

Method of preparing and applying Kalyani Lepa

A) Process of preparing Fomentation Kadha (Decoction):

Take 1 tea spoon (2.5 gm) of Fomentation powder (सिकाई का काढ़ा) and boil it in 200ml of water for 5 minutes. Filter it and the *Fomentation Kadha* is ready.

B) Process of preparing Lepa:

Requirement: 1) Lepa Kadha (लेप बनाने का काढ़ा), 2) Lepa Dravya (लेप द्रव्य), and 3) Prakshep Dravya (प्रक्षेप द्रव्य)

- i) Take 1 tea spoon (2.5 gm) of Lepa powder (supplied), add it to 100ml of water and boil it for 2 minutes. Filter it and the Lepa Kadha is ready.
- ii) Add 2.5 gm (1/2 tea spoon) of Lepa Dravya (supplied) in to Lepa kadha (as in step i) and boil for 2 minutes on slow heat.
- iii) Add 2.5 gm (1/2 tea spoon) of Pakshep Dravya (supplied) to the boiling mix in step ii and keep boiling for 1 minute on slow heat. *Lepa* is ready.

C) Process of applying the Lepa:

- 1) Clean the area/location of Lepa with **Cleaning Liquid** (supplied).
- 2) Massage the area after applying the 'Oil' (supplied) with light hands – for 5 minutes.
- 3) Dip the Fomentation Pouch (supplied) in Fomentation Kadha (Step A) and apply Fomentation for 5 to 10 minutes.
- 4) Apply dry heat Fomentation for 3 to 5 minutes. You could use Infrared light for this purpose or simply use a pouch filled with equal quantity of Rock salt and Ajwain or Carom Seeds heated on a Tawa (Flat Iron plate).
- 5) Apply a thin layer of Lepa (Step B) evenly on effected area.
- 6) Stick Cellophane wrap (supplied) on top of the applied Lepa (In case of feeling excessive heat in the area or irritation or redness, follow rest of the process without step 6 i.e. without Cellophane)
- 7) Spread and tape bandage (supplied) on top of the lepa/cellophane area.
- 8) Leave it for a few hours (preferably overnight)

You may repeat the process every alternate day (third day).