasizing its ability to pacify aggravated *Doshas* at the site of pathology. The topical application enables direct delivery of the therapeutic principles to the affected area, producing rapid local effects while minimizing systemic adverse reactions. Owing to its versatility, *Lepa* is widely indicated in musculoskeletal disorders such as *Amavata*, *Sandhigata Vata*, and *Vatarakta*; inflammatory swellings; traumatic injuries; chronic wounds; and dermatological diseases. In the present era, increasing scientific evidence supporting transdermal drug delivery and the anti-inflammatory, analgesic, antimicrobial, and wound-healing properties of medicinal herbs has further enhanced the therapeutic relevance of *Lepa Chikitsa*. Thus, it continues to serve as an effective bridge between classical Ayurvedic wisdom and contemporary integrative healthcare.[1-3]

Definition of *Lepa*

When *Ardra* or *Sushka dravyas* are ground with water well and made into a paste and used for external application, such a formulation is known as *Lepa*.[4]

Synonyms

Lipta, Lepa, Lepana

Method of Preparation of *Lepa*

Lepa can be prepared with *Ardra Dravyas* (wet ingredients) and also with *Shushka Dravyas* (dried ingredients). Pharmaceutically *Lepa Kalpana* is basic *Kalpana* of *Kalka*. In both the cases the *Kalka* (paste) should be prepared first by utilizing the liquid media like *Swarasa, Kwatha, Ghrita, Taila, Godugdha, Gomutra, Jala* according to condition of particular disease.[6-8]

Types of *Lepa*

According to *Acharya Sushruta*[1]

1. *Pralepa*	2. *Pradeha*	3. *Alepa*

According to Acharya Vagbhata[9]

1. *Snaihika*	2. *Nirvapana*	3. *Prasadana*
4. *Sthambhana*	5. *Vilayana*	6. *Pachana*
7. *Pidana*	8. *Shodhana*	9. *Shoshana*
10. *Savarnikara*		

According to Acharya Sharangdhara[4]

1. *Doshagna*	2. *Vishagna*	3. *Varnya*

Pralepa, Alepa, Pradeha

Pralepa: *Sheeta, Tanu, Vishoshi - Avishoshi*

Alepa:

आलेप आद्य उपक्रमः, एष सर्वशोफानां सामान्यः प्रधानतमश्चा (Su.sut.18/3)

Madhyama, Raktapittaprasad krt

Pradeha: *Ushna, Sheeta, Bahala, Abahu, Avishoshi, Vata shleshma prasamana, Shodhana, Ropana, Sopha Vedanapaha, Kshatakshateshu*

विदग्धेषु पुनः प्रदेह एव, यस्य 'उपनाह' इति संज्ञान्तरम्। (Dalhana)

Importance of *Alepa*[2]

अविदग्धेषु शोफेषु हितमालेपनं भवेत् ।

यथास्वं दोषशमनं दाहकण्डूरुजापहम्

मांसरक्तप्रसादनम् त्वप्रसादनमेवात्र्यं दाहप्रशमनं श्रेष्ठं रुजाकण्डूविनाशनम्

मर्मदेशेषु ये रोगा गुह्येष्वपि तथा नृणाम् । संशोधनाय तेषां हि कुर्यादालेपनं

Pramana* of *Sneha* in *Lepa

According to *Sushruta Samhita*, when *Lepa* is used for *Doshaj Vikara*, *Sneha Dravya* should be added. The addition of *Sneha* is depending on the *Dosha* involved.[3]

The *Sneha pramana* is as follows

A. *Vataj Shotha:* 1/4th part of *Lepa*.

B. *Pittaj Shotha:* 1/6th part of *Lepa*.

C. *Kaphaj Shotha:* 1/8th part of *Lepa*

Thickness of *Lepa*

- *Acharya Sushruta* instructed that the Thickness of *Lepa* should be equivalent to *Ardra Mahisha Charma* (moist buffalo's skin.) It is 4-5 mm approximately. Hence, a *Lepa* having thickness <4-5mm should be considered as "Thin *Lepa*" and greater should be considered as "Thick *Lepa*."
- Whereas *Acharya Charaka* clarifies that when a rubefacient action of a drug is expected, it should be applied uniformly thick over the skin. However, when softening and soothing action is to be elicited, the drug should be applied uniformly thin over the skin. In fact, this statement interprets the mode of application of a drug as per the requirement and not the properties of the mentioned drugs. [5]
- *Acharya Sharangdhar* has told the size of *Lepa* according to the purpose of usage of *Lepa* as
- *Doshaghna Lepa: ¼ Angula Utsedha.* (= 0.325 inch)
- *Vishaghna Lepa:* 1/3 *Angula Utsedha.* (=0.205 inch)
- *Varnya Lepa: ½ Angula Utsedha.* (=0.175 inch)

Rules of Application of *Lepa*

- *Lepa* should always be applied in *Pratiloma* direction i.e., the opposite direction of the hair follicles as the drugs get quickly absorbed through hair roots, sweat glands and capillaries.[3]
- *Alepa* should not be applied in the night time.
- In day time the diseases curable by *Pradeha* in those *Alepa* is useful.
- Especially in *Pitta*, *Rakta*, *Abhigata*, *Visha* conditions alepa is useful.
- *Lepa* cannot be reused.
- The *Lepa* should not be left in-situ after drying because it loses their potency and cause irritation to the skin.

Mode of Action

Modern Aspect

Transdermal drug delivery (TDD) works by transporting a drug across the skin into systemic circulation in a controlled manner. Its mode of action can be understood as following:[12]

Drug Release from Formulation

The drug is released from a patch, gel, cream, or ointment applied on the skin surface.

Release depends on the formulation matrix and drug concentration.

Penetration through Stratum Corneum

The outermost layer of skin, stratum corneum, is the main barrier.

Drug crosses it by passive diffusion following Fick's law:

Where:

J = flux (rate of drug transfer)

D = diffusion coefficient

dC/dx = concentration gradient

Higher concentration gradient → better absorption.

Pathways of Drug Entry

Drugs enter through three main routes:

Intercellular route– Between skin cells (most common)

Transcellular route – Through cells

Appendageal route – Via hair follicles and sweat glands

Diffusion through viable epidermis and dermis

After crossing stratum corneum, the drug diffuses through:

- Epidermis
- Dermis

These layers offer less resistance compared to the outer layer.

Absorption into Systemic Circulation

Drug reaches dermal capillaries → enters bloodstream

Produces systemic therapeutic effect

Controlled Release & Steady Plasma Levels

Transdermal systems provide:

- Sustained drug release
- Stable plasma concentration

Factors Influencing Skin Permeability in Transdermal Drug Delivery

- Integrity of the Stratum Corneum

  The stratum corneum is the primary barrier to drug penetration. Damaged, hydrated, or diseased skin allows greater drug absorption than intact skin.
- Skin Hydration

  Increased hydration softens the stratum corneum and enhances permeability. Occlusive applications increase skin moisture and improve absorption.
- Thickness of the Skin

  Thin skin (e.g., eyelids, scrotum) is more permeable. Thick skin (e.g., palms and soles) is less permeable.
- Blood flow to the skin

  Increased local blood circulation facilitates drug uptake and systemic absorption.
- Skin Temperature

  Higher temperature increases skin permeability by enhancing diffusion and local blood flow.
- Duration of Contact

  Longer contact time generally increases drug penetration.
- Drug Physicochemical Properties

  Molecular weight (preferably <500 Da), Lipophilicity (optimal balance between lipid and water solubility), degree of ionization (unionized drugs penetrate better), drug concentration.
- Formulation Factors

  Type of base or vehicle (ointment, gel, cream, paste), use of penetration enhancers, pH of the formulation, particle size of the drug.
- Application Technique

  Gentle rubbing or massage may increase absorption by improving local circulation. Thickness of the applied layer also influences penetration.

Correlation of Transdermal Drug Delivery with *Lepa Chikitsa* in Ayurveda

1. Drug Release (Patch, Gel, Ointment)	⟷	*Dravya Mukti* (*Lepa*)
2. Stratum Corneum Barrier	⟷	*Twak* and *Avabhasini*
3. Diffusion Gradient (concentration gradient)	⟷	*Lepa Balavastha* (Thick paste application)
4. Absorption Routes	⟷	*Romakupa* and *Srotas*

(Appendageal, Intercellular)		(hair follicles and sweat channels)
5. Systemic Circulation (Blood Stream)	⟷	*Rasa -Rakta Samvahana* (*Rasa and Rakta Dhatu*)
6. Therapeutic Effects (Anti-inflammatory, analgesic)	⟷	*Dosha Samana* (*Vata, Pitta, Kapha* balance)
7. Controlled Release (Sustained delivery)	⟷	*Kala and Avastha* *Lepa* duration (semi-dry)

Details of Different *Lepas* (Topical Applications) Mentioned in Different Ayurvedic Literature

Table 1: *Lepa* in Skin Diseases *(Kustha)*

S.no	Name of the *Lepa* formulation	Ingredients	Liquid media/ Base	*Rogadhikar*	Reference
1	*Aragwadadhi lepa*	*Aragwada, Chakramarda, Karanja, Vasa, Guduchi, Madana, Haridra, Daruharidra*	*Gopitta*	*Kustha, Nava Kilasa, Indralupta, Kitibha, Dadru, Bhagandara, Arsha, Apachi, Pama*	Ch su 3/3
2	*Shryahvadi lepa*	*Shryahva, Surahva, Khadira, Dhavascha, Nimba, Vidanga, Karaviratwak*	*Gopitta*	*Kustha, Nava Kilasa, Indralupta, Kitibha, Dadru, Bhagandara, Arsha, Apachi, Pama*	Ch su 3/3
3	*Bhojapatradi lepa*	*Bhojapatra granthi, lashuna, Shirisha, Lomasha, Guggulu, Krishnagandha*	*Gopitta*	*Kustha, Nava Kilasa, Indralupta, Kitibha, Dadru, Bhagandara, Arsha, Apachi, Pama*	Ch su3/4
4	*Phanijakadi lepa*	*Phanijaka, Vatsaka, Saptaparna, Peelu, Kushta, Sumana Pravala*	*Gopitta*	*Kustha, Nava Kilasa, Indralupta, Kitibha, Dadru, Bhagandara, Arsha, Apachi, Pama*	Ch su3/4
5	*Vachadi lepa*	*Vacha, Harenu, Trivrt, Nikumbha, Bhallatak, Gairika, Anjana*	*Gopitta*	*Kustha, Nava Kilasa, Indralupta, Kitibha, Dadru, Bhagandara, Arsha, Apachi, Pama*	Ch su 3/5
6	*Manahshiladi lepa*	*Manahshila, Grhadhooma, Ela, Kasisa, Lodhra, Musta, Sarja*	*Gopitta*	*Kustha, Nava Kilasa, Indralupta, Kitibha, Dadru, Bhagandara, Arsha, Apachi, Pama*	Ch su 3/5
7	*Kusthadi lepa*	*Kustha, Haridra, Daruharidra, Patola, Nimba, Aswagandha, Suradaru, Shigru, Sarsapa, Tumburu, Dhanyaka, Vanya, Chanda*	*Takra*	*Kandu, Pidaka, Kotha, Kustha, Sopha*	Ch su 3/8
8	*Kusthadi lepa*	*Kustha, Amrtasanga, Daruharidra, Kasisa, Kampillaka, Musta, Lodhra, Gandhaka, Sarjarasa, Vidanga, Manahashila, Karaviratwak*	*Sarsapa taila*	*Dadru, Kandu, kitibha, Pama, Vicharchika,*	Ch su 3/10
9	*Manashiladi lepa*	*Manahshila, Haratala, Maricha*	*Sarsapa taila, Arka dugdha*	*Kustha*	Ch su 3/12
10	*Tuthadi lepa*	*Tutha, Vidanga, Maricha, Kustha, Lodhra*	*Sarsapa taila, Arka dugdha*	*Kustha*	Ch su 3/12
11	*Rasanjanadi*	*Rasanjana, Prapunnad Beeja*	*Kapittha*	*Kustha*	Ch su 3/13

	lepa	*(Chakramarda)*	*rasa*		
12	*Karanjabeej adi lepa*	*Karanjabeeja, Chakramarda beeja, Kustha*	*Gomutra*	*Kustha*	Ch su 3/13
13	*Haridradi lepa*	*Haridra, Daruharidra, Kutaja beeja, Karanja beeja, Sumana pravala, Karavira twak, Tila nala Kshar*	*Gomutra*	*Kustha*	Ch su 3/14
14	*Manahshilad i lepa*	*Manahshila, Kutaja twak, Kustha, Lomasha, Chakramarda, Karanja, Bhoja granthi, Karavira mula,*	*Tushodaka, Palasha rasa*	*Kustha*	Ch su 3/15-16
15	*Chaturangul adi lepa*	*Chaturangula patra, Kakamachi patra, Karavira patra*	*Takra*	*Kustha*	Ch su 3/17
16	*Shaivaladi lepa*	*Shaival, Padma, Utpala, Vetra, Tunga, Prapoundarika, Amrnala, Lodhra, Priyangu, Kaleyaka, Chandana,*	*Ghrtam*	*Dahanashak*	Ch su 3/26
17	*Sitadi lepa*	*Sita, Lata, Vetasa, Padmaka, Yashti, Aindri, Nalini, Durva, Yavasa Mula, Kusha, Kasha, Sugandha Bala, Eraka*	*Ghrtam*	*Dahanashak*	Ch su 3/27
18	*Shaileyadi lepa*	*Shaileya, Ela, Agaru, Kustha, Chorpushpi, Tagara, Twah, Suradaru, Rasna*	*Ghrtam*	*Sheetanashak*	Ch su 3/28
19	*Shirishadi lepa*	*Shirisha twak, Nirgundi patra*		*Vishanashak*	Ch su 3/28
20	*Shirishadi lepa*	*Shirisha, Lamajjaka, Hema, Lodhra*		*Twak dosha, Samsweda hara*	Ch su 3/29
21	*Patradi lepa*	*Patra, Lodhra, Gandhabala, Usheera, Chandana,*		*Shareera Dourgandhya hara*	Ch su 3/29
22	*Eladi lepa*	*Ela, Kustha, Daruharidra, Shatapushpa, Chitraka, Vidanga, Rasanjana, Haritaki*	*Jala*	*Kushtha*	Ch chi 7/84
23	*Chitrakadi lepa*	*Chitraka, Ela, Bimbi, Vrshaka, Trivrt, Arka, Sunthi, Palasha Kshar*	*Gomutra*	*Mandala Kustha*	Ch chi 7/85
24	*Mamsyadi lepa*	*Jatamansi, Maricha, Saindhava lavana, Haridra, Tagara, Snuhi, Grhadhooma, Palasha kshar*	*Gopitta, Gomutra,*	*Kustha*	Ch chi 7/87
25	*Trapvadi lepa*	*Trapu, Seesa, Loha*		*Mandala kustha*	Ch chi 7/88
26		*Phalgu, Chitraka, Brhati, Godha ras, Saindhav Lavana, Suradaru*	*Gomutra*	*Mandala kustha*	Ch chi 7/88
27	*Siddharthak a lepa*	*Musta, Madanaphala, Triphala, Karanja, Aragwadha, Indrayava, Daruharidra, Saptaparna,*		*Twak dosha, Kushtha, Sopha*	Ch chi 7/91
28	*Kusthadi lepa*	*Kustha, Karanjabeeja, Chakramarda*	*Jala*	*Kustha*	Ch chi 7/93
29	*Prapunnada di lepa*	*Prapunnad beeja, Saindhava lavana, Rasanjana, Kapittha, Lodhra*		*Kustha*	Ch chi 7/93
30	*Swetakaravi radi lepa*	*Sweta Karavira mula, Karanja, Kutaja twak, Daruharidra, Jati Pravala*		*Kustha*	Ch chi 7/94
31	*Lodhradi*	*Lodhra, Dhataki, Vatsaka beeja,*		*Kustha*	Ch chi 7/95

	lepa	*Naktamala, Malati pushpa*			
32	*Shirishadi lepa*	*Shirisha twak, Karpasa pushpa, Aragwadha patra, Kakamachi patra*		*Kustha*	Ch chi7/96
33	*Sidhmanashak lepa*	*Kustha, Tamalapatra, Maricha, Manahshila, Kasisa*	*Tila taila*	*Sidhma*	Ch chi 7/117
34	*Mandalakustha nashak lepa*	*Kinva, Varaharakta, Prithvika, Saindhava*		*Mandala kustha, Vatakaphaja kustha*	Ch chi 7/122
35		*Kustumburu, Kustha*		*Mandala kustha, Vatakaphaja kustha*	Ch chi 7/122
36		*Putika, Devadaru, Jatamamsi, Mudgaparni, Kakanasa*	*Pakwa sura, Madhu*	*Mandala kustha, Vatakaphaja kustha*	Ch chi 7/123
37		*Chitraka, Sigru, Guduchi, Apamarga, Devadaru,*	*Dadhi manda*	*Mandala kustha, Vatakaphaja kustha*	Ch chi 7/124
38		*Khadira, Dhava, Shyama, Danti, Dravanti*	*Dadhi manda*	*Mandala kustha, Vatakaphaja kustha*	Ch chi 7/124
39		*Laksha, Rasanjana, Ela, Punarnava*	*Dadhi manda*	*Mandala kustha, Vatakaphaja kustha*	Ch chi 7/125
40	*Edagajadi lepa*	*Edagaja(Chakramarda), Kustha, Saindhava, Vidanga, Sarsapa,*	*Souviraka*	*Krmi, Mandala kustha, Dadru kustha*	Ch chi 7/126
41		*Chakramarda, Sarjarasa, Mulaka beeja*	*Kanji*	*Sidhma kustha*	Ch chi 7/127
42		*Vasa, Tiphala, Brhati, Usheera, Patola, Sariva, Katukarohini*		*Kustha*	Ch chi 7/128
43	*Pitta kustha nashak lepa*	*Jala, Kustha, Agaru, Nagakesar, Patra, Plava, Chandana, Mrnala*		*Pitta kaphaja kustha*	Ch chi 7/130
44		*Priyangu, Harenu, Vatsaka,, Ativisha, Usheera, Chandana, Katukarohini,*		*Pitta kustha*	Ch chi 7/132
45		*Vidanga, Nimba*	*Gomutra*	*Galitha kustha*	Ch chi 7/157
46		*Vasa, Kutaja, Saptaparna, Karavira, Karanja, Nimba, Khadira*	*Gomutra*	*Krmi, kustha*	Ch chi 7/158
47		*Edagaja, Vidanga, Aragwadha mula*		*Kustha*	Ch chi 7/160
48	*Shwitra nashak lepa*	*Manahashila, Vidanga, Kasisa, Kanakapushpa, Saidhava lavana*	*Gorochana*	*Shwitra*	Ch chi 7/167
49		*Kadali kshar, Khara asthi, Go rudhira*		*Shwitra*	Ch chi 7/168
50		*Nilotpala, Kustha, Saindhava*	*Hasthi mutra*	*Shwitra*	Ch chi 7/169
51		*Mulaka beeja, Bakuchi beeja*	*Gomutra*	*Shwitra*	Ch chi 7/169
52		*Kakodumbara, Bakuchi beeja, Chitraka mula*	*Gomutra*	*Shwitra*	Ch chi 7/170
53		*Manahshila, Mayur pitta*		*Shwitra*	Ch chi 7/170
54		*Bakuchi beeja, Laksha, Rasanjana, Souviranjana, Pippali, Loha bhasma*	*Gopitta*	*Kilasa*	Ch chi 7/171
55	*Mandalakustha nashak lepa*	*Kinva, Varaharakta, Prithvika, Saindhava*		*Mandala kustha, Vatakaphaja kustha*	Ch chi 7/122

56		*Kustumburu, Kustha*		*Mandala kustha, Vatakaphaja kustha*	Ch chi 7/122
57		*Putika, Devadaru, Jatamamsi, Mudgaparni, Kakanasa*	*Pakwa sura, Madhu*	*Mandala kustha, Vatakaphaja kustha*	Ch chi 7/123
58		*Chitraka, Sigru, Guduchi, Apamarga, Devadaru,*	*Dadhi manda*	*Mandala kustha, Vatakaphaja kustha*	Ch chi 7/124
59		*Khadira, Dhava, Shyama, Danti, Dravanti*	*Dadhi manda*	*Mandala kustha, Vatakaphaja kustha*	Ch chi 7/124
60		*Laksha, Rasanjana, Ela, Punarnava*	*Dadhi manda*	*Mandala kustha, Vatakaphaja kustha*	Ch chi 7/125
61	*Edagajadi lepa*	*Edagaja(Chakramarda), Kustha, Saindhava, Vidanga, Sarsapa,*	*Souviraka*	*Krmi, Mandala kustha, Dadru kustha*	Ch chi 7/126
62		*Chakramarda, Sarjarasa, Mulaka beeja*	*Kanji*	*Sidhma kustha*	Ch chi 7/127
63		*Vasa, Tiphala, Brhati, Usheera, Patola, Sariva, Katukarohini*		*Kustha*	Ch chi 7/128
64	*Pitta kustha nashak lepa*	*Jala, Kustha, Agaru, Nagakesar, Patra, Plava, Chandana, Mrnala*		*Pitta kaphaja kustha*	Ch chi 7/130
65		*Priyangu, Harenu, Vatsaka,, Ativisha, Usheera, Chandana, Katukarohini,*		*Pitta kustha*	Ch chi 7/132
66		*Vidanga, Nimba*	*Gomutra*	*Galitha kustha*	Ch chi 7/157
67		*Vasa, Kutaja, Saptaparna, Karavira, Karanja, Nimba, Khadira*	*Gomutra*	*Krmi, kustha*	Ch chi 7/158
68		*Edagaja, Vidanga, Aragwadha mula*		*Kustha*	Ch chi 7/160
69	*Shwitra nashak lepa*	*Manahashila, Vidanga, Kasisa, Kanakapushpa, Saidhava lavana*	*Gorochana*	*Shwitra*	Ch chi 7/167
70		*Kadali kshar, Khara asthi, Go rudhira*		*Shwitra*	Ch chi 7/168
71		*Nilotpala, Kustha, Saindhava*	*Hasthi mutra*	*Shwitra*	Ch chi 7/169
72		*Mulaka beeja, Bakuchi beeja*	*Gomutra*	*Shwitra*	Ch chi 7/169
73		*Kakodumbara, Bakuchi beeja, Chitraka mula*	*Gomutra*	*Shwitra*	Ch chi 7/170
74		*Manahshila, Mayur pitta*		*Shwitra*	Ch chi 7/170
75		*Bakuchi beeja, Laksha, Rasanjana, Souviranjana, Pippali, Loha bhasma*	*Gopitta*	*Kilasa*	Ch chi 7/171
76	*Udumbaradi pradeha*	*Udumbara twak, Yashthimadhu, Padmakinjalka, Utpala, Nagapushpa, Priyangu*	*Ghrtam*	*Vata Pittaja Visarpa*	Ch chi 21/72
77	*Nyagrodadhi lepa*	*Nyagrodha pada, Kadali garbha, Bisa granthi*	*Shatadhout a ghrtam*	*Vata Pittaja Visarpa*	Ch chi 21/73
78	*Kaliyadi lepa*	*Kaliyaka, Yashthimadhu, Hema, Vanya, Chandana, Padmaka, Ela, Mrnala, Phalini,*	*Ghrtam*	*Vata Pittaja Visarpa*	Ch chi 21/74
79	*Shadvaladi lepa*	*Shadvala, Usheera, Sankha, Chandana, Utpala, Vetasa, Tandula*		*Vata Pittaja Visarpa*	Ch chi 21/75
80	*Sarivadi lepa*	*Sariva, Padmakinjalaka, Usheera,*		*Vata Pittaja Visarpa*	Ch chi 21/76

		Neelotpala, Manjistha, Chandana, Lodhra, Haritaki			
81	*Naladadi lepa*	*Nalada, Harenu, Lodhra, Yashthimadhu, Padmaka, Durva, Sarjarasa,*	*Ghrtam*	*Vata Pittaja Visarpa*	Ch chi 21/77
82	*Yavaka pradeha*	*Yava sattu, Yasthimadhu, Shatavari*	*Ghrtam*	*Vata Pittaja Visarpa*	Ch chi 21/78
83	*Baladi lepa*	*Bala, Utpalashaluka, Shatavari, Agaru, Chandana,*	*Ghrtam*	*Vata Pittaja Visrapa*	Ch chi 21/79
84		*Yava, Yashtimadhu*	*Ghrtam*	*Vata Pittaja Visarpa*	Ch chi 21/80
85		*Harenu, Masura, Mudga, SwetaShali*	*Ghrtam*	*Vata Pittaja Visarpa*	Ch chi 21/ 80
86		*Padmini kardam, Mouktika, Sakha, Pravala, Shukti, Gairika*	*Ghrtam*	*VataPittajaVisarpa*	Ch chi 21/81-82
87		*Prapoundarika, Yashtimadhu, Bala, Shaluka, Utpala*	*Ghrtam*	*Vata Pittaja Visarpa*	Ch chi 21/82
88	*Sulanashak lepa*	*Nyagrodha patra, Dugdhika patra*	*Ghrtam*	*Vata Pittaja Visarpa*	Ch chi 21/83
89		*Shatavari, Vidari kanda*	*Shatadhout a ghrtam*	*Vata Pittaja Visarpa*	Ch chi 21/84
90		*Nyagrodha, Udumbara, Plaksha, Vetasa, Aswatha*	*Ghrtam*	*Vata Pittaja Visarpa*	Ch chi 21/85
91	*Triphaladi pradeha*	*Triphala, Padmaka, Usheera, Samanga, Karavira, Nalamula, Anantamula*		*Kaphaja Visarpa*	Ch chi 21/87
92	*Khadiradi Alepa*	*Khadira, Saptaparna, Musta, Aragwadha, Dhava, Kurantaka, Devadaru,*		*Kaphaja Visarpa*	Ch chi 21/88
93		*Aragwadha Patra, Shleshmataka twak*		*Kaphaja Visarpa*	Ch chi 21/89
94		*Indrani Shaka, Kakahvam, Shirishakusuma*		*Kaphaja Visarpa*	Ch chi 21/90
95		*Triphala, Yashtimadhu, Veera, Shirishakusuma*		*Kaphaja Visarpa*	Ch chi 21/91
96		*Aswagandha*		*Granthi Visarpa*	Ch chi 21/123
97		*Shushka Mulaka, Naktamalam twak, Vibhitaki twak*		*Granthi Visarpa*	Ch chi 21/124
98	*Baladi lepa*	*Bala, Nagabala, Pathya, Bhurja Granthi, Vibhitaki, Vamsha patra, Agnimantha*		*Granthi Visarpa*	Ch chi 21/124
99	*Dantyadi lepa*	*Danti, Chitraka mula, Snuhi ksheera, Arka Ksheera, Bhallataka, Kasisa*	*Guda*	*Granthi Visarpa*	Ch chi 21/125
100	*Dahanashak lepa*	*Phalini, Sevya, Lodhra, Ambu, Hema, Patra, Kuttanata,*	*Kaliyaka ras*	*Daha nasha*	Ch chi 24/159
101		*Samudraphena, Saka, Gojihva, Kakodumbara, Laksha, Sarjarasa, Rasanjana, Prapunnad, Bakuchi, Tejovathi, Karavira, Arka, Kutaja, Aragwadha mula,*	*Gopitta, Gomutra*	*Sarva Kustha hara*	Su chi 9/10
102		*Sarjika kshar, Tutha, Kasisa, Vidanga, Gruhadhooma, Chitraka,*	*Gopitta, Gomutra*	*Sarva Kustha hara*	Su chi 9/10

		Katuki, Snuhi ksheera, Haridra, Saindhava lavana			
103		*Haratala, Manahshila, Arka Ksheera, Tila, Sigru, Maricha*	*Gomutra, Go pitta*	*Sarva Kustha hara*	Su chi 9/10
104		*Sarjika kshar, Kustha, Tutha, Kutaja, Chitraka, Vidanga, Maricha, Lodhra, Manahshila*	*Gomutra, Go pitta*	*Sarva Kustha hara*	Su chi 9/10
105		*Haritaki, Latakaranja, Vidanga, Sarsapa, Saindhava lavana, Bakuchi*	*Gomutra, Go pitta*	*Sarva Kustha hara*	Su chi 9/10
106		*Laksha, Kustha, Sarsapa, Sriniketa, Haridra, Vyosha, Chakramarda beeja,*	*Takra*	*Dadru*	Su chi 9/11-12
107		*Saindhava lavana, Chakramarda beeja, Nagakesara, Tarkshya Shaila*	*Kapittha ras*	*Dadru*	Su chi 9/13
108		*Swarna ksheeri, Aragwadha, Sirisha, Nimba, Sarja, Vatsaka, Ajakarna*		*Dadru*	Su chi 9/14
109		*Krshna Sarpa Masi*	*Vibhitaki taila*	*Switra*	Su chi 9/17
110		*Bakuchi beeja, Swarna Makshika, Kakodumbara, Laksha, Loha, Pippali, Tarkshyashaila, Krshna Tila*	*Go pitta*	*Switra*	Su chi 9/25
111		*Tutha, Haratala, Katuki, Vyosha, Vasa, Arka, Karavira, Kustha, Bakuchi, Bhallataka, Ksheerini, Sarsapa, Snuhi*		*Switra*	Su chi 9/27
112		*Tilwaka, Nimba, Pilu, Haridra, Daruharidra, Aragwadha patra, Vidanga, Karavira beeja, Brhti, Kantakari,*		*Switra*	Su chi 9/28
113		*Putika, Arka, Aragwadha, Sumana Patra*	*Gomutra*	*Switra, Dadru, Vrana, Dustha Arsha, Nadi Vrana*	Su chi 9/40
114		*Karavira mula, Vidanga*	*Gomutra*	*Krmi Kustha*	Su chi9/50
115		*Sukti, Sarjikshar, Yavakshar*		*Apakwa Ajagallika*	Su chi 20/3
116		*Shyama, Langali, Patha*		*Apakwa Ajagallika*	Su chi 20/3
117		*Sikhta, Shatahva, Sweta Sarsapa*		*Pama, Vicharchika, Kachu*	Su chi 20/17
118		*Nimba, Tila, Kasisa, Haratala, Saindhava*		*Alasa*	Su chi 20/21
119		*Laksha, Haritaki*		*Alasa*	Su chi 20/21
120		*Maricha, Manahshila, Kasisa, Tutha*		*Indralupta*	Su chi 20/24
121		*Tagara, Devadaru*		*Indralupta*	Su chi 20/24
122		*Haratala, Haridra, Nimba, Patola*		*Arumshika*	Su chi 20/28
123		*Yasthimadhu, Nila Utpala, Eranda, Arka*		*Arumshika*	Su chi 20/28
124	*Trshna Nashak lepa*	*Ksheere Vrksha*	*Ksheer*	*Nyacha, Vyanga, Nilika*	Su chi 20/34-36

125		*Bala, Atibala, Yasthimadhu, Haridra*		*Nyacha, Vyanga, Nilika*	Su chi 20/34-36
126		*Payasya, Agaru, Kaliiyaka, Gairika*		*Nyacha, Vyanga, Nilika*	Su chi 20/35
127		*Vacha, Lodhra, Saindhava, Sarsapa*		*Yavanapidaka*	Su chi 20/37
128		*Dhanyaka, Vacha, Lodhra, Kustha*		*Yavanapidaka*	Su chi 20/37
129		*Kulattha mula, Guduchi, Saindhava lavana, Aragwadha Mula, Dantimula, Shyama mula, Palala, Saktu*		*Valmika Roga*	Su chi 20/50
130		*Kasisa, Gorochana, Tuttha, Haratala, Rasanjana, Badara twak, Saindhava lavana*	*Amla dravya*	*Ahiputana*	Su chi 20/58
131		*Shatahva, Musta, Varahi, Artagala, Dhanyaka, Devadaru, Sigru, Kustha*		*Vataja Visarpa*	Ah chi 18/11
132		*Nyagrodadhi Gana, Padmaka Utpaladi Gana*		*Paittika Visarpa*	Ah chi 18/11
133		*Nyagrodha Pada Taruna, Kadali Garbha, Bisa Granthi*	*Shatadhout a Ghrtam*	*Paittika Visarpa*	Ah chi 18/12-13
134		*Triphala, Padmaka, Usheera, Manjistha, Karavira, Nala mula,*		*Kaphaja Visarpa*	Ah chi 18/14-16
135		*Dhava, Saptaparna, Khadira, Devadaru, Kurantaka, Musta, Aragwadha, Varunadi gana dravya*		*Kaphaja Visarpa*	Ah chi 18/14-16
136		*Aragwadha patra, Shleshmataka, Indrani saka, Kakahva, Sirisha kusuma*		*Kaphaja Visarpa*	Ah chi 18/14-16
137		*Karanja Twak, Shushka Mulaka, Vibhitaki twak*		*Granthi Visarpa*	Ah chi 18/25
138		*Chitraka, Sigru; Guduchi, Apamarga, Devadaru; Khadira, Dhava; Khadira, Dhava; Shyama, Danti, Dravanti; Laksha, Rasanjana, Ela; Punarnava*	*Dadhi manda*	*Vata Kapha janya Kustha*	Ah chi 19/86-87
139		*Putika, Arka, Aragvadha, Snuhi, Sumana Pallava*	*Gomutra*	*Switra, Durnama, Pama, Kotha, Dustha Nadi vrana*	Ah chi 20/9
140		*Bakuchi beeja, Haratala*	*Gomutra*	*Savarna kara*	Ah chi 20/13
141		*Prapoundarika, Manjistha, Darvi, Yashtimadhu, Chandana*		*Ruk, Daha, Visarpa, Raga, Sopha nibarhana*	Ah chi 22/28-29
142		*Sita, Eraka, Saktu, Masoora, Usheera, Padmaka*		*Ruk, Daha, Visarpa, Raga, Sopha nibarhana*	Ah chi 22/28-29
143		*Kasisa, Patoli, Haridra, Tila, Nimba patra*	*Kanji*	*Alasa*	Ah uttar30/12
144		*Ksheeri Vrksha-Valkala, Ankura*	*Ksheera*	*Vyangha, Nilika, Lanchana*	Ah uttar30/15
145		*Arjuna twak*	*Ksheera*	*Vyanga*	Ah uttar30/16
146		*Manjistha*	*Madhu*	*Vyanga*	Ah uttar 30/16

147		*Saindhava, Aragwadha, Guduchi, Trivrt, Kulattha, Dantimula, Palala, Saktu*		*Valmika*	Ah uttar 30/9
148		*RaktaChandana, Manjistha, Kustha, Lodhra, Priyangu, Vatankura, Masura*		*Vyangaghna, Mukhakantida*	Ah uttar 30/17-21
149		*Ubhaya Jeeraka, Krshna Tila, Sarsapa*	*Ksheera*	*Vyanga, Lanchna*	Ah uttar 30/17-21
150		*Masura*	*Ksheera, Madhu*	*Vyanga,*	Ah uttar 30/17-21
151		*Salmali kantaka*	*Ksheera*	*Vyanga,*	Ah uttar 30/17-21
152		*Kola majja, Sasha rakta, Guda*	*Madhu*	*Vyanga,*	Ah uttar 30/17-21
153		*Salmali mula*	*Chaya payasa, Madhu*	*Vyanga,*	Ah uttar 30/17-21
154		*Devadaru, Kustha, Manahshila, Haratala*		*Yavaprakhya*	Ah uttar 30/1
155		*Nimba, Aragwadha*		*Padmakanataka*	Ah uttar 30/4

Table 2: *Lepa* in *Vata Rakta*

1	*Shatahvadi lepa*	*Ubhaya Shatahva, Yashtimadhu, Madhuka, Bala, Priyala, Kaseruka, Ghrta, Vidari, Sita*		*Vata Rakta*	Ch su 3/21
2	*Rasnadi lepa*	*Rasna, Guduchi, Yashtimadhu, Ubhaya Bala, Jivaka, Rshabhaka,*	*Dugdha, Ghrta, Madhusikhta*	*Vata Rakta*	Ch su 3/22
3	*Godhumadi lepa*	*Godhuma*	*Chagapayasa, ghrta*	*Vata Rakta*	
4	*Prapoundarika lepa*	*Prapoundarika, Manjistha, Daruharidra, Yashtimadhu, Chandana, Sita, Eraka, Saktu, Masura, Usheera, Padmaka*		*Ruk, Daha, Visarpa, Raga, Sopha, Pitta rakta Vatarakta*	Ch chi 29/134
5		*Yashtimadhu, Aswatha, Twak, Jatamamsi, Veera, Udumbara, Shadvala*	*Jala*	*Raga, Ruja, Daha*	Ch chi 29/131
6		*Yashtimadhu, Dugdha, Ghrta, Yava*		*Raga, Ruja, Daha*	Ch chi 29/132
7		*Jivaniya gana dravya*	*Ghrta*	*Raga, Ruja, Daha*	Ch chi 29/132
8	*Tiladi lepa*	*Tila, Priyala, Bisa mula, Vetasa*	*Aja dugdha*	*Daha, Raga*	Ch chi 29/133
9	*Upanaha*	*Ksheera Mudga Payasa, Tila, Sarsapa*	*Ghrta*	*Vatarakta Rujapaha*	Ch chi 29/136
10		*Sahachara mula, Jivanti mula*	*Ghrta, Chaga payasa*	*Vatarakta*	Ch chi 29/139
11		*Atasi*	*Chaga payasa*	*Vatarakta*	Ch chi 29/140
12		*Eranda beeja*	*Aja dugdha*	*Vatarakta*	Ch chi 29/140
13		*Shatahva*	*Aja dugdha*	*Vatarakta*	Ch chi 29/140
14	*Sarsapadi lepa*	*Sarsapa, Nimba, Arka*	*Godugdha*	*Kaphaja Vatarakta*	Ch chi 29/148

15	*Kapithadi lepa*	*Kapittha twak, Ghrta, Dugdha, Saktu*		*Kaphaja Vatarakta*	Ch chi 29/148
16		*Grhadhooma, Vacha, Kustha, Shatahva, Haridra, Dariharidra*		*Sula Vatakapha Vatarakta*	Ch chi 29/149
17	*Tagaradi lepa*	*Tagara, Twak, Shatahva, Ela, Kustha, Musta, Harenuka, Devadaru, Nakha*	*Amla dravya*	*VataKaphaRakta Janya Vatarakta*	Ch chi 29/150
18	*Madhusigru lepa*	*Madhusigru beeja*	*Kanji*	*Vatakaphaja Vatarakta*	Ch chi 29/151
19		*Yava, Yasthimadhu, Eranda, Tila, Punarnava*		*Vata Pradhan Vata Rakta*	Su chi 5/7

Table 3: *Lepa* in *Vata Roga*

1	*Koladi lepa*	*Kola, Kulatha, Suradaru, Rasna, Masha, Atasi taila, Eranda, Kustha, Vacha, Shatahva, Yava*	*Amla dravya*	*Vata roga*	Ch su 3/18
2	*Anupa mamsadi lepa*	*Anupa matsya mamsa vesavara*		*Vata roga*	Ch su 3/19
3	*Dashamuladi lepa*	*Chatuh sneha, Dashamula, Gandha oushadha,*		*Vata roga*	Ch su 3/19
4	*Kusthadi lepa*	*Kustha, Shatahva, Vacha, Yava, Sarsapa taila*	*Amla dravya*	*Vata Vyadhi*	Ch su 3/20
5	*Sulanashak lepa*	*Shatapushpa, Yashtimadhu, Kustha, Tagara, Chandana*	*Ghrtam*	*Parswasula, Sirahsula, Amsa sula*	Ch chi 8/77
6		*Bala, Rasna, Tila, Yashtimadhu, Nilotpala*		*Parswasula, Sirahsula, Amsa sula*	Ch chi 8/78
7		*Guggulu, Devadaru, Chandana, Nagakesara*	*Ghrtam*	*Parswasula, Sirahsula, Amsa sula*	Ch chi 8/78
8		*Kakoli, Bala, Vidari, Krishnagandha, Punarnav,*		*Parswasula, Sirahsula, Amsa sula*	Ch chi 8/79
9		*Shatavari, Payasya, Katrna, Yashtimadhu*	*Ghrtam*	*Parswasula, Sirahsula, Amsa sula*	Ch chi 8/80
10		*Grhadhooma/Lavana*	*Taila*	*Suptivata*	Su chi 4/12
11	*Salvana Upanaha*	*Kakolyadi ghana, Vataghna dravya, Amla dravya, Anupa aoudaka Mamsa, Sarvasneha, Lavana*		*Vata Roga*	Su chi 4/14

Table 4: *Lepa* in Other Diseases

1	*Yavadi lepa*	*Yava, Yavakshar*	*Takra*	*Udara shula*	Ch su 3/20
2	*Tagaradi lepa*	*Tagara, Utpala, Chandana, Kustha*	*Ghrtam*	*Siroruja*	Ch su 3/24
3	*Prapoundarikadi lepa*	*Prapoundarika, Suradaru, Kustha, Yashthimadhu, Ela, Kamala, Utpala*	*Ghrtam*	*Siroruja*	Ch su 3/25
4	*Lohadi lepa*	*Loha, Eraka, Choraka*	*Ghrtam*	*Siroruja*	Ch su 3/25
5	*Rasnadi lepa*	*Rasna, Haridra, Daruharidra, Nalada, Ubhaya Shatahva, Devadaru, Jivanti mula, Sitopala*		*Parshwaruja*	Ch su 3/25
6	*Udararoga nashak lepa*	*Devadaru, Palasha, Arka, Hastipippali, Sigru, Aswagandha*	*Gomutra*	*Udara roga*	Ch chi 13/ 108
7	*Arsha nashak lepa*	*Haridra, Snuhi ksheera*		*Arsha roga*	Ch chi 14/ 52
8		*Haridra, Pippali*	*Go pitta*	*Arsha roga*	Ch chi 14/52
9		*Sirisha beeja, Kustha, Pippali, Saindhava*	*Guda*	*Arsha roga*	Ch chi 14/53
10		*Arka ksheera, Snuhi ksheera, Triphala*		*Arsha roga*	Ch chi 14/53
11		*Pippali, Chitraka, Shyama, Kinva,*	*Guda*	*Arsha roga*	Ch chi 14/54

		Madanaphala, Kukkuta Shakrt, Haridra			
12		*Danti, Shyama, Amrtasangha, Paravat Shakrt*	*Guda*	*Arsha roga*	Ch chi 14/55
13		*Gaja asthi, Nimba beeja, Bhallataka*		*Arsha roga*	Ch chi 14/55
14		*Arka ksheera, Sudha kanda, Katuka alabu pallava, Karanja*	*Basta mutra*	*Arsha roga*	Ch chi 14/57
15		*Patola patra, Yashtimadhu*	*Ghrtam*	*Guda paka*	Ch chi 14/87
16		*Panchavalkala*	*Ghrtam*	*Guda paka*	Ch chi 14/88
17	*Trshna Nashak lepa*	*Jambu, Amratak, Badara, Vetasa, Panchavalakal, Panchamla,*	*Ghrta*	*Murcha, Bhrama, Trshnaghna*	Ch chi 22/35
18		*Dadima, Daditha, Lodhra, Vidari*	*Beejapur aka rasa*	*Trshna*	Ch chi 22/36
19		*Yava saktu*	*Ghrta*	*Trshna*	Ch chi 22/37
20		*Ksheerivrksha Twak*		*Keeta visha*	Ch chi 23/199
21		*Kapota vit, Matulunga, Sirisha kusuma Ras, Sankhini, Arka Dugdha, Sunthi, Karanja*	*Madhu*	*Vrschika visha*	Ch chi 23/208
22		*Sirisha phala, Snuhi Ksheer*		*Dardura visha*	Ch chi 23/209
23		*Sweta bhandi mula, Vyosha*	*Sarpi*	*Matsya visha*	Ch chi 23/210
24		*Kapitha, Akshipeeda, Arkabeeja, Trikatu, Karanja, Haridra, Daruharidra*		*Grhagodhavisha nasha*	Ch chi 23/216
25	*Panchasirisha Agada*	*Sirisha phala, Mula, Twak, Pushpa, Patra*	*Ghrta*	*Keeta visha*	Ch chi 23/218
26	*Dahanashak lepa*	*Phalini, Sevya, Lodhra, Ambu, Hema, Patra, Kuttanata,*	*Kaliyaka ras*	*Daha nasha*	Ch chi 24/159
27		*Yava, Yashtimadhu, Tila*	*Ghrtam*	*Daha, Shula shanti*	Ch chi 25/78
28	*Vataja Netra roga nashak Bidalaka*	*Nagara, Saindhava, Sarpih manda*		*Vataja Netra Roga*	Ch chi 26/232
29		*Madhu, Saindhava, Gairika*		*Vataja Netra Roga*	Ch chi 26/232
30		*Shyava Lodhra*	*Ghrtam*	*Vataja Netra Roga*	Ch chi 26/233
31		*Haritaki*	*Ghrtam*	*Vataja Netra Roga*	Ch chi 26/233
32	*Pittaja Netra roga Bidalaka*	*Chandana, Manjistha, Anantamula*	*Seetala jala*	*Pittaja Netra roga*	Ch chi 26/234
33		*Padmaka, Yashtimadhu, Jatamamasi, Kaliyaka*		*Pittaja Netra roga*	Ch chi26/234
34	*Kaphaja Netra roga Bidalaka*	*Gairika, Saindhava, Musta, Gorochana*	*Madhu, water*	*Kaphaja Netra yoga*	Ch chi 26/235
35		*Priyangu, Manahshila*	*Madhu*	*Kaphaja Netra roga*	Ch chi 26/235
36	*Dantyadi lepa*	*Danti, Dravanti, Surasa, Sarsapa,*	*Jala*	*Urusthamba*	Ch chi 27/52
37	*Tarkaryadi lepa*	*Tarkari, Sigru, Surasa, Sunthi, Vatsaka, Nimba -mula, Patra, Phala*		*Urusthambha*	Ch chi 27/52
38		*Sarsapa*	*Gomutra*	*Urusthambha*	Ch chi 27/53
39	*Vatsakadi lepa*	*Vatsaka, Surasa, Kustha, Agaru, Tumburu, Sigru, Himsra, Arka mula, Valmika mrtikka, Kutheraka, Saindhava lavana*	*Dadhi*	*Urusthambha*	Ch chi 27/54
40	*Shyonakdi lepa*	*Shyonaka, Khadira, Bilwa, Brhati, Kantakari, Sarala, Asana, Sigru, Tarkari,*	*Gomutra*	*Urusthambha*	Ch chi 27/57

		Gokshura, Surasa, Arjaka, Agnimantha, Karanja			
41		*Yashtimadhu, Aswatha, Twak, Jatamamsi, Veera, Udumbara, Shadvala*	*Jala*	*Raga, Ruja, Daha*	Ch chi 29/131
42		*Yashtimadhu, Dugdha, Ghrta, Yava*		*Raga, Ruja, Daha*	Ch chi 29/132
43		*Jivaniya gana dravya*	*Ghrta*	*Raga, Ruja, Daha*	Ch chi 29/132
44	*Panchakolaku lathadi lepa*	*Pippali, Pippalimula, Chavya, Chitraka, Nagara, Kultha*		*Virasa Sthanya*	Ch chi 30/264
45		*Anjana, Nagara, Devadaru, Bilwamula, Priyangu*		*Phena yukta Sthanya*	Ch chi 30/266
46		*Yava, Godhuma, Sarsapa*		*Phena yukta Sthanya*	Ch chi 30/268
47		*Jivaniya Mahakashaya, Brhat panchamula*		*Ruksha Sthanya*	Ch chi 30/270
48		*Draksha, Yashtimadhu*		*Vivarna Sthanya*	Ch chi 30/272
49		*Sariva, Usheera, Manjistha, Shleshmataka, Kuchandana, Patra, Sugandhabala,*		*Durgandhya Sthanya*	Ch chi 30/275
50		*Vidari, Bilwa, Yasthimadhu*		*Picchila Sthanya*	Ch chi 30/278
51		*Bala, Nagara, Sarangestha, Murva*		*Guru Sthanya*	Ch chi 30/280
52	*Manjisthadi lepa*	*Manjistha, Yashtimadhu, Raktachandana, Sali*	*Shatadhouta ghrtam*	*Bhagna*	Su chi 3/7
53		*Haridra*	*Snuhi ksheera*	*Arsha*	Su chi 6/12
54		*Kukkuta purisha, Haridra, Pippali*	*Gomutra*	*Arsha*	Su chi 6/12
55		*Danti, Chitraka, Suvarchika, Langali*	*Go pitta, Go mutra*	*Arsha*	Su chi 6/12
56		*Pippali, Saindhava, Kustha, Sirisha phala*	*Snuhi kseera, Arka ksheera*	*Arsha*	Su chi 6/12
57		*Snuhi ksheera, Haridra*		*Arsha*	Ah chi 8/21-26
58		*Kukkuta Sakrt, Pippali, Haridra, Gunja phala*	*Gomutra*	*Arsha*	Ah chi 8/21-26
59		*Vacha, Kalihari, Hasthi asthi, Karkatsrngi, Haritaki, Kustha, Bhallataka, Tuttha, Sigru beeja, Mulaka beeja, Nimba patra, Karavira patra,*	*Snuhi ksheer*	*Arsha*	Ah chi 8/21-26
60		*Peelu mula, Hingu, Bilwa*		*Arsha*	Ah chi 8/21-26
61		*Kustha, Sirisha beeja, Pippali, Saindhava lavana, Guda, Triphala*	*Arka ksheer, Snuhi ksheer*	*Arsha*	Ah chi 8/21-26
62		*Arka ksheer, Snuhi kanda, Katuka Alabu pallava, Karanja*	*Basta mutra*	*Arsha*	Ah chi 8/21-26
63		*Nala, Vanjulaka, Raktutpala, Chandana, Utpala, Padmaka, Vamsha, Shaivala, Yasthimadhu, Mustha, Kamala,*	*Ghrtam*	*Siroroga*	Su chi 26/13
64		*Sarala, Kustha, Saragestha, Devadaru, Rohisha*	*Ksharodaka*	*Kaphaja Siroroga*	Su chi 26/22
65		*Sariva, Utpala, Kustha, Yasthimadhu*	*Kanji,*	*Arthavabhedaka,*	Su chi 26/35

			Ghrtam, Taila	*Kaphaja Siroroga*	
66		*Shatavari, Krishna tila, Yasthimadhu, Nila UtpalaDurva, Punarnava*		*Siroroga*	Su chi 26/39-40
67		*Yashtimadhu, Usheera, Hribera, Sariva, Utpala, Padmaka, Lodhra, Priyangu, Manjistha, Gairika,*		*Shakuni graha*	Su chi 30/4
68		*Devadaru, Vacha, Kustha, Shatahva, Hingu, Saindhava*		*Durbala with Adhmana and Udarashula*	Su chi 39/130
69		*Kapittha, Matulunga, Amlavetasa, Vidari, Lodhra, Dadima, Badara pallava/Nimba patra, Aristha phena*		*Daha, Ruk, Moha, Chardi, Trshna Shamyati*	Ah chi 1/134
70		*Kola, Dadima, Vrkshamla, Chukrika, Chukrika ras*		*Sadya Trshna Niyachati*	Ah chi 7/31
71		*Devadaru, Palasha, Arka, Hasthi pippali, Sigru, Aswakarna*	*Gomutra*	*Udara*	Ah chi 15/48
72	*Upanaha*	*Siddharthaka, Kinva beeja, Mulaka beeja*		*Udara*	Ah chi 15/75
73		*Aja sakrt, Sigru mula, Laksha, Surasa*	*Kanji*	*Arbuda*	Ah uttar 30/9

Most frequently used Drugs in Skin diseases (*Kustha*) from the above table are:

1. *Chakramarda* 2. *Karanja*
3. *Vidanga* 4. *Haridra*
5. *Daruharidra* 6. *Kustha*
7. *Nimba* 8. *Aragwadha*

Most frequently used Drugs in *Vata Rakta* from the above table are:

1. *Yashtimadhu* 2. *Shatahva*
3. *Tila* 4. *Kustha*
5. *Eranda* 6. *Ghrta*
7. *Guduchi* 8. *Dugdha*

Most frequently used Drugs in *Vata Roga* from the above table are:

1. *Yashtimadhu* 2. *Kustha*
3. *Bala* 4. *Rasna*
5. *Vacha* 6. *Shatahva*
7. *Yava*

DISCUSSION

Why does *Lepa Chikisa* work?

Lepa Chikitsa is one of the most extensively described *Bahirparimarjana Chikitsa* modalities in Ayurveda. Classical texts consider it as *Adhya Upakrama* and *Pradhanatama Upakrama* for the management of *Shotha* (inflammation), *Vedana* (pain), *Twak Vikara* (skin disorders), and *Vrana* (wounds). The therapeutic efficacy of *Lepa* can be explained through both Ayurvedic principles and modern concepts of transdermal drug delivery.

According to Ayurveda, the drugs applied in the form of *Lepa* penetrate through *Romakupa* (hair follicles) and *Svedavaha Srotas* and exert their action locally by pacifying aggravated *Doshas*. Depending on the ingredients used, *Lepa* may produce *Shothahara*, *Vedanasthapana*, *Kusthaghna*, *Krimighna*, *Ropana*, *Daha-shamana*, or *Varnya* effects.

From a modern perspective, the skin acts as a route for transdermal absorption of phytoconstituents. The prolonged contact of medicated paste with the skin facilitates diffusion through the stratum corneum and appendageal pathways.

Drug Selection Reflects Disease Pathogenesis

Analysis of the classical formulations reveals that the drugs selected in *Lepa* formulations are not random but are based on *Dosha* predominance and disease pathology.

In *Kustha*, the most frequently used drugs were *Chakramarda, Karanja*, *Vidanga*, *Haridra*, *Daruharidra*, *Kustha*, *Nimba*, and *Aragwadha*. These drugs predominantly possess *Kusthaghna*, *Kandughna*, *Krimighna*, and *Kledahara* properties, indicating their role in eliminating local infection, itching, discoloration, and chronic skin pathology.

In *Vatarakta, Yashtimadhu*, *Shatahva*, *Tila, Kustha, Eranda*, *Guduchi*, *Dugdha*, and *Ghrita* were repeatedly used. These drugs are mainly *Vata-Pittahara*, *Vedanasthapana*, and *Shothahara*, suggesting their importance in reducing pain, burning sensation, inflammation, and stiffness.

The repeated occurrence of *Bala*, *Rasna*, *Vacha*, *Shatahva*, and *Kustha* in *Vata Roga* formulations highlights their *Vatahara* and analgesic properties.

Clinical Relevance of *Lepa Chikitsa*

Lepa Chikitsa continues to possess significant clinical relevance in contemporary Ayurvedic practice. It is simple, economical, non-invasive, and can be administered even in outpatient settings. The therapy is particularly beneficial in localized disorders where direct delivery of medicinal substances to the affected site is desirable.

Lepa Chikitsa possesses several advantages that contribute to its enduring relevance:

a) Localized Drug Delivery
The medicaments are applied directly at the site of pathology, allowing targeted therapeutic action with minimal systemic exposure.

b) Rapid Symptomatic Relief
Many formulations provide prompt reduction in pain, swelling, burning sensation, itching, and inflammation.

c) Multifactorial Therapeutic Action
The ingredients commonly possess multiple pharmacological activities such as anti-inflammatory, antimicrobial, analgesic, antioxidant, and wound-healing effects.

d) Cost-Effective and Easily Accessible
Most formulations are prepared using readily available herbal drugs and simple pharmaceutical procedures, making them affordable and practical.

e) Customization According to *Dosha* and Disease:
Classical texts describe different formulations based on Dosha predominance, disease stage, and clinical presentation, allowing individualized treatment.

f) Better Patient Compliance
Being non-invasive and externally administered, *Lepa* is generally well accepted by patients and can be used as an adjunct to internal medications.

Challenges and Future Perspectives

Despite extensive classical references and widespread clinical use, scientific evidence supporting many *Lepa* formulations remains limited. Variations in preparation methods, thickness of application, duration of retention, and selection of liquid media may influence therapeutic outcomes. Standardization of formulations, pharmacological evaluation, and well-designed randomized clinical trials are needed to establish evidence-based guidelines.

Future research integrating Ayurvedic principles with modern transdermal drug delivery science may help elucidate mechanisms of action, optimize formulations, and expand the role of *Lepa Chikitsa* in integrative healthcare.

CONCLUSION

The present review demonstrates that *Lepa Chikitsa* is a scientifically plausible and clinically relevant external therapeutic modality with strong foundations in classical Ayurvedic literature. The repeated use of specific drugs across disease categories reflects a rational therapeutic approach based on *Dosha, Dushya*, and disease pathology. Contemporary understanding of transdermal absorption and phytopharmacology supports many of the traditional indications of *Lepa*. With further standardization and clinical validation, *Lepa Chikitsa* has the potential to serve as an effective evidence-based intervention in modern integrative medicine.

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Cite this article as:
Himanshi Choudhary, Praveen Kumar Madikonda. Lepa Chikitsa in Ayurveda: A Critical Appraisal of Classical Concepts and Contemporary Therapeutic Relevance. International Journal of Ayurveda and Pharma Research. 2026;14(9):248-263.
https://doi.org/10.47070/ijapr.v14i9.4429
Source of support: Nil, Conflict of interest: None Declared

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