

A Single Case Study of *Dashanga Lepa* on Ankle Sprain

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Ankle sprains are common injuries characterized by ligamentous damage and inflammation. This case study focused on the therapeutic effect of *Dashanga lepa*, an Ayurveda herbal paste comprising a combination of ten medicinal herbs with *Shothahara* (anti-inflammatory) and *Vedanasthapaka* (analgesic) properties, on an ankle sprain. A 30-year-old female patient presented at the Outpatient Department of Ayurveda National Hospital with a history of a recent ankle injury while playing badminton. Initial examination confirmed severe pain and swelling, tenderness, and restricted range of motion (ROM) consistent with a grade III sprain; an X-ray excluded a fracture. *Dashanga lepa*, was applied topically with tamarind (*Tamarindus indica L.*) leave juice on the affected right ankle once every day for ten days, with supportive measures (rest and elevation). Internal treatments were not prescribed. Outcome measures included pain intensity assessed via Visual Analog Scale (VAS), ankle circumference measurements for swelling, and patient reported functional improvements. Assessment was done on every 5th day. Results indicated a gradual reduction in swelling, pain from severe (VAS score of 8/10) to mild (VAS score of 2/10) and increased ROM within the first five days of treatment. Pain and swelling decreased significantly, with a notable improvement in the ankle ROM observed by the 10th day. This case study suggests that *Dashanga lepa* combined with tamarind leave juice may offer effective therapeutic benefits in managing grade III ankle sprains, potentially due to its *Shothahara* and *Vedanasthapaka* properties. Further research, including randomized controlled clinical trials, is required to validate these findings and explore the mechanisms underlying their efficacy.

Keywords: *Dashanga Lepa, Ankle Sprain, Case Study, Analgesic, Anti-Inflammatory*