

Classical Herbomineral Lepas And Their Therapeutic Values : A Conceptual Study

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ABSTRACT

Metals and minerals are important part of environment and are also used widely in the medicinal formulations.. There is wide use of processed metals and minerals in Samhitas and different herbomineral formulations are mentioned which are used internally as well topically. Lepa kalpana is prominent amongst topical applications. It is often used in clinical practice for therapeutic as well as cosmeceutical purpose. They are not only used for skin disorders but also for treating physical and mental disorders like Balagraha, Netraroga, Kshudra roga etc. There are many lepas containing processed metals and minerals in different Samhitas. Classical texts Charaka Samhita, Sushruta Samhita, Ashtanga Sangraha, Ashtanga Hridaya, Sharangdhara Samhita, Kashyapa Samhita, Bhela Samhita and Harita Samhita highlighted herbomineral Lepas. Nowadays metals and minerals are also added to different creams, soaps, sunscreens, lotions, make up products and other cosmetics. Metals and minerals have attributes which are good for skin. Also, different proprietary Ayurveda formulations contain processed metals and minerals. Present conceptual study is the compilation of various Lepas alongwith its therapeutic value from our classical literature of Ayurveda. Different herbomineral Lepas from Samhitas are compiled and properties of metals and minerals with respect to skin and topical applications is discussed here.

Keywords:- Lepa Kalpana, Herbomineral Lepas, Therapeutic values, Metals, Minerals, Samhitas.

I. INTRODUCTION:-

In Ayurveda , there is wide use of metals and minerals in topical application forms like Lepa, Avachurnana, Taila, Varti, Pratisaran, etc.

Lepa word can mean smearing, plastering, anointing, on body. Medication used in the form of paste for external application is called as Lepa. Lepa can be prepared using wet drugs or dry drugs with added water. These drugs can be of herbal, mineral or animal origin. Lepa should be applied in the direction opposite to hair follicles.¹

Lepa Kalpana is prominent amongst the Bahiparimarjan chikitsa and is prescribed widely at OPD as well as IPD levels, in the conventional form or in neo dosage forms like ointments, creams, lotions, gels etc.

Branch of Ayurveda, Rasashastra and Bhaishajya Kalpana deals with metals and minerals. Charakacharya has mentioned Parthiva dravya Sangraha and Acharaya Sushruta has mentioned Ushakadi gana, Trapvadi gana and Anjanadi gana.Certain metals and minerals have attributes which are good for skin i.e. Twacchya, Kanduhara, Kushtahara, Vicharchikahra, etc. Therefore they can be used for therapeutic as well as cosmeceutical purpose.

In the present study lepa containing metals and minerals from different Samhitas like Charaka Samhita, Sushruta Samhita, Ashtanga Sangraha, Ashtanga Hridaya, Sharangdhara Samhita, Bhela Samhita, Kashyapa Samhita and Harita Samhitas are compiled.

Material and methods :-

Data was collected by referring classical texts i.e. Charaka Samhita, Sushruta Samhita, Ashtanga Hridaya, Ashtanga Sangraha, Sharangdhara Samhita, Kashyapa Samhita, Bhela Samhita and Harita Samhita. Published articles related to herbomineral formulations and Lepa Kalpana were referred. Releveant data from internet is used.

Lepa Kalpana

Lepa is Prithvi Mahabhoota pradhana kalpana. Guna (Properties) of Parthiva dravya which are mentioned in Charaka Samhita² are as follows :-

Guru (heavy), Khara (rough), Kathina(hard), Manda (dull), Sthira (stability), Vishada (clear), Sandra (dense), Sthula (bulky), Gandha guna

bahula. They impart Upachya (bulkiness), Sanghat (compactness), Sthirta (stability) and Guruta (heaviness).

There are three types of lepa³:-

1.Pralepa 2. Pradeha and 3. Aalepa.

Table. No. 1. References of Herbomineral Lepas from Charaka Samhita

Sr. No	Reference	Herbal and other ingredients	Metal or Mineral ingredients	Indication
1	Cha. Su.3/4	Bhojagranthi, Shirish, Lashun, Guggulu, Krishnagandha	Lomasha (Kasis)	Kashtasadhya Kushta, Bhagandar, Pama, Kilasa, Indralupta, Kitibha, Dadru, Arsha, Apachi
2	Cha. Su.3/5	Vacha, Harenu, Trivrutta, Nikumbha, Bhallataka	Gairika, Anjana	Kashtasadhya Kushta, Bhagandar, Pama, Kilasa, Indralupta, Kitibha, Dadru, Arsha, Apachi
3	Cha. Su.3/5	Ela, Lodhra, Arjun, Musta, Sarja	Manashila, Kasisa	Kashtasadhya Kushta, Bhagandar, Pama, Kilasa, Indralupta, Kitibha, Dadru, Arsha, Apachi
4	Cha.Su.3/10	Kushtha, Daruharidra, Kampillaka, Musta, Lodhra, Sarjarasa, Vidanga, Kanermulatwak	Amrutasang (Tuttha), Kasisa, Sougandhika (Gandhak), Manashila, Hartala	Dadru, Kandu, Kitibha, Pama, Vicharchika
5	Cha.Su.3/12	Maricha, Sarshapa taila, Arkadugdha	Hartala, Manashila	Kushtha
6	Cha.Su.3/12	Vidanga, Maricha, Kushtha, Lodhra	Tuttha, Manashila	Kushtha
7	Cha.Su.3/15-16	Kutajatwak, Kushtha, Chakramarda, Karanjabeej, Bhojagranthi, Karaveermula	Lomasha (Kasis), Manashila	Kushtha
8	Cha Chi.7/88	Falgu, Chitraka, Bhrihati	Loha, Seesha, Trapu	Mandala Kushta
9	Cha. Chi.7/117-118	Kushtha, Tamalapatra, Maricha,	Manashila, Kasisa	Sidhma
10	Cha.Chi. 7/167- 171	Vidanga, Rochana, Kanakpushpi	Manashila, Kasisa,	Shwitra
11	Cha . Chi.23/ 220	Somavalka, Ashwakarna, Gojivha, Hamsapadi, Rajani	Gairika	Nakhadantakshatavish a

12	Cha Chi.25/67	Panchavalkala	Shuktibhasma	Vrana
13	Cha Chi. 25/114	Manjishtha, Laksha, Haridra, Daruharidra,	Manashila	Vrana
14	Cha.Chi. 25/115	Trifala, Dhatakipushpa	Ayoraja Kasisa	Vrana
15	Cha.Chi. 25/117	Dhyamaka roots, Ashvattha, Nichula, Laksha, Nagakeshara,	Gairika, Kasisa, Tuttha	Vrana
16	Cha.Chi. 26/ 235	Musta, Rochana, Priyangu	Saidhava, Gairika	Kaphaj netraroga

Table. No. 2. References of Herbomineral Lepas from Sushruta Samhita

Sr. No	Reference	Herbal and other ingredients	Metal or Mineral ingredients	Indication
1	Su. Chi. 1/96	Navakapalila churna, Vaidula, Sarja, Madhuka, Madhu	Kasisa	Vrana
2	Su. Chi. 1/ 97-98	Kapittha, Venunirlekhan, Prapunnada, Rasanjana	Kasis, Hartala, Masashila, Tuttha	Vrana
3	Su. Chi. 1/103	Naktamala leaves, Kapittha rasa	Kasisa	Vrana
4	Su. Chi. 1/ 107	Kadali, Dirghavrinta, Shami, Saidhava	Hartala	Lomashatana
5	Su.Chi. 1/108	Kadali, Ingudi, Agargodhika puccha	Hartala	Romanashaka
6	Su.Chi.9/10	Vidanga, Grihadhooma, Chitraka, Kutaki, Sudha, Haridra,	Sajjikshar, Tuttha, Kasisa, Saindhava	Kushtha
7	Su.Chi.9/10	Arkakshira, Tila, Shigru, Maricha	Hartala, Manashila	Kushtha
8	Su.Chi. 9/10	Kushtha, Kutaja, Chitraka, Vidanga, Maricha, Rodhra	Swarjika, Tuttha, Manashila	Kushtha
9	Su.Chi.9/25	Bakuchibija, Kakodumbar, Laksha, Pippli, Tarkshyashaila	Loha churna, Swarnamakshika	Shwitra
10	Su. Chi.9/27	Kutaki, Shunthi, Pippali, Maricha, Simha, Arka, Ashwamara, Kushtha, Bakuchi, Bhallataka, Kshirini, Sarshapa, Snuhi	Tuttha, Hartala	Shwitra
11	Su. Chi.17/ 6-7	Hribera, Lamajjaka, Chandana,	Mukta, Gairika, Souviranajana	Pittaja visarpa
12	Su. Chi. 18/41	Haridra, Ghrihadhooma, Lodhra, Patanga	Manashila, Hartala	Medorbuda
13	Su.Chi. 19/30	Yashtimadhu, Sariva,	Gairika, Anjana	Pittaja

		Ushira, Padmakha, Chandana, Kamala		upadamsha
14	Su. Chi. 20/6	Kushtha, Devdaru	Manashila, Hartala	Andhalaji, Yavaprakhya, Panasika, Kacchapika, Pashangardhabh
15	Su. Chi.20/ 21-22	Nimba, Tila	Kasisa, Hartala	Alasa
16	Su. Chi.20/ 24	Maricha	Manashila, Kasisa, tuttha	Indralupta
17	Su. Chi.20/ 28	Nisha, Nimba, Patola	Hartala	Arunshika
18	Su. Chi.20/ 59	Gorochana, Rasanjana, Badartwak,	Kasisa, Tuttha, Hartala, Saindhava	Ahiputana
19	Su.U.17/87	Sariva , Doorva	Swarnagairka	Netragata vedana and raga
20	Su.U.30/5	Rodhra, Priyangu, Manjishta	Gairika	Shakunigraha
21	Su.U.31/6	Kulattha, Sarvagandhika	Shankha churna	Revatigraha

Table. No. 3. References of Herbomineral Lepas from Ashtanga Hridaya

Sr. no	Reference	Herbal and other ingredients	Metal or mineral ingredients	Indication
1	A .H.Chi. 8/22	Snuhikshir, Shadgrantha, Halini, Varanasthi, Kulirashruni, Vijaya, Kushtha, Arushkara	Tuttha	Arsha
2	A.H. Chi. 18/26	Danti, Chitrakamoola, Snuhi,Arka, Guda, Bhallatakasthi	Kasisa	Kaphaja Granthi
3	A.H. Chi. 19/70	Maricha, Arka	Manashila, Hartala	Kushtha
4	A.H. Chi.19/71	Shriveshtaka, Guggulu, Maricha, Vidangaa, Sarpasha,Sarjarasa, Musta, Kushtha, Kampillaka,	Kasisa, Manashila, Gandhaka, Haratala	Sidhma, Kushtha
5	A.H. Chi.19/77	Jivanti, Manjistha, Darvi, Kampillaka, Sarjarasa	Tuttha	Vipadika, Charma Kushtha, Kitibha, Alasaka
6	A. H. Chi.20/13	Bakuchi, Gomutra	Hartala	Shwitra
7	A.H.Chi.20/16	Bhallataka, Chitrka, Snuhi, Arka, Gunja, Trikatu, Kushtha,Langali	Shankha, Tuttha, Panchalavan, Ksharadwaya	Kushtha, Kilasa, Tilakalaka
8	A.H. U. 2/73	Rochana, Rasanjana	Kasisa, Tuttha, Manashila, Hartala	Ahiputana
9	A.H.U.11/6	Trifala	Kasisa, Saindhava	Krumigranthi
10	A.H.U.14/24	Doorva, Yava, Sariva	Gairika	Netraruja, Netraraga
11	A.H.U. 16/2	Patra, Ela, Maricha	Swarnagairika	Netrabhishyanda

12	A.H.U. 16/7	Ghosha, Abhaya, Yashti, Rodhra	Tuttha	Netrapida
13	A.H.U.24/42-43	Bhringaraja, Trifala, Krishnamruttika	Ayoraja	Palitroga
14	A.H.U. 32/ 1-2	Daru, Kushtha	Hartala, Manashila	Yavaprakhya
15	A.H.U. 32/12	Patola, Nimbapatra, Tila, Rochana	Kasisa	Alasa
16	A.H.U. 34/4	Lodhra, Rasanjana, Harenu,	Tuttha, Gairik, Hartala, Manashila, Pushpakasisa, Sourashtri, Saindhava	Upadamsha vrana

Table. No. 4. References of Herbomineral Lepas from Ashtanga Sangraha

Sr no	Reference	Herbal and other ingredients	Metal or mineral ingredients	Indication
1	A.Sa.Chi. 2/71	Dhatri, Twaka, Patra, Nalada, Vyaghranakra, Utpala, Chandana, Musta	Shankha	Chardi, Trishna, Daha, Moha, Shiroruja
2	A.Sa.Chi. 21/57	Bhojagranthi, Lashuna, Shirisha, Guggulu, Krishnagandha, Gopitta, Sarshapa taila	Kasisa	Kushtha Dadru, Bhagandara, Indralupta, Kitibha, Arsha, Apachi, Pama,
3	A.Sa.Chi. 21/57	Vacha, Harenu, Udara, Trivrutta, Nikumbha, Bhallataka, Gopitta, Sarshapa Taila	Gairika, Anjana	Kushtha, Dadru, Bhagandara, Indralupta, Kitibha, Arsha, Apachi, Pama
4	A.Sa.Chi. 21/ 57	Grihadhuma, Ela, Lodhra, Arjuna, Musta, Sarja, Gopitta, Sarshapa taila	Manashila, Hartala, Kasisa	Kushtha, Dadru, Bhagandara, Indralupta, Kitibha, Arsha, Apachi, Pama
5	A.Sa.Chi. 21/ 61	Sarshapa taila , Arkadugdha	Hartala, Manashila	Kushtha
6	A.Sa.Chi. 21/ 62	Guggulu, Maricha, Vidanga, Sarshapa, Sarjarasa, Musta, Shrivesthaka, Kalagandha (shigru), Kushtha, Kampillaka, Haridra, Daruharidra, Sarshapa taila	Kasisa, Manashila	Kushtha
7	A.Sa.Chi. 21/ 62	Maricha, Tamalpatra	Manashila, Kasisa	Kushtha
8	A.Sa.Chi. 21/ 65	Jivanti, Manjishtha, Daruharidra,	Tuttha	Kushtha

		Kampillaka, Dugdha, Sarjarasa, Madhucchishtha, Ghrita		
9	A.Sa.Chi. 21/ 70	Kampillaka, Lodhra, Navneet	Sphatik, Shilajatu, Manashila, Gandhak	Kushtha
10	A.Sa.Chi. 21/ 74	Kutaja, Kushtha, Karanja, Bhurjagranthi, Karaveermula	Manashila, Kasisa	Kushtha
11	A.Sa.Chi. 21/ 76	Jatamansi, Maricha, Saindhava, Haridra, Tagara, Grihadhuma, Palashkshara, Mutra, Pitta	Sudha	Kushtha
12	A.Sa.Chi. 22/17	Saindhava, Vidanga, Gorochana, Swarnapushpi, Gopitta	Manashila, Kasisa	Shwitra
13	A.Sa.Chi. 22/17	Pippali	Strotonajana, Souviranjana, Loha churna	Shwitra
14	A.Sa.Chi. 22/20	Sarshapa, Brihati, Karanja, Koshatakiphala, Gunja, Shukanasa, Gavakshi, Swarnakshiri, Nikumbha etc.	Tuttha, Manashila	Mashaka, Charmakila, Tila, Granthi, Arbuda, Switra
15	A.Sa.Chi. 22/21	Bakuchi, Gomutra	Hartala	Shwitra
16	A.Sa.Chi. 22/23	Bhallataka, Gunja, Chitrakmula, Trikatu, Snuhimula, Arkamula, Kushtha, Panchlavana, Yavakshar, Sajjikshar, Langali	Shankhachurna, Tuttha	Kushtha, Kilasa, Tilakalaka, Mashaka, Arsha, Charmakila
17	A. Sa. U. 2/80	Gorochana, Amlarasa, Rasanjana,	Kasisa, Tuttha, Hartala, Manashila	Gudakutta
18	A. Sa. U. 6/2	Guggulu, Ela, Elavaluka, Manjishtha, Ushira, Rasna, Aguru, Devdaru, Shreeveshtaka, Harenu, Girikadamba, Chandana	Hartala, Manashila	Skandagraha
19	A. Sa. U. 6/24	Vacha, Amalaki, Jivanti, Dhataki, Priyangu, Guggulu, Rasna	Manashila, Hartala	Pitruagraha
20	A. Sa. U. 6/30	Yashti, Hribera, Ushira, Sariva, Padmakaha, Utpala, Manjishtha, Lodhra, Priyangu	Gairika	Shakunigraha
21	A. Sa. U. 8/3	Hingu, Trikatu,	Hartala,	Unmada,

		Lashuna, Arkamula, Jatamansi, Ajalomi, Doorva, Bhootkeshi, Vacha, etc	Manashila, Strotanjana	Apasmara, Bhootagraha
22	A. Sa. U. 10/27	Bhrahmi, Aindri, Vidanga, Trikatu, Hingujata, Rasna, Lashuna, Vacha, Jyotishmati, Ananta, Haritaki	Kamli (Sourashtri)	Unmada
23	A. Sa. U. 19/3	Chandana, Maricha, Patra, Ela, Tagara, Saindhava, Yashti Rasanjana,	Swanagairika,	Abhishyanda
24	A. Sa. U. 19/4	Darvi, Haritaki	Tuttha	Vatapittaja Abhishyanda
24	A. Sa. U. 19/4	Haritaki, Shunthi, Rasanjana	Swarnagairik	Kaphaja Abhishyanda
25	A. Sa. U. 19/5	Saindhava, Aguru, Trijataka, Trikatu, Shilajatu	Swarnagairik	Shoola, Shwayathu, Daha, , Raga
26	A. Sa. U. 26/8	Trikatu, Kutaki, Tejabala, Yavakshar, Saindhava, Madhu	Kasisa	Jalarbuda
27	A. Sa. U. 26/49	Mocharasa, Haridra / Gorochana, Rasanjana,	Kasisa, Sourashtri,	Raktaja Mukhapaka
28	A. Sa. U. 28/44	Amra, Jambvasthi, Sharkara	Tuttha, Lohakitta	Palitroga
29	A. Sa. U. 28/ 56	Tandula, Shukta,Saindhava, Amlarasa	Lohachurna	Palitya
30	A. Sa. U. 28/ 57	Trifala, Madya	Lohachurna	Palitya
31	A.Sa.U. 30/ 7	Laksha, Manjishtha, Haridra, Daruharidra	Manashila	Vrana
32	A.Sa.U.30/69	Daruharidra, Doorva, Amrasthi, Nagakeshar, Sariva	Parada	Vrana
33	A. Sa.U. 30/70	Trifala	Lohachurna, Kasisa	Vrana
34	A. Sa. U. 30/73	Navakapala, Vaidula, Shalaparni, Yashtimadhu	Kasisa	Vrana
35	A. Sa. U. 30/74	Kapittha, Vanshanirlekha, Arjunavriksha, Gorochana, Prapunnata	Kasisa, Haratala, Manashila	Vrana
36	A. Sa. U. 37/ 3	Devdaru, Kushtha	Haratala, Manashila	Yavaprakhya, Alaji, Kacchapi, Panasika, Pashangardabha
37	A. Sa.U. 37/ 19	Gorochan, Tejovha,	Manashila	

		Nimbuk swarasa, Rasanjana,		
38	A.Sa.U. 38/30	Prapoundarika, Madhuka, Padmakha, Nilotpala, Sariva, Kadalimoola	Pravala, Swarnagairika	Pittaja Vyanga
39	A. Sa. U. 38/33	Lodhra, Priyangu, Kaliyaka, Goroohana	Tuttha	Kaphaja Vyanga
40	A.Sa.U. 38/33	Sarjarasa, Nilotpala, Amlavetasa, Kadalimoola, Moorva, Yashtimadhu	Shankha	Raktajanya Vyanga
41	A.Sa.U.39/ 5	Lodhra, Ela, Harenu, Rasanjana,	Tuttha, Gairika, Manashila, Hartala, Pushpakasisa, Sourashtri, Saindhava	Upadamsha
42	A. Sa.U. 39/ 7	Daruharidra, Laksha, Draksha, Rasanjana	Shankha	Upadamshaja nya Vrana
43	A. Sa. U. 39/11	Manjishtha , Yashtimadhu, Ushira, Padmaka, Chandana, Kamala	Gairika, Anjana	Pittjanaya Upadamsha

Table. No. 5. References of Herbomineral Lepas from Sharangdhara Samhita

Sr. no	Reference	Herbal and other ingredients	Metal or Mineral ingredients	Indication
1	Sha.Sa.U. Kha 11/27	Bhringaraja, Trifala, Krushnamruttika, Ikshurasa	Ayoraja,	Palitya
2	Sha.Sa.U. Kha 11/28	Amalaki, Haritaki, Bibhitaki, Amramajja	Lohachurna	Palitya
3	Sha. Sa.U. Kha 11/30	Nilikapatra, Bhringaraja, Avimutra	Lohachurna	Palitya
4	Sha.Sa. U. Kha 11/34	Trifala, Dadimatwak , Bhringaraja	Lohachurna	Palitya
6	Sha. Sa.U. Kha 11/38	Palashkshara, Kadalirasa, Ravipatra	Hartala, Shankha bhasma,	
7	Sha. Sa.U. Kha. 11/40	Swarnapushpi, Goroohan, Vidanga,	Kasis, Manashila, Saindhava	Shwitra
8	Sha.Sa.U. Kha 11/42	Bakuchi	Hartala	Shwitra
9	Sha. Sa.U.Kha 11/43	Bakuchi, Veta, Laksha, Kakodumbar, Pippali, Tila, Gopitta, Rasanjana,	Lohachurna	Shwitra
10	Sha.Sa. U. Kha 11/46-47	Darvi, Mulakabeeja, Devadaru, Tambulpatra	Hartala, Shankha bhasma	Sidhma
11	Sha. Sa.U.Kha. 11/ 48	Haritaki, Rasanjana,	Gairika, Saindhava	Saravanetraroga hara
12	Sha. Sa.U.Kha.	Satyanashi, Vidanga,	Darada,	Pama, Dadru,

	11/51-53	Chakramarda, Kushtha, Dhatturpatra, Nimbarasa	Gandhaka, Sindoor	Vicharchika
13	Sha. Sa.U.Kha. 11/82-83	Haridra, Chandana, Shiva, Doorva, Ushir, Padmaka,, Lodhra Rasanjana,,	Gairika,	Agantuja shotha, Raktaj shotha
14	Sha. Sa.U.Kha. 11/95	Ishtika, Sikta, Goshakruta	Lohakitta	Shleshmavidhra di
15	Sha.Sa.U.Kha 11/96	Raktachandana, Manjishtha, Nisha, Madhuka, Ksheera	Gairika	Raktaj vidradhi, Agantuj Vidradhi
16	Sha. Sa.U. Kha 11/108	Tugakshiri, Plaksha, Chandana, Amruta, Ghrita	Gairika	Agnividagdaha ara

Table. No. 6. References of Herbomineral Lepas from Bhela Samhita

Sr. no.	Reference	Herbal and other ingredients	Metal and Mineral ingredients	Indication
1	Bhe. Sa. Su. 1/24	Kharjura	Shankhanabhi	Kustha
2	Bhe. Sa.Chi. 6/64	Swarjika, Kushta, Maricha, Lodhra	Tuttha, manashila	Kushtha
3	Bhe. Sa Chi. 16/75	Kulirshrunji, Hasthyasthi, Bala, Langaliki, Hingu, Kushtha, Bilwa, Bhallataka	Tuttha	Kushtha

Table. No. 7. References of Herbomineral Lepas from Harita Samhita

Sr. no.	References	Herbal and other ingredients	Metal and Mineral ingredients	Indication
1	Ha. Sa. Tritiyasthana 35/21	Manjishtha, laksharasa, Nisha	Manashila	Vrana
2	Ha. Sa. Tritiyasthan a58/10	Lodhra, Karpur, Ghrita	Gairika	Puyahara

Table. No.8. References of Herbomineral Lepas from Kashyapa Samhita

Sr no	Reference	Herbal and other ingredirnts	Metal or mineral ingredient	Indication
1	Ka.Sa. Kushtha chikitsa	Manjishtha	Manashila	Kushtha
2	Ka Sa. Dvivraniya	Trifala, Jatipushpa, Gomayrasa	KasisA, Loha churna	Vrana
3	Ka. Sa. Dvivraniya	Ghrita	Mukta, Shankha, Shukti, Sphatika, Gairika,	Visarpa

Table. No. 10. Therapeutic values of metals and minerals

Sr. no	Metals or mineral	Therapeutic action
1	Hartala	Kushthahara, Kantiprada ⁴ , Vicharchikahara, Vranahara ⁵
2	Manashila	Varnya, Kanduhara ⁶
3	Kasisa	Vranaghna, Shwitragnha ⁷ , Kandupranut ⁸
4	Swarna	Mukhalavanya vardhak ⁹ ,
5	Rajata	Kantivivardhan ¹⁰ ,

6	Parada	Vali, Pali nashaka ¹¹
7	Gairika	Atikanduhara, Udardanuta ¹²
8	Loha, Ayoraja	Kushthahara ¹³
9	Mukta and Shukti	Kantiprada ¹⁴ , Varnya ¹⁵
10	Sphatika	Vranaghni, Shwitrappa ¹⁶
11	Trapu	Varnya ¹⁷
12	Sheesha	Vranaghna ¹⁸
13	Tuttha	Kushthanashan, Shwitrappa ¹⁹
14	Tamraraja	Kushtaghna ²⁰
15	Gandhak	Kanduhara, Kushthahara, Visrapahara, Dadrughna ²¹ ,
16	Shankha	Varnya ²² ,

II. DISCUSSION:-

Metals and minerals have attributes good for skin i.e. Twacchya, Kandughna, Kushtaghna, Shwitragnha, Vranaghna etc. They are processed so that the toxic effects are eradicated and only attributes beneficial to health can be utilised. Adding metals and minerals increase the efficacy of the lepa.

Herbomineral Lepas from Charaka Samhita:-

Third chapter of Charaka Samhita Sutrasthana named Aragvadiya Adhyaya deals with the Bahirparimarjana Chikitsa. 32 Lepas are given in this chapter out of which 7 herbomineral Lepas. They act on Kashtasadhya Kushta, Bhgandara, Pama, Kilasa, Indralupta, Kitibha, Dadru, Arsha, Apachi etc. skin disorders.

Total 16 Herbomineral Lepas are present in Charaka Samhita.

Below mentioned drugs are used in the preparation of herbomineral Lepas. They are Kasisa, Gairika, Anjana, Manashila, Tuttha, Gandhaka, Hartala, Loha, Sheesha, Trapu, Shuktibhasma and Ayoraja.

Manashila and Kasisa are most widely used, whereas Shuktibhasma and Ayoraja are least used ones. Maximum herbomineral Lepas are indicated in Kushtharoga. Gandhaka (Sougandhik) is used in several cases. Synonyms Lomasha and Amrutasanga are used for Kasisa and Tuttha respectively.

Herbomineral Lepas From Sushruta Samhita :-

21 Herbomineral Lepas are enlisted from Sushruta Samhita. Kasisa, Hartala, Tuttha, Manashila, Lohachurna, Mukta, Gairika, Rajata, Parada, Swarna, Shankha churna, Swarna gairika are used for external application as Lepa.

Hartala is most widely used and is present in 6 out of 21 Lepas. Kasisa, Tuttha and Manashila are the second most widely used.

Herbomineral Lepas from Ashtanga Sangraha and Ashtanga Hridaya :-

Kasisa, Hartala, Manashila, Tuttha, Gairika, Shankha, Tamraraja and Ayoraja are used for external application as Lepa. 16 Lepas are from Ashtanga Hridaya and 43 are from Ashtanga Sangraha. Tuttha, Hartala and Manashila are the most widely used in Ashtanga Hridaya. Manashila is most widely used in Ashtanga Sangraha. 16 lepas out of 43 contain Manashila. Second most used ones are Kasisa and Hartala. Parada is used for Vranachikitsa. The highest number of herbomineral Lepas are found in Ashtanga Sangraha out of which 26 are in Utrasthana and 11 are in Kushtha chikitsa adhyaya.

Herbomineral Lepas from Sharangdhara Samhita :-

Sharangdhara Samhita mentioned 16 Herbomineral Lepas containing Ayoraja, Loha churna, Shankha churna, Hartala, Manashila, Shankha bhasma and Gairika. Loha dhatu is widely used either in churna or kitta form.

Herbomineral Lepas from other Samhitas :-

Bhela, Harita and Kashyapa Samhitas mentioned 3, 2 and 3 Herbomineral Lepas respectively. Bhela mentioned Tuttha, Shankhanabhi and Manashila. Harita mentioned Manashila and Gairika. Kashyapa Samhita mentioned Manashila, Kasisa, Shankha, Loha churna, Mukta, Shukti, Sphatika and Gairika.

III. CONCLUSION:-

Herbomineral Lepas mentioned in Samhitas act as Kandughna, Twacchya, Kushtaghna, Vali -palita nashaka, Vranaghna, Varnya, Vicharchikahara, Kantiprada, Shwitragnha etc. in cases of skin disorders.

Hair related problems like Palitya, Indralupta also can be treated with herbomineral Lepas.

Ashtanga Sangraha has mentioned herbomineral lepas in Pediatric disorders like Gudakutta and Balagraha.

Netraroga, Shotha, Vidradhi, and Upadamsha also can be treated with the herbomineral combination of Lepas.

Not in physical disorders but herbomineral Lepas are also indicated in Psychosomatic disorders like Apasmara, Unmada, Bhootagraha etc.

Kshudrargas like Yavaprakhya, Vyanga, Charmakila etc. can also be treated with Lepas of herbomineral combination.

Ashtanga Sangraha has mentioned highest number of Herbomineral Lepas i.e 43 and Harita Samhita has mentioned least number i.e only 2 Herbomineral Lepas.

Main drugs used for the preparation of Herbomineral Lepas in Samhitas are Kasisa, Haratala, Manashila, Tuttha and Loha churna.

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