

A REVIEW OF SHADANGAPANA AND IT'S THERAPEUTIC APPROACH

S.H.G. Tharindri* and R.D.H. Kulatunga

Faculty of Indigenous Medicine, University of Colombo, Sri Lanka.

*1803795@iim.stu.cmb.ac.lk

Shadangapana is a classical ayurvedic polyherbal formulation described in the *Sharangadhara Samhita* under *Kwatha kalpana*. It is composed of six herbal ingredients: *Musta* (*Cyperus rotundus*), *Parpataka* (*Oldenlandia corymbosa*), *Ushira* (*Vetiveria zizanoides*), *Chandana* (*Santalum album*), *Udichaya* (*Plectranthus zatarhendi*) and *Nagara* (*Zingiber officinale*). Traditionally, this formulation has been used for managing conditions such as *Jwara* (fever), *Pipasa* (excessive thirst) and *Daha* (burning sensation). This study has been focused to identify pharmacodynamic properties and pharmacokinetic potentials of ingredients of *Shadangapana* and to find out its therapeutic action on various ailments. Data has been collected from classical Ayurvedic texts, modern pharmacological references, dictionaries and relevant scholarly journals. The results revealed predominance of *Tikta Rasa*, *Laghu* and *Ruksha guna*, *Sheeta veerya* and *Katu vipaka*. All six ingredients exhibited *Kapha shamana* activity while majority of ingredients demonstrated *Pitta shamana* potential. The formulation comprises significant *Deepana*, *Pachana* and *Kapha-Medho-vishoshana* properties. *Shadangapana* acts as an antipyretic hydrating detoxifying agent enhancing metabolic activities of various systems of the human body as neuro protective, nerve tonic, anti-inflammatory, anti-bacterial, anti-allergic, hepatoprotective, blood purifying formulation. Moreover, recent research advances revealed *Shadangapana* is effective in managing fever, excessive thirst, and burning sensation. Additionally, it helps to alleviate obstruction in the *Swedavaha srotas*. Further *Shadangapana* supports its potential role in managing dyslipidemia, dehydration, and post-COVID multisystem inflammatory syndrome (MIS). These findings highlight the potential of *Shadangapana* as a foundation for developing effective therapeutic formulations further.

Keywords: *Shadangapana*, Ayurveda, *Jwara*, *Pipasa*