

A CRITICAL REVIEW ON PHARMACODYNAMICS PROPERTIES OF SWEDA DAURGANDHAHARA LEPA MENTIONED IN SHARANGADHARA SAMHITHA AND INTRODUCING AS A REMEDY FOR BROMHIDROSIS

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In Ayurveda, *Athisthaulya* (obesity), *Shonitha dushti* (vitiation of blood), and *Sweda vaha srotho dushti* (vitiation of channels carrying sweat) are considered causative factors of *Sweda daurgandhya*. In modern medicine, this condition is known as bromhidrosis. This study aims to identify the pharmacodynamics properties of ingredients in a selected *Daurandhahara lepa* and propose it as a remedy for bromhidrosis. The medicinal prescription was sourced from Sharangadhara Samhitha, and pharmacodynamics properties were gathered from authentic texts, previous research, journal articles, and websites. The medicinal paste includes *Bulath kola* (*Piper betel*), *Suwadakottan* (*Saussurea lappa*), and *Aralu* (*Terminalia chebula*). The pharmacodynamics properties of these ingredients include: *Rasa* (taste): 30% *Tikta*, 30% *Katu*, 20% *Madura*, 10% *Amla*, 10% *Kashaya*, *Guna* (quality): 50% *Laghu*, 33.34% *Ruksha*, 16.66% *Thikshna*, *Veerya* (potency): 100% *Ushna*, *Vipaka* (post-digestive effect): 67% *Katu*, 33% *Madhura*. Most ingredients have *Kaphavata Shamaka* and *Tridosha Shamaka* actions. The paste exhibits *Daurgandhahara* (deodorant), *Deepana* (appetizer), *Pachana* (digestive), *Kushtaghna* (anti-leprosy), *Krimighna* (anti-parasitic), *Twakprasadana* (skin conditioning), *Srothoshodana* (channel cleansing), and *Rakthashodana* (blood purifying) properties. Active compounds include flavonoids, alkaloids, glycosides, saponins, tannins, and terpenes, contributing to antibacterial, antifungal, antioxidant, anti-inflammatory, analgesic, and immune-modulatory effects. As per the references selected *Lepa* balances *Tridosha*, cleans obstructed *Srotas*, controls bacterial and fungal infections, reduces inflammation, improves complexion, and eliminates body odor, making it a promising remedy for bromhidrosis. Therefore, it can be concluded that *Sweda daurandhahara Lepa*, with its diverse pharmacodynamic properties, offers potential as a natural remedy for bromhidrosis. Future chemical analyses are required to confirm its efficacy.

Keywords: *Sweda daurgandhahara Lepa*, pharmacodynamics properties, Ayurveda, bromhidrosis