

Current Understanding of Saussurea Obvallata: A Multidimensional Review

Kolhe Chaitali¹, Jadhav Priyanka², Kale Arti³, Satpute Bhavesh⁴, Narhe Siddhesh⁵, Mr. Mahale N. B.⁶
Students, Samarth College of Pharmacy, Belhe, Maharashtra, India^{1,2,3,4,5}.

Department of Pharmaceutics, Samarth College of Pharmacy, Belhe, Maharashtra, India⁶

Abstract: *Background :* Saussurea obvallata (Brahma Kamal) is a rare, endangered, night-blooming flower with notable ethnobotanical, medicinal, and cultural significance. This review summarizes research on its traditional uses, pharmacognostic traits, phytochemistry, pharmacological potential, and conservation strategies. The study highlights the need for urgent conservation efforts to preserve this unique Himalayan species.

Method : This systematic review examines Saussurea obvallata (Brahma Kamal) using databases like PubMed, Scopus, and Google Scholar, Taylor & Francis along with secondary sources such as Shodhganga, JSTOR, publish boo and the Ayush Research Portal. The study explores the botanical, medicinal, and ecological importance of this sacred Himalayan plant.

Results : S. obvallata is widely used in traditional medicine for ailments such as wounds, paralysis, cerebral ischemia cardiac disorders, and mental health issues. It exhibits pharmacological potential, including anticancer, anti-hypoxia, antioxidant, and antimicrobial activities. Various parts of the plant have been used to address conditions like dysentery, rheumatism, leprosy, bone fractures, nerve debilities, and sexual disorders.

Conclusion : S. obvallata demonstrates considerable pharmacological potential and holds significant ethnomedicinal value. While current research highlights its various beneficial properties. Advanced research will be crucial for validating its traditional uses and fully exploring its therapeutic potential in modern pharmacology..

Keywords: Brahma Kamal, Saussurea obvallata, Himalaya, anti inflammatory, anti-microbial ,anti-oxidant, Anti-cancer. Traditional claims