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# Evaluation of the efficacy and safety of Traditional Ayurvedic Herbal Body Deodorants: A Review

Nishshanka N.A.R.R<sup>1</sup>, Dilusha U.K.S.<sup>2</sup>, Akanksha<sup>3</sup>, Sason R<sup>4</sup>

<sup>1,3</sup>Post Graduate Scholar, P.G. Department of Agada Tantra, R.G. Govt. P.G. Ayurvedic College and Hospital, Paprola, Himachal Pradesh, India.

<sup>2</sup>Community Medical Officer, Department of Ayurveda, Uva Province, B.A.M.S., University of Colombo, Sri Lanka.

<sup>4</sup>Lecturer, P.G. Department of Agada Tantra, R.G. Govt. P.G. Ayurvedic College and Hospital, Paprola, Himachal Pradesh, India.

## ABSTRACT

Cosmetics are substances that can be applied to the human body for cleaning, beautification, enhancing beauty, and altering the appearance without changing the body's composition or functions. The cosmetics sector is widely dispersed and highly lucrative, and standard maintenance is considerably more vital; people utilize these items. The unspoken reality is that it is rarely completed. Due to that reason, the demand for herbal cosmetics has grown in the personal care industry, but their quality and standards are questioned due to potential health risks from toxins and heavy metals. Modern deodorants often contain chemicals such as aluminum compounds and parabens, which have been linked to health concerns like skin irritation and potential long-term effects. Traditional medicine and *Ayurveda* both mention various herbal remedies with major cosmetic applications. The ancient *Ayurvedic* text *Kama Rathnaya*, written by *Nagabhattacharya*, contains various herbal formulas for cosmetic purposes. This review was done on an herbal powder that is used to get rid of unpleasant body odor. Ingredients are *Dadima*, *Yashtimadhu*, *Lodhra*, *Padma*, and *Pichumarda*. *Madhura Rasa*, *Snighdha Guna*, *Sheeta Veerya*, and *Madhura Vipaka* are present in the majority of these herbs. And also contains *Krimighna*, *Kushtaghna*, and *Daha Hara* properties. There has also been evidence of anti-viral, anti-bacterial, anti-fungal, and anti-inflammatory activities. Additional in vitro and in vivo research must be done to confirm this medication's cosmetic effects.

**Key words:** Deodorant, Body odor, cosmetic, toxin, Kamarathnaya, Skin

## INTRODUCTION

Throughout human history, cosmetics have been essential for expressing oneself, preserving one's cultural identity, and sometimes even carrying out rituals. The Greek term *Kosmetikos* which means skillful in decoration, is where the word cosmetics

originate. The usage of cosmetics has changed throughout the ages and in many countries, reflecting shifting beauty standards, technical breakthroughs, and societal conventions.<sup>[1]</sup>

The origins of cosmetics can be traced to prehistoric societies where both sexes used a variety of materials to enhance their appearance. For example, the Egyptians were well known for their intricate use of makeup. Evidence from archaeological digs suggests that perfumed perfumes, lip colors, and eye cosmetics were used. Cosmetics were more than simply gorgeous things; they had cultural and religious value and were frequently connected to the divine.<sup>[2]</sup>

Cosmetic practices have varied widely across cultures, with traditional cosmetics like kohl and henna being integral in Asia, and indigenous communities globally utilizing natural resources for body painting and ornamentation, reflecting a deep environmental connection. Also, Cosmetics have roots in warfare,

### Address for correspondence:

Dr. Nishshanka N.A.R.R

Post Graduate Scholar, P.G. Department of Agada Tantra, R.G. Govt. P.G. Ayurvedic College and Hospital, Paprola, Himachal Pradesh, India.

E-mail: drnishshanka2018@gmail.com

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religion, combat, and hunting. Later, they were linked to medicine.<sup>[3]</sup> Cosmetics are a wide range of products, including creams, powders, perfumes, lotions, deodorants, washing products, and the extensive category of ornamental cosmetics or makeup. Cosmetics, according to the Drugs and Cosmetics Act is defined as articles intended to be rubbed, poured, sprinkled or sprayed on, introduced into or otherwise applied to the human body or any part for cleansing, beautifying, promoting attractiveness or altering the appearance. The cosmetic does not come under the preview of the drug license.<sup>[4]</sup>

Artificial cosmetics may contain harmful substances like parabens, phthalates, and formaldehyde-releasing preservatives, leading to skin irritations and long-term health concerns such as hormonal disruptions, allergic reactions, and cancer.<sup>[5]</sup>

Body deodorants, which mask odor and reduce perspiration, often contain fragrances and antimicrobial agents. However, chemicals like aluminum compounds and parabens in deodorants have been linked to potential health risks, including skin irritation, hormonal disruptions, and a possible increased risk of breast cancer, though conclusive evidence is lacking.<sup>[6]</sup>

Moreover, parabens can mimic estrogen in the body, potentially leading to hormonal imbalances and reproductive toxicity. Therefore, consumers are advised to be cautious about the ingredients in their personal care products and to consider natural alternatives.<sup>[7]</sup>

The importance of using herbal cosmetics over artificial counterparts lies in the inherent benefits they offer to both skin health and the environment. Herbal cosmetics are derived from natural plant extracts, possessing properties that nourish and rejuvenate the skin, often without the harsh chemicals present in synthetic alternatives.<sup>[8]</sup> Herbal cosmetics are often rich in antioxidants, vitamins, and minerals, providing a holistic approach to skincare. The use of natural ingredients not only contributes to healthier skin but also aligns with sustainability goals.<sup>[9]</sup>

## OBJECTIVES

The objective of this study is to conduct a scientific review of a herbal body deodorant formulation<sup>[8]</sup> outlined in the book *Kamaratnaya* authored by *Nagabhattacharya*. This study aims to analyze the composition, efficacy, and potential physiological impact of the herbal formulation, as documented in the aforementioned source, with a focus on advancing our understanding of its applications in body odor management.

## LITERATURE REVIEW

Traditional medicine, encompassing Ayurveda, highlights a wealth of herbal remedies renowned for their significant applications in cosmetics. The ancient Ayurvedic text, *Kama Rathnaya* authored by *Nagabhattacharya*, stands as a valuable repository, featuring diverse herbal formulations crafted not only for addressing diseases but also catering to cosmetic needs. This ancient text delves into the multifaceted use of herbs, presenting a holistic approach where botanical elements are utilized not only for therapeutic purposes but also to enhance aesthetic aspects. *Kama Rathnaya* thus embodies the comprehensive nature of *Ayurveda*, intertwining medicinal and cosmetic knowledge for the overall well-being of individuals.

This review discusses a herbal powder or talc that is used to get rid of unpleasant body odor. This formulation consists of a combination of five herbs which are crushed into fine powder and used to sprinkle over the body.<sup>[10]</sup>

**Table 1: Botanical Names, Families, and Parts Used of Herbal Plants contain in the formula**

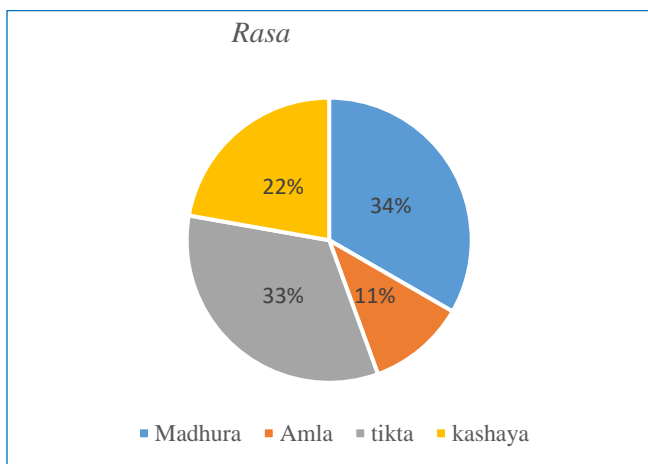
S N	Ingredients	Scientific name	Family	Parts used
1.	<i>Dadima</i> <sup>[11]</sup>	<i>Punica granatum</i> Linn.	Punicaceae	Fruit bark
2.	<i>Yashtimadhu</i> <sup>12]</sup>	<i>Glycyrrhiza glabra</i>	Fabaceae	Root and Rhizome

3.	Lodhra <sup>[13]</sup>	<i>Symplocos racemosa</i>	Symplocaceae	Bark
4.	Padma <sup>[14]</sup>	<i>Nelumbo nucifera Gaertn</i>	Nymphaeaceae	Flower, Rhizome
5.	Pichumarda <sup>[15]</sup>	<i>Azadirachta indica A.Juss.</i>	Meliaceae	leaves

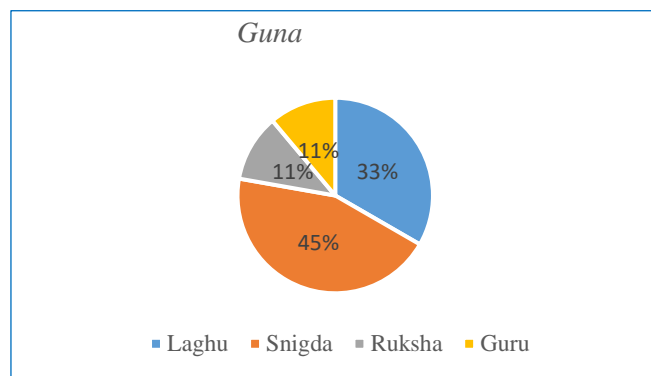
**Table 2: Pharmacological properties of the ingredients**

SN	Drug	Rasa	Guna	Veer ya	Vipaka	Doshagnata
1.	Dadima <sup>[16]</sup>	Madhura, Amla,	Laghu, Snigdha	Ushna	Madhura/Amla	Tridosha shamaka
2.	Yashtimadhu <sup>[17]</sup>	Madhura	Guru, Snigdha	Sheeta	Madhura	Vata Pittashamaka
3.	Lodhra <sup>[18]</sup>	Kashaya Tikta	Guru Snigdha	Sheeta	Madhura	Kapha pittahara
4.	Padma <sup>[19]</sup>	Kashaya, Madhura Tiktha	Laghu, Snigdha	Sheeta	Madhura	Tridosha shamaka
5.	Pichumarda <sup>[20]</sup>	Tikta	Laghu Ruksha	Sheeta	Katu	Vatala, Pittanashaka

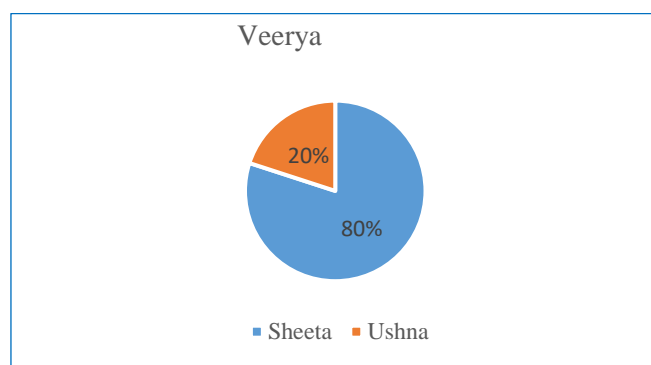
**Diagram 1: Analysis of Rasa of ingredients of formula**



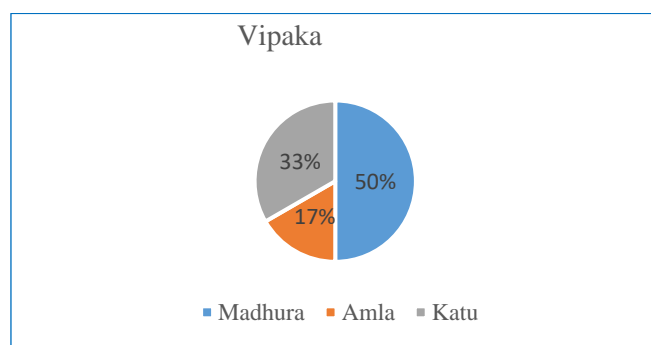
**Diagram 2: Analysis of Guna of ingredients of formula**



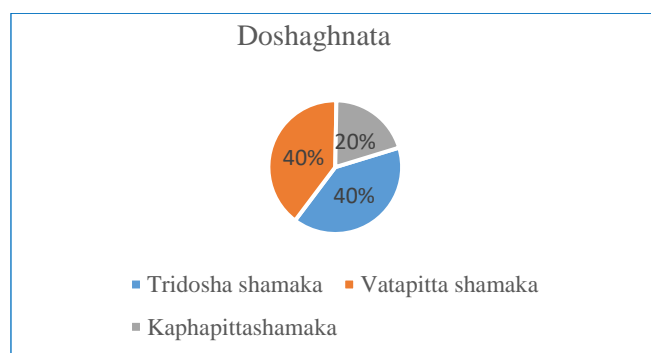
**Diagram 3: Analysis of Veerya of ingredients of formula**



**Diagram 4: Analysis of Vipaka of ingredients of formula**



**Diagram 5: Analysis of Doshagnata of ingredients of formula**



**Table 3: Ingredients of the formula with Therapeutic Indication**

SN	Drug	Karma	Rogagnata (Therapeutic indications)
1.	Dadima <sup>[16]</sup>	Sukrala, Grahi, Hrdya  Sukrala, Tarpana	Jvara (Fever) Dahashamaka (Relieve burning sensation), Trishnahara (Relieves thirst)
2.	Yashtimadhu <sup>[17]</sup>	Shothahara, Kandughna	Trishnahara (Relieves thirst), Dahashamaka (Relieve burning sensation), Vedanahara (analgesic), Stambhanana (Anti-hemorrhagic)
3.	Lodhra <sup>[18]</sup>	Grahi, Chakshushya	Raktapitta (bleeding diseases) Pravahika (ulcerative colitis) Atisara (diarrhea) Kusta (leprosy)
4.	Padma <sup>[19]</sup>	Varnya, Grahi  Garbha stapaka	Kandu (Itching), Kushtha (Skin ailments), Visarpa (Herpes), Daha (Relieve burning sensation), Trishna (Thirst), Visha (Poisoning)
5.	Pichumarda <sup>[20]</sup>	Grahi, Vatala, Pittashamaka	Jvara (Fever), Krimi Roga (Antihelmentic), Prameha (Diabetes), Vrana (wounds), Visha Roga (Poisoning)

## DISCUSSION

The herbs mentioned in the ancient *Ayurvedic* text *Kama Rathnaya*, curated by *Nagabhattacharya*, share common characteristics that contribute to their cosmetic applications. These herbs are typically characterized by *Madhura Rasa* (sweet taste),

*Snighdha Guna* (unctuous or oily quality), *Sheeta Veerya* (cooling potency), and *Madhura Vipaka* (sweet post-digestive effect). These qualities collectively make these herbs conducive to skincare, lending a nourishing and soothing touch to cosmetic formulations.

Moreover, the presence of *Krimighna* (anti-parasitic), *Kushtaghna* (skin disorders alleviating), and *Daha Hara* (pacifying burning sensation) properties in these herbs underscores their therapeutic potential in addressing a spectrum of cosmetic concerns, including skin infections, dermatological issues, and inflammatory conditions. *Ayurveda* suggests that the herbs possess detoxifying properties, eliminating toxins that could be a source of malodor. Additionally, these herbs are believed to cleanse the channels (*Srotas*) of the body, promoting the elimination of waste products and supporting overall hygiene.

There is scientific evidence that reveals these herbs possess anti-viral, anti-bacterial, anti-fungal, and anti-inflammatory properties, which can neutralize odor-causing microbes and improve skin hygiene. Despite promising findings, further research is needed to substantiate these effects. Bridging traditional *Ayurvedic* knowledge with modern science is essential to validate the efficacy and safety of these herbs for cosmetic use.

## CONCLUSION

Integrating *Ayurvedic* herbs into herbal body deodorant formulations requires understanding their molecular mechanisms. These herbs offer anti-viral, anti-bacterial, anti-fungal, and anti-inflammatory properties that can effectively neutralize odor-causing microbes and improve skin hygiene. Scientific validation can ensure the efficacy and safety of these natural deodorants, meeting consumer demand for sustainable personal care products. Collaboration between traditional *Ayurvedic* knowledge and modern science is key to creating evidence-based formulations. This approach can influence regulatory standards and enhance consumer trust, promoting wider acceptance of herbal deodorants in global markets. Overall, bridging *Ayurveda* with contemporary science can advance innovation in natural deodorant products,

honoring traditional wisdom while addressing modern personal care needs.

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