



## Snaihik Lepa : Short Communication

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### Introduction-

Mere smearing of medicated oil (Aaushdhi Taila) to a body part is known as 'Lepa'. Applying the paste of medicinal plants powders (Churnas) added with oil is also considered as 'Lepa'. After application, the oil is kept over the body for a certain period and then washed off. Here any form of manipulation or massage does not follow application of oil. It is the best alternative method of bahya snehana (External Massage).



**Lepa Therapy in Osteoarthritis of Knee joints (Janusandhigatavata)**

### Indications-

- Tvakrogas (Skin disorders)
- Shirogata tvak roga (Diseases of the scalp)
- Khalitya (Hair fall)
- Darunaka (Dandruff)
- Sandhigatavata (Osteoarthritis)
- Vatarakta (Gout)

### **Special Indications-**

Following are the examples of Snaihik Lepa in some conditions:

Gout (Vatarakta) – Pinda taila

Hair fall (Khalitya) – Bhrungaraj or Bramhi taila

Dandruff (Darunaka) - Bhrungaraj or Bramhi taila

Crack foot (Padadari) – Narayana or Tila taila

Eczema (Vicharchika)– Nimba or Karanja taila

Burning sensation (Daha)– Chandanadi taila

Sciatica (Grudhrasi)– Vishagarbha taila

Acne (Mukhadushika)– Kumkumadi taila

Osteoarthritis (Sandhigatavata) – Karpooradi taila

### **Procedure -**

Application of oil is preferred after the bath. If the patient is suffering from any skin disease, the lesion is properly cleaned using Triphala (Combination of Terminalia chebula, Emblica officinalis and Terminalia bellirica) or Haridra (Curcuma longa) decoctions (Kwath) etc. Then patient is made to sit or lie down comfortably. The part of the body to be treated is exposed. Prescribed Snaihik Lepa is then applied to the body part with the help of a cotton tampon. The oil applied is kept undisturbed usually for half to one hour. And then is washed off. Mixture of Black gram (Lens culinaris) and Haridra powder may be used for cleaning the Snaihik Lepa

### **Precautions-**

All necessary aseptic measures should be taken, if the patient is suffering from contagious disease.

### **Pilot study-**

10 cases of Osteoarthritis taken for particular project of pilot study. After physical examination they had undergone Snaihik Lepa therapy prepared by Goghrita (Cow ghee), Tila taila (Sesame oil), Tila (Sesamum indicum), Yava (Hordeum vulgare), Kulatha (Dolichos biflorus) etc. for 7 days. 60% patients had shown remarkable results in Sandhishoola and Shotha lakshanas.

### **Importance of this particular Snaihik Lepa-**

Tila, Yava, Kulatha are specially described in ‘Swedopaga Gana’ of ‘Mahakashaysangraha’ chapter of Ashtangasangraha, Sutrasthana.

**Note** -Snaihik Lepa is not a term directly mentioned in Ayurvedic classical text but it is modified according to this era.

### **References -**

1. Dr. G. Shrinivasa Acharya. Panchakarma Illustrated. First edition, Published by Chaukhamba Sanskrit Pratishthan, Delhi,2006, Page 181-182.