

CONCEPT OF LEPA (LOCAL COSMETICS) IN AYURVEDA: A REVIEW

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ABSTRACT:

Ayurveda explains the concept of beauty in its own way. The beauty as per Ayurveda , depends upon many factors e.g Shukra ,Shonita, Dosha and their dominance as described in Prakriti, Mansika and Sharireeka Bhava, adoption of various Rutucharya ,Aahara etc. Ayurveda believes an integral involvement of various factors stated above for the creation of beauty. Beauty of man is nothing but own satisfaction of all his senses. The mentality, thought process, diet and many other factors influence the beauty of human beings. Various Lepa (local cosmetics) has been described in Ayurvedic treatises to enhance the local beauty of face. Constant use of Varnya Lepa is advised by scientists of Ayurveda to maintain the face fairness. The article reviews the concept of Lepa forwarded by Acharya of Ayurveda.

Key words: Lepa, Beauty, Ayurveda, Cosmetic.

INTRODUCTION:

Various Lepa are put forwarded by the ancient Acharyas of Ayurveda. The Lepas of the Ayurveda has been divided into two categories as per their applicability. Doshaghna and Varnya Lepas are being described as categories of the Lepas. The Varna Prasadana Lepas are the Lepas which are described for the cosmetic purpose and are being used to enlighten the color of skin. The various Samhitas and corresponding literature is available and the efficacy of Varna Prasadana Lepas should be studied for their effectiveness on the Varna of the skin. Ayurveda is ancient science which chiefly aims towards the prevention of the diseases rather than their cure. Vitalizing the organs to remain healthy is one of the objectives of the Ayurveda and Samhitas of Ayurveda emphasized the literature with the same motto. The skin is the largest organ of the body and the face skin is more being exposed in practice when it comes to the Varna Prasadana Lepas. Lepas are the medical preparations used topically on the skin or mucus membrane. The advantages of Lepas are their easy preparation, rapidity in action, rapidity in results, less time consumption etc. The Lepas are popularly used as a beauty cosmetic regimen with all its advantages.

The concept of Lepa Kalpana and its literature review is the chief aim of the study. Various Samhitas, textbooks, and indexed national and international journals of reputation are used as materials and literature is studied for the concept of Lepas. Study shows that the concept of Lepas is very useful with all its advantages when constantly used.

AIMS AND OBJECTIVES:

1. To study the concept of Lepas
2. To review various Samhitas for the details of concept of Lepa in Ayurveda.

MATERIALS AND METHODS:

Various Samhitas, textbooks, and indexed national and international journals of reputation, Google docs, Google scholar, internet, Pubmed etc. are used as materials and literature is studied for the concept of Lepas.

LITERATURE REVIEW:

Definition of Lepas:

As per texts of Ayurveda, Lepas are the pastes, preparations made up of wet fresh drugs when grinded to the powdered form with the help of Khalva Yantra with appropriate amount of water.

Synonyms of Lepa:

Lipta, alepa, lepana, lepa etc.

Types of Lepa:

As per Acharya Susruta:

1. **Pralepa:** Sheet, Tanu lepa which is further classified into Avishoshi, Vishoshi as per their removal after application.
2. **Pradeha:** Ushna Pradeha is used for Vata Kaphaj diseases and Sheeta Pradeha is used for pittaraktaj diseases.
3. **Alepa:** shows properties of both pradeha and pralepa.

Thickness:

Doshaghna: $\frac{1}{4}$ angula

Vishaghna: $\frac{1}{3}$ angula

Varnya: $\frac{1}{2}$ angula

Lepa preparation and application:

Lepas are prepared and used as single time use only. Wet fresh drugs are pasted in Khalva Yantra and can be readily used as a Lepa. Dry drugs are pounded with appropriate amount of water and then pasted with addition of particular liquids to become a fine paste. Application of lepa should be done against the direction

of the hair follicle and are immediately removed before they become dry. During removal, they should be moistened with some amount of water.

Kushthaghna Mahakashya, Kandughna Mahakashaya and Varnya Mahakashaya are described by Acharya Charaka. Acharya Sharangadhara also described the list of drugs to be used for the Varnya Lepas. Various Gana e.g. Eladi Gana, Panchavalkala Gana etc. are also described in Nighantu Granthas.

CONCLUSION:

1. The selection of the drug for the Lepa is to be done after careful examination of the skin.
2. Concept of Lepa was a useful concept of the ancient time which is still in use.
3. The Lepas like Chandana lepa is a very popular remedy and being used by Indians for the Mukha Lepa.

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