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## Evaluation of the clinical efficacy of *Varshaabu Lepa* in the management of *Uththana Vata Rakta*

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### Abstract

*Vatha Rakta* is a variety of *Vata Roga* which shows a high prevalence in the world and caused by vitiation of both *Vata* and *Rakta*. When the process of *Margavarana* takes place in the “*Rakta Marga*” due to the abnormal and excessive accumulation of morbid *Kapha* and *medas* in the *srotas*, it ends up in the manifestation of *Vata Rakta*. It is two varieties, *Uththana* (superficial) and *Gambheera* (deep seated). The superficial variety of *Vata Rakta* gives rise to itching, burning sensation, expansion, pricking pain, contraction and brownish black red or copper colour in the skin. This study was aimed at finding the efficacy of an herbal formula *Lepa* including *Hordeum vulgare*, *Glycyrrhza glabra* Linn, *Rinus commiunis*, *Sesamum indicum*, *Boeraria diffusa* Linn., which was safe and effective external mode of the therapy for *Uththana Vata Rakta* without side effects. Pain, burning sensation, itching, oedema, local colour changes in the skin and walking ability are assessment criteria and assessment of the effect of treatment was done on the basis of relief of that subjective and objective parameters of *Uththana Vata Rakta* under a grading system. Thirty patients had participated for this study and patients were instructed to use herbal formula *Lepa*. Patients were selected randomly irrespective of their sex, religion, occupation and habitat. Patients were within the age group of 20 -70 years and presenting with *Pratyatmaka Lakshana* of *Uththana Vata Rakta*. All were advised to avoid the other treatment for *Vata Rakta*. Observations were recorded after one month. While considering the p value of Test group, p value < 0.05 for Pain, burning sensation, itching, oedema, local colour changes in the skin and walking ability. So According to the study, herbal formula *Lepa* has given a marked effect for reducing the symptoms of *Uththana Vata Rakta*.

**Keywords:** *Uththana Vatha Raktha*, Herbal Formula *Lepa*

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