

Utility of *Manjisthadi Lepa* in Soft Tissue Inflammation

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Abstract: *In the context of Bhagna (fractures), Chikitsa sthana of Susbruta Sambita, a classical treatise of Ayurveda the entire protocol for management of different kinds of injuries is elaborated. Manjisthadi Lepa according to the mode of application either Ushna or Sita can facilitate the healing of soft tissue injury like Deep vein thrombosis, Cellulitis, Synovitis and Thrombophlebitis. It is proposed that symptomatic relief can be achieved with Sheeta Lepa in Acute conditions of Abhighata (injury) where Rakta and Pitta are mainly vitiated and Ushna Lepa in Chronic conditions where Vata Kapha are vitiated.*

Keywords- *Manjisthadi Lepa, Ushna Lepa, Sheeta Lepa, Deep vein thrombosis, Cellulitis, Synovitis, Thrombophlebitis*

Introduction

Soft tissues are more vulnerable to injuries in comparison to other tissues of the body. Defense mechanism sets up in the body post injury and produces inflammation in the body which is either acute or chronic. Application of *Sheeta* or *Ushna* form of *Manjisthadi Lepa* can greatly help in alleviating the soft tissue inflammation. *Manjisthadi Lepa* is mentioned in the context of *Asthi-Bhagna Chikitsa* (treatment of fractured bones) by Acharya Sushruta as *Lepana Upakrama* (application of paste) for *Bhagna* (fracture). Acharya Sushruta has stressed the words *Patana* (fall) and *Abhighata* (injury) which can be considered as dominant etiology for soft tissue injury. *Sita Pradeha* (application of cold paste) is stated to be applied over swollen area without break in the skin. The ingredients of *Manjisthadi Lepa* include *Manjistha Moola* (root of *Rubia cordifolia*), *Yashtimadhu Moola* (root of *Glycyrrhiza glabra*), *Rakta-Chandana* (heart - wood of *Pterocarpus santalinus*), *Shali-Pishti* (Grain of *Oryza sativa*) and *Shatadhauta Ghrita* (Ghee which has been processed over hundred times manually).

Procedure of preparation of *Manjisthadi Lepa*:

Ushna Lepa: *Sukshma Churna* (fine powder) of the ingredients of the paste should be taken in equal quantity in a clean bowl and *Lepa* (paste) can be prepared by mixing in hot water and applied *ushna* (warm) to the affected part.

Sheeta Lepa: *Sukshma Churna* (fine powder) of the ingredients of the paste should be taken in equal quantity in a clean bowl and *Lepa* (paste) can be prepared by mixing in cold water and applied *sheeta* (cold) to the affected part.

Method of Application:

Manjisthadi Lepa ought to be applied over the affected area with a thickness of *Aardra Maheesha Charma* comparable to the wet skin of a buffalo almost equivalent to 0.5cm-0.8cm. *Lepa* should be applied *Sheeta* (cold or at room temperature form in acute inflammation and in *Ushna* (warm) in chronic inflammation of soft tissues. *Lepa* (paste) should be applied in *Pratiloma Gati* (opposite to the direction of hair follicles) to facilitate its application and because *veeryam* (the active ingredients in the paste are quickly absorbed through the pores of the skin), twice daily till there is reduction in the local signs and symptoms. *Lepa* has potential to mitigate *Dosha* (inflammation) only when it is moist, should be removed when it has dried.

Mode of Action

In *Sharangadhara Samhita*, *Pralepa* and *Pradeha* are categorized as two methods of application of *lepa* (paste). *Pralepa* is *sita* (cold in touch), *tanu* (thin in consistency) and *Vishoshi* (squeezes the swelling with pain or without pain). *Pradeha* is *ushna* (warm in touch), *ghana* (thick in consistency) and comparatively more *ardra* (moist in consistency). *Pralepa* is predominantly applied in case of *Pitta* and *Rakta* condition while *Pradeha* in *Vata* and *Kapha* dominant condition. *Manjisthadi Lepa* is *Tridosha Shamaka* (alleviates all the *Doshas*). *Manjistha* and *Raktachandana* being *Varnya* (promote complexion) and *Raktashodaka* (purifies the blood element of the body) there by reduces erythema and hyper pigmentation.

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Shali Pisti acts as a binding agent to decrease swelling. *Yasthimadhu* relieves pain while *Shatadhouta Ghrita* acts as a media for the absorption of the drugs. *Lepa* when applied in *Ushna* form may change the property of specific tissue. Heating results in the reduction of tension over the tissues resulting in reduction of pain. It also increases the tissue oxygen uptake by the muscles. The increase in blood flow means there are great number of leucocytes and more nutrients available for healing. Thus *Manjisthadi Lepa* in *Ushna* form is beneficial in the chronic conditions of soft tissue injury. *Lepa* applied in *Sheeta* form following acute injury can be attributed to immediate vasoconstriction of the arterioles and venules, which reduces the circulation to the area and therefore reduces the extravasation of fluid into the interstitium thus reducing oedema. The major effect of *Sheeta Lepa* is to relieve pain. The probable mechanism involved is the stimulation of cold receptors. Probable role of *Manjisthadi Lepa* in soft tissue injury

1. Deep Vein Thrombosis: Deep Vein Thrombosis is a blood clot in vein located deep in the muscle of legs, thigh, pelvis or arms. The most common cause of injury to vein is trauma to the leg, such as occurs with broken bones, severe muscle injury, or surgery. Immobilization is the most common cause of slow blood flow in vein, since movement of the leg muscles helps keep blood flowing through the deep veins. Accordingly, individuals who have the following conditions or are in these situations are at a higher risk for developing deep vein thrombosis. Clinical features include pain, swelling, tenderness and pitting oedema. Homans sign and Moses sign is positive. Long term consequences include chronic (long lasting) swelling, pain, pigmentation, and scaling in the affected leg (25 to 50% of patients). These problems are caused by persistent scarring of the veins and damage to the small valves in the veins. Application of *Ushna Manjisthadi Lepa* in chronic cases facilitates absorption of exudate as a result of vasodilatation there by relieving signs of inflammation tenderness, oedema and pain. *Manjistha* and *Raktachandana* being *Raktaprasadaka* (cleansing the blood) facilitate easy flow of blood.

2. Synovitis: It is the inflammation of the synovial membrane of the joint, caused by trauma and infection. Pain and swelling of the affected joint, local rise in temperature and tenderness are among the clinical features. Application of *Ushna Manjisthadi Lepa* produces vasodilatation, which increases the local circulation and helps to drain out the local inflammation. Thus the local collection is reabsorbed resulting in decrease of oedema. *Yasthimadhu* has proved anti-inflammatory action.

3. Cellulitis: It is non suppurative inflammation

spreading along the subcutaneous tissue, connective tissue planes and intercellular space. The causative organism is *Streptococcus pyogenes* Fever with chills, pain, swelling, redness of the affected part, brownish induration, local rise in temperature and tenderness are the signs and Symptoms. Application of *Sheeta Manjisthadi Lepa* with the binding property of *Shali Pisti* inflicts local pressure and thereby reduces swelling and reduces local warmth because of *Sheeta guna*. *Manjistha* is *varnya*, there by reduces erythema, while *Yasthimadhu* helps to reduce the swelling.

4. Thrombophlebitis / Superficial venous Thrombosis: It is the inflammation of the superficial veins. Etiology being intra venous injections, trauma, varicose veins polycythemia vera, visceral carcinoma. Pain over the inflamed vein, fever and redness, firm cord like thickened vein and tenderness are among the clinical features. Application of *Sheeta Manjisthadi Lepa* reduces the local temperature. *Manjistha* and *Raktachandana* being *Raktaprasadaka* reduce local inflammation, redness and improve the blood flow.

Conclusion:

Manjisthadi Lepa could be beneficial in acute and chronic conditions of tissue injury based on the form, hot or cold when it is used. Thus symptomatic relief can be obtained by *Sheeta Lepa* in acute conditions of *Abhighata* (injury) where *Rakta* and *Pitta* are mainly vitiated and *Ushna Lepa* in Chronic conditions where *Vata Kapha* are vitiated.

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