



A REVIEW ON ANTITOXIC FORMULATIONS IN LEPA FORM W.S.R. TO BRIHAT-TRAYEE

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ABSTRACT

Ayurveda is an ancient holistic healing science having a description of the topical applications which are antitoxic, thus useful in cases of poisoning and animal bites. **Objective-** To document various antitoxic formulations in *lepa* form described in Brihatrayee and make them available for the research workers to revalidate their efficacy. **Methodology-** Collection of data related to *visha*, *lepa*, *vishaghna lepa* from ayurvedic classical textbooks. **Discussion-** In the documented formulations acharyas have used many drugs that contain *vishaghna* properties and many possess *kusthaghna* and blood purifying properties. There are some drugs that are repeated quite a few times in these formulations, all these drugs are from *vishaghna gana* as described by acharya Charaka. They possess either the actions like blood purifying, cytoprotective and detoxifying nature. **Conclusion-** Acharya has specified *lepa* formulations for specific cases like *Luta Damsha*, *Mushika Damsha*, *Gara Visha*, etc; and they have also described many formulations which are *sarva vishahara*. So, in cases of an animal bite or skin ailment due to poison, this *Vishaghna lepa* will be very helpful.

Keywords: *lepa*, *vishaghna lepa*, antitoxic formulation, topical application, Brihatrayee, animal bite, skin manifestation.

INTRODUCTION

In ayurvedic treatises, Agadatantra is included in Ashtanga Ayurveda, dealing with *sthavara visha*, *Jangama visha*, their *Prativisha*, and *chikitsa*.¹ This branch is also called 'Visha tantra' and 'Damstra chikitsa'.²

Acharya Sushrut in kalpasthan has given the *nirukti* of *visha*, i.e. "that, which causes *vishada* (fear/grief) is known as *visha*."³ *Visha* is the poison that induces toxic symptoms in the body when consumed in unpurified form or in improper quantity.

The substance which immediately after entering the body, causes the vitiation of the healthy *dhatu* or killing of the healthy person is described as *visha*. The substance which causes sadness to the world is also known as *visha*.

In Ayurveda, the treatment of diseases is classified into 3 main types, which are:

1. *Antah parimarjana*
2. *Bahya parimarjana*
3. *Shastrapranidhana*.

Out of the three, *lepa* comes under *bahya parimarjana chikitsa*. *Lepa* includes preparations prepared by grinding *adra dravya* or by making *shushka dravya* into a fine powder mixed with some medium indicated in a particular preparation and made into a paste form.

Lepa is also described in Chaturvinshati upakrama for treatment of *visha* by acharya Charaka.⁴

Acharya Sharangdhar has described three types of *lepa*:⁵

1. *Doshaghanta*
2. *Vishaghna*
3. *Varnya*

Acharya Sushrut has said that the *pramana* of *lepa* should be '*mahisha adra charma utsedha*'⁶ i.e, the

thickness of the *lepa* should be about the thickness of the moist skin of buffalo. According to acharya Charaka, the thickness should be '*Tribhag angushtha*'⁷ i.e, about 1/3 of the thickness of the thumb. Whereas acharya Sharangdhar specifies the thickness of *Doshaghna lepa* as 1/4 *anguli* thick, *vishaghna lepa* as 1/3 *anguli* thick, and *varnya lepa* as 1/2 *anguli* thick⁸, *anguli* here is *madhyama anguli*. In cases of an animal bite, dermatological manifestations caused by poison, the majority of patients prefer to get treated by antitoxic local formulation (*vishaghna lepa*) rather than/along with systemic drugs. For faster absorption of drugs or active principles into the skin for quick healing, *lepa kalpana* is a better choice.

Our major ayurvedic classical texts (Brihatrayee i.e Charaka samhita, Sushruta samhita, Ashtang hridaya) have also described many antitoxic formulations in the form of *lepa* which are being collected and presented in this article.

AIMS AND OBJECTIVES

To document various antitoxic formulations in *lepa* form given in Brihatrayee.

MATERIALS AND METHODS

In this article, the review of the relevant literature on antitoxic formulations in *lepa* form is carried out by Brihatrayee. In these texts some formulations have more than one formulation under a single heading e.g; In Ashtang hridaya under the heading of *karnikapatan vidhi*, there are five formulations. Thus, for easy availability of all the antitoxic formulations (*lepa* form) given in Brihatrayee, these formulations are documented in tabular form with categories such as formulation name, ingredients, and liquid media if indicated.

Table 1: Antitoxic formulation (*lepa*) described in Charaka samhita

S.No.	Name of formula- tion/reference	Ingredients
1.	<i>Vishaghana lepa</i> (ch.su. 3/28)	<i>Shirish, Nirgundi</i>
2.	(ch.chi. 23/53)	<i>Kakand, Surasa, Gavakshi, Punarnava, Vayasi, Shirish</i>
3.	<i>Mritasanjivana agada</i> (ch.chi. 23/54-60)	<i>Sprikka, Plava, Sthauneyaka, kanksi, Shaileya, Rochana, Tagara, Dhyamaka, Kumkuma, Mamsi, Surasa, Ela, Hartala, Khadira, Bruhati, Shirisha, Sriveshtaka, Padmucharati, Visala, Suradaru, Padmakesara, Shavara, Manahshila, Renuka, Jati, Arka, Haridra, Daruharidra, Hingu, Pippali, Laksha, Jala, Mudgaparni, Chandana, Madhuka, Madana, Sindhuvara, Shampaka, Lodhra, Mayuraka, Gandha-phala, Nakuli, Vidanga.</i>
4.	<i>Gandhahasti agada</i> (ch. chi. 23/70-76)	<i>Katabhi, Vacha, Ashwagandha, Hingu, Amrita, Kustha, Saindhava, Lahsun, Sarshapa, Kapitha, Tuntuka, Karanja, Shunthi, Pippali, Maricha, Shirisha, Haridra, Daruharidra, Vanshalochana.</i>
5.	(ch.chi. 23/170)	<i>Khanda, Taila, Pulaka.</i>
6.	<i>Mansyadi yoga</i> (ch. chi. 23/190)	<i>Jatamansi, Kumkuma, Patra, Twak, Haridra, Tagara, Chandana, Manahshila, Vyaghranakha, Surasa,</i>
7.	(ch.chi. 23/199)	<i>Kshirivriksha bark</i>
8.	(ch.chi. 23/200-201)	<i>Chandana, Padmaka, Usheera, Shirish, Sinduvaar, Ksheershukla, Tagara, Kushta, Patala, Udeechya, Sariva, Sleshamataka.</i>
9.	(ch.chi. 23/203)	<i>Kusumbha, Godanta, Swarnakshiri, Kapotvit, Danti, Trivrit, Saindhava,</i>
10.	(ch.chi. 23/209)	<i>Shirish seeds, Snuhi ksheer</i>
11.	(ch.chi. 23/212-214)	<i>Vacha, Vanshatwak, Patha, Nata, Tulasi, Bala, Atibala, Nakuli, Kushtha, Shirish, Haridra, Daruharidra, Guha, Atiguha, Shweta, Ajagandha, Shilajatu, Katabhi, Yava Kshara, Grihadhuma, Manahshila, Bile of rohita fish.</i>
12.	(ch.chi. 23/215)	<i>Swarjika, Aja shakrut, Yavakshara, Surasa, Akshipeedaka, Madira mand.</i>
13.	(ch.chi. 23/216)	<i>Kapitha, Akshipeeda, Arka beeja, Trikatu, Karanja, Haridra, Daruharidra.</i>
14.	<i>Panchashirisha agada</i> (ch.chi. 23/218)	<i>Shirish- phala, mula, twak, pushpa, patra. Ghrita.</i>
15.	(ch.chi. 23/220)	<i>Somvalka, Ashwakarna, Gojivha, Hansapadi, Haridra, Daruharidra, Gairika.</i>
16.	(ch.chi. 23/231-232)	<i>Devadaru, Haridra, Daruharidra, Sarala, Chandana, Agarar, Rasna, Gorochana, Ajaji, Guggulu, Ikshurasa, Natachurna, Saindhava, Ananta, Gopitta, Madhu.</i>

Table 2: Antitoxic formulation (*lepa*) described in Sushrut samhita

S.No.	Name of formulation/ reference	Ingredients
1.	(<i>Su.ka. 1/36</i>)	<i>Shirish, Haridra, Chandan.</i>
2.	(<i>Su.ka. 1/37</i>)	<i>Priyangu, Indravaaruni, Sugandhmula, Guduchi, Utpal.</i>
3.	(<i>Su.ka. 1/51-54</i>)	<i>Chandan, Tagara, Kushta, Usheera, Vanshapatra, Somavalli, Amrita, Shweta, Padma, Kaaleeyak, Twacha, Kapittha, Gomutra.</i>
4.	(<i>Su.ka. 1/56-58</i>)	<i>Krishnamrittika, Rishyapitta, Ghrita, Shyama, Paalindi, Tanduleeyak.</i>
5.	(<i>Su.ka. 1/60-61</i>)	<i>Chandana, Ghrita, Vidarikand, Madhuka, Bhaarangi, Bandhujeev, Punarnava.</i>
6.	<i>Vanshtwagaadi agada (su.ka. 5/78-80)</i>	<i>Vanshtwak, Kaith, Trikatu, Hemvati, Kustha, Karanjbeeja, Tagara, Shirisha-pushpa, Gopitta.</i>
7.	<i>Mahasugandhi agada (su.ka. 6/14-27)</i>	<i>Chandana, Agar, Kustha, Tagara, Tilaparnika, Prapaundrika, Nalada, Sarala, Devdar, Shweta Chandana, Yavaphala, Bhaarangi, Neeli, Sarvagandha, Peeta Chandana, Padmaksh, Yashtimadhu, Shunthi, Jatamansi, Nagkesara, Ela, Ela-valuka, Gairik, Dhyamaka, Bala, Toya, Sarajarasa, Mansi, Shatpushpa, Harenuka, Taalishpatra, Kshudraela, Priyangu, Kevtimothe, Motha, Manahshila, Kashishpushpa, Shaileya, Tejapatra, Kalanusarya, Trikatu, Karpura, Gambhari, Kutki, Somraji, Atees, Prithvika, Indrayan, Usheera, Varuna, Mustak, Dhanyak, Nakh, Shweta aprajita, Neela aparajita, Haridra, Daruharidra, Sthauneya, Laksha, Pancha lavana, Kumud utpal, Padma, Arka, Champaka, Ashoka, Tilvaka, Paatli, Shalmali, Shleshmatak, Shirisha, Kusuma, Surbhi, Nirgundi, Dhava, Ashwakarna, Arjuna, Tinish, Guggul, Kumkuma, Bimbi, Sarpakshi, Gandhanakuli, Gopitta, Madhu, Ghrita.</i>
8.	(<i>Su.ka. 7/32-33</i>)	<i>Shirish, Haridra, Kustha, Kumkuma, Amrita.</i>
9.	(<i>Su.ka. 8/54</i>)	<i>Krishnavalmikamrittika, Bhringaraj.</i>
10.	(<i>Su.ka. 8/55</i>)	<i>Krishnavalmikamrittika, Gomutra.</i>
11.	(<i>Su.ka. 8/68-69</i>)	<i>Maatulunga, Gomutra, Surasa.</i>
12.	(<i>Su.ka. 8/100-102</i>)	<i>Arkamula, Haridra, Rasna, Prishnaparni.</i>
13.	(<i>Su.ka. 8/113-114</i>)	<i>Arjuna, Shleshmatak, Amratak.</i>
14.	(<i>Su.ka. 8/120</i>)	<i>Shleshmatak bark, Aksheev pippali</i>
15.	(<i>Su.ka. 8/130-133</i>)	<i>Priyangu, Haridra, Kustha, Manjistha, Yashtimadhu.</i>

Table 3: Antitoxic formulation (*lepa*) described in Ashtang hridaya

S.No.	Name of formulation/ reference	Ingredients
1.	<i>Chandrodaya agada (as.hr. u. 35/24-32)</i>	<i>Anjana, Tagara, Kustha, Hartala, Manahshila, Priyangu, Trikatu, Sprikika, Nagkesara, Kesara, Harenu, Mulethi, Jatamansi, Gorochan, Kaknasa, Shriveshatak, Sarjarasa, Shatahva, Kumkuma, Bala, Tamala, Talish, Bhurja, Usheera, Haridra, Daruharidra, Madhu.</i>
2.	(<i>as.hr. u. 35/45-46</i>)	<i>Shuknasa, Ateesa, Vyaghrimula.</i>
3.	(<i>as.hr. u. 36/48-49</i>)	<i>Charti, Nakuli OR Teekshna mulavisha.</i>
4.	<i>Himvana agada (as.hr. u. 36/63-64)</i>	<i>Panchavalkala, Triphala, Yashtimadhu, Nagkesara, Elvaluka, Jeevaka, Rishbhak, Usheera, Sita, Padmakastha, Utpala, Madhu.</i>
5.	<i>Katukadi agada (as.hr. u. 36/67)</i>	<i>Kutki, Ativisha, Kustha, Grihdhuma, Harenuka, Madhu, Trikatu, Tagara.</i>
6.	<i>Karveeradi agada (as.hr. u. 36/70-71)</i>	<i>Karveera, Arka, Langali, Peepal, Patha, Maricha, Kanji.</i>
7.	(<i>as.hr. u. 36/79</i>)	<i>Padmaka, Pundra, Vriddhi, Tuga, Riddhi, Shringi, Amrita, Jeevanti, Kakoli,</i>

		<i>Ksheerkakoli, Meda, Mahameda, Mudgaparni, Masaparni, Rishbhak, Jeevak, Madhuka.</i>
8.	(as.hr. u. 37/20)	<i>Pinyaaka.</i>
9.	(as.hr. u. 37/26)	<i>Kshirivriksha bark.</i>
10.	(as.hr. u. 37/30)	<i>Jeeraka, Saindhava, Ghrita.</i>
11.	(as.hr. u. 37/32)	<i>Matulunga, Gomutra, Surasa, OR Pinyaak, OR Gomaya.</i>
12.	(as.hr. u. 37/34)	<i>Paravatshakrit, Pathya, Tagara, Shunthi, Beejapurasa.</i>
13.	(as.hr. u. 37/35)	<i>Hingu, Hartala, Matulunga.</i>
14.	(as.hr. u. 37/36)	<i>Karanja, Arjuna, Shleshmatak, Katabhi, Kutaja, Shirish, Mastu.</i>
15.	(as.hr. u. 37/37-38)	<i>Pathya, Haridra, Manjistha, Ateesa, Maricha, Salaavuvrinta, Vaartaka.</i>
16.	<i>Naagradi agada (as.hr. u. 37/40)</i>	<i>Shunthi, Kapota pureesha, Beejapuraka, Hartala, Saindhava.</i>
17.	(as.hr. u. 37/42)	<i>Chatra grew on Hasti pureesha, Rohishtrina, Shleshmataka,</i>
18.	<i>Sankrantikari agada (as.hr. u. 37/44)</i>	<i>Shirisha, Karanja, Kustha, Manahshila.</i>
19.	(as.hr. u. 37/69)	<i>Bodhivriksha, Shleshmatak, Vibhataki.</i>
20.	<i>Padmaka agada (as.hr. u. 37/70)</i>	<i>Phoolpriyangu, Haridra, Daruharidra, Madhu, Ghritra.</i>
21.	<i>Karnikapatan vidhi (as.hr. u. 37/78-79)</i>	<ol style="list-style-type: none"> 1. <i>Kusumbh, Godant, Swarnkshiri, Kapotvit, Trivrit, Saindhav, Danti.</i> 2. <i>Indravaruni, Vanshnirlekhan.</i> 3. <i>Saindhav, Kustha, Danti, Kutki, Dugdihika.</i> 4. <i>Rajkoshatki.</i> 5. <i>Mathit drav.</i>
22.	<i>Lutavishahara agada (as.hr. u. 37/82-85)</i>	<ol style="list-style-type: none"> 1. <i>Netrabala, Vikankat, Sariva, Motha, Shami, Chandan, Sonapatha, Shaival, Neelkamal, Tagara, Yashtimadhu, Twak, Gandhnaakuli, Padmakastha, Mainphala.</i> 2. <i>Haridra, Nagarmotha, Sarpakshi, Peepal, Shunthi, Pippalimula, Chitrak, Varun, Agar, Bilva, Patli, Nimba, Haritaki, Shleshmatak, Nagkeshara.</i> 3. <i>Bilva, Chandan, Tagara, Neelkamal, Shunthi, Pippali, Jalvetas, Kustha, Shukti, Shaak, Triphala, Patli, Bharangi, Nirgundi, Mainphala, Twak.</i>
23.	<i>Rodhradi agada (as.hr. u. 37/86)</i>	<i>Pathani lodhra, Usheera, Padmaka, Padmarenu, Agar, Raktachandan, Priyangu, Dugdihika, Mrinaal.</i>
24.	(as.hr. u. 38/17)	<i>Shirish, Haridra, Tagara, Kumkuma, Guduchi.</i>
25.	(as.hr. u. 38/18)	<i>Grihdhuma, Manjistha, Haridra, Saindhav.</i>
26.	(as.hr. u. 38/19-20)	<i>Trivrit, Katabhi, Bilva, Guduchi.</i>
27.	(as.hr. u. 38/29)	<i>Ankola, Basta mutra.</i>
28.	(as.hr. u. 38/32)	<i>Nir gundi, Bidaal's bone, Vatsnabh, Tagara.</i>
29.	(as.hr. u. 38/40)	<i>Katphal, Ashwakarna, Gojivha, Hansapadi, Haridra, Daruharidra, Gairika.</i>

DISCUSSION

Skin is the largest organ of the human body and is a feature that increases the aesthetic value of a person, thus when any manifestation occurs in the body that disrupts the normal continuity or normal feature of the skin, everybody wants to restore their skin to its normal condition like before, especially if the skin

manifestation is due to any poison or animal bite. *Lepa* is also described in *chaturvinshati upakrama* for the treatment of *visha* by Acharya Charaka.⁴ *Lepa Kalpana* is beneficial in poisonous skin manifestation, animal bites, skin allergy, other *twakvikara*, and it is highly efficacious where manifestation is due to direct contact of irritant from skin or bite cases, in these cases *lepa Kalpana* acts locally and its active

principle reaches faster to the target site whereas if the oral drug is given to patient it will take time to reach the target site. In the above-documented formulations, acharyas have used many drugs that contain *vishaghna* properties and many of them possess *kusthaghna* and blood purifying properties. There are some drugs that are repeated quite a few times in these formulations, those are *Haridra* (*Curcuma longa*), *Manjistha* (*Rubia cordifolia* Linn.), *Chandana* (*Santalum album*), *Shirisha* (*Albizia lebeck Benth.*), *Sindhuvara* (*Vitex negundo*), *Shleshmataka* (*Cordia dichotama* Forst.f.). All these drugs are from *vishaghna gana* as described by acharya Charaka⁹ in *panchadasha mahakashay*. They possess either of the actions like blood purifying, cytoprotective and detoxifying properties. Due to these kinds of actions, these drugs help in the restoration of vitality, strengthen disease resistance and nullify or decline the possible poisonous effects.

CONCLUSION

In the current article, all the *vishaghana lepa* are documented collectively, which are described in Brihatrayee. Acharya Charaka has described 16 *vishaghana lepa*, acharya Sushrut has described 15 *vishaghana lepa* and acharya Vagbhata has described 29 *vishaghana lepa* in Ashtang hridaya. Acharya has specified *lepa* formulations for specific cases like *luta damsha*, *mushika damsha*, *gara visha*, etc; and they have also described many formulations which are *sarva vishahara*. So, in cases of an animal bite or skin ailment due to poison, this *vishaghana lepa* will be very helpful.

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