



## Chapter 10. Condition-Specific Lepa & Upanaha (Poultice) - demo video

While the foundational approaches to **Lepa** (herbal pastes) and **Poultices** (Upanaha) have been outlined, certain **complex** or **stubborn** conditions—like **chronic hyperpigmentation**, **stubborn psoriasis patches**, **advanced hair fall** with scalp lesions—may require **further specialized** formulations and application methods. Below, we explore **extended** or **multi-layer** protocols that go beyond standard single-layer lepas.

Below is a demo video of Upanaha:

### 1. Layered Lepas (Multi-Phase Application)

**Layered Lepas** involve applying **two** or **more** sequential herbal pastes, each with a distinct role:

- Exfoliating Base Lepa**
  - First, apply a mild exfoliating or clarifying paste. For example, a **gentle scrub** with chickpea flour + red sandalwood + a pinch of trifala powder.
  - This initial layer remains for **5-8 minutes**, lightly rubbed in circular motions to remove surface dead cells.
- Nourishing / Corrective Lepa**
  - After rinsing or wiping off the base, immediately apply a **2nd lepa** targeting the specific issue—like a **manjistha + saffron** paste for pigmentation, or a **neem + aloe** paste for pitta-based inflammation.
  - Keep for 15-20 minutes, allowing deeper herb interaction with clarified skin.
- Benefit**
  - Enhanced penetration since the initial scrub-lepa cleared superficial blockages, letting the second paste address **deeper** layers or conditions more effectively.
- Considerations**
  - Time-consuming, best suited for advanced spa protocols or specialized therapy sessions.
  - Watch dryness (especially Vata) or sensitivity (especially Pitta) if layering.

### 2. Complex Poultices (Dual-Herb or Tri-Herb Infusions)

For **Upanaha** or poultices that tackle **multi-faceted** concerns (e.g., dryness + mild infection + local swelling), combining multiple herb categories in the **filler** cloth can yield superior synergy:

- Warming + Astringent + Demulcent Blend**
  - Ginger** or **Saindhava lavana** for subtle heat and improved circulation,
  - Lodhra** or **Daruharidra** for astringent/antibacterial property,
  - Fenugreek** seeds or **marshmallow root** (if regionally available) for demulcent moisture or dryness-soothing.
- Carrier**
  - Warm decoction (kwatha) of punarnava + dashamoola if edema/inflammation is present, or a base oil (sesame, coconut) for dryness.
  - For scalp/hair concerns, a partial oil infusion with brahmi or amla might be used.
- Technique**
  - Wrap the mixture in **thin muslin**, lightly steam or warm it, then apply over the target area (face, scalp patch, or even around joints if musculoskeletal dryness or tension coexists).
  - Re-warm if it cools—maintaining mild to moderate heat for about 20-30 minutes.
- Extra Step**
  - Post poultice-removal, gently wipe the area with a **toned** herbal infusion to close pores if used on the face/scalp, or lightly oil if dryness is a major factor (Vata client).

### 3. Specialized Conditions & Advanced Formulations

Below are **high-level** or rare approaches for tenacious or specialized cosmetic issues:

#### A. Persistent Melasma / Hyperpigmentation

- **Multi-Herb Lepa:**
  1. **Manjistha** (2 parts) + **Khadira** (1 part) + **Saffron** (pinch) + **Licorice** (1 part).
  2. Mix with a mild decoction of sariva (*Hemidesmus indicus*) or rose water.
- **Application:** 15–20 min, 3x/week.
- **Optional:** Add a minimal drop of advanced **kumkumadi taila** post-mask for deep brightening effect if dryness is not an issue.

#### B. Recalcitrant Psoriasis Patches (Small, cosmetic concerns)

- **Layered Poultice:**
  - Inner layer with **Vasa (Adhatoda)** + **Neem** paste (kalka) for antimicrobial and pitta pacification.
  - Outer wrap soaked in warm **kshira** (milk) decoction with licorice and a pinch of **haridra** for soothing dryness.
- **Note:** Chronic psoriasis might need supportive internal medication; topicals help reduce scaling/itch externally.

#### C. Deep, Coalesced Acne or Cystic Tendency

- **Advanced Lepa:**
  - **Neem leaf swarasa** + **Karanj** (*Pongamia pinnata*) seed powder + **haritaki**.
  - Base with mild apple cider vinegar or buttermilk for Kapha infiltration, short application (10 min).
- **Optional:** Gentle warming poultice around the jawline with **saindhava lavana** if lumps or mild infiltration exist.

#### D. Alopecia Areata Spots (Minor patches)

- **Lepa:**
  - **Vacha** (*Acorus calamus*) + **Maricha** (black pepper) in micro-quantity + **Bhringraj** powder, mixed with onion swarasa.
  - Applied specifically to the spot for 10 min, 2–3 times/week. This is high potency—patch test essential.
- **Poultice Variation\*\*:** A mild warm poultice with fenugreek + ashwagandha for dryness-based hair loss, if scalp dryness is leading to patchy hair fall.

### 4. Extraction & Delivery Enhancements

1. **Oil vs. Water Solubility**
  - Some condition-specific herbs (like saffron or haridra) dissolve better in **ghee/oil**. Others (like neem, licorice) more in **water**. Combining both mediums with advanced layering can maximize uptake.
2. **Ultrasonic Infusion**
  - Certain advanced Ayur-cosmo labs use mild **ultrasonic** or **galvanic** devices to help these herbal lepas or poultices permeate deeper. This is an optional modern synergy with classical methods.
3. **pH Management**
  - For facial lepas, keep the final pH mildly **acidic** (~5–6) if the client's skin is sensitive or if dealing with breakouts. This can be done by carefully balancing the base liquids or adding a mild natural acid (like lemon or ACV) in minuscule amounts for Kapha or breakouts.

### 5. Precautions & Aftercare

1. **Duration Control**
  - Overextended application, especially for high-potency or warming herbs, can cause dryness or irritate Pitta.



- For scalp poultices, ensure minimal heat for Pitta or dryness (Vata) clients—monitor client comfort.
- 2. **Post Lepa/Poultice**
  - Rinse thoroughly with **lukewarm** water.
  - Consider a mild finishing spritz or oil if dryness is detected.
  - If used for breakouts, apply a light anti-Pitta or anti-Kapha moisturizer depending on the scenario.
- 3. **Allergy / Sensitivity**
  - Always do a **patch test** for advanced or strong herb combos like black pepper, onion swarasa, or pungent powders.
  - If the client experiences burning or persistent redness, remove immediately and cool the area with rose water or aloe.

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## 6. Integrative Lifestyle Suggestions

- For **chronic** conditions, external therapy alone is rarely enough. Encourage:
  - **Internal** rasayana or mild detox according to dosha.
  - Balanced daily regimen (dinacharya) and seasonal alignment (ritucharya).
  - Stress management (yoga, pranayama) especially if conditions like hair fall, psoriasis, or severe hyperpigmentation have a psycho-emotional trigger.
- Encourage clients to maintain **dietary** discipline: reduce sugar-laden, greasy foods (Kapha), limit pungent spices or fermented items (Pitta), and ensure regular meals plus healthy oils (Vata).

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## Conclusion

In **advanced Ayurvedic cosmetology**, **condition-specific lepas** and **poultices** provide **targeted** solutions for stubborn or complex cosmetic concerns—ranging from persistent melasma to scalp psoriasis patches or alopecia spots. By **layering** these therapies, using **high-potency** herbs, and carefully balancing the mediums (oil, water, ghee), you tailor the synergy to each **dosha** or pathological nuance. Coupled with integrative lifestyle counsel, these specialized formulations offer a uniquely **holistic, high-level** approach that resonates with Ayurveda's foundational principle: addressing **root causes** while nurturing external beauty.