

Applied Clinical Relevance of External Ayurvedic Therapies: A Conceptual Review

Dr. Smita Madhavrao Sawant¹ and Dr. Amol Ravasaheb Jadhav²

PG Scholar, Department of Rasashastra And Bhaishajya Kalpana¹

Associate Professor, Department of Rasashastra And Bhaishajya Kalpana²

Late Kedari Redekar Ayurvedic Mahavidyalaya, P.G. Training and Research Centre, Gadhinglaj, Kolhapur.

Abstract: *Ayurvedic literature describes several external procedures that are used for both treatment and maintenance of health. Among them, Lepa, Upanaha, Udvartana, and Abhyanga are frequently employed in clinical practice with specific indications and methods of application. The present work is a classical textual review undertaken to examine the practical and therapeutic relevance of these four procedures. References were collected from major Ayurvedic compendia and analyzed with respect to their definitions, classifications, procedural steps, indications, contraindications, and clinical utility. The review shows that Lepa is mainly applied in localized inflammatory and skin conditions, Upanaha in painful and stiff musculoskeletal disorders, Udvartana in obesity and Kapha-dominant states, and Abhyanga in neuromuscular and degenerative conditions. Each therapy follows defined guidelines regarding preparation and application. These findings support their continued relevance as structured, non-invasive interventions within contemporary integrative healthcare settings..*

Keywords: Lepa, Upanaha, Udvartana, Abhyanga, Bahya Chikitsa, External Therapy

