

CLINICAL EFFICACY OF HINGVASTAKA CHOORNA: A CRITICAL REVIEW

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ABSTRACT

According to *Ayurvedic* literature, the potency and efficacy (*Saviryata awadhi*) of *Ayurvedic* classical preparations depend upon quality of each drug (having *Rasa panchak*), *desh* (region), *Kal* (time), *Ritu* (season), their preparation method and route of administration. But now a day, in modern science got after research these concepts molded and depend on chemical composition of each drug or preparation. Here we describe the claims of *Hingvastaka choorna* in various diseases especially in Gastro-intestinal ailments. Although, *Hingvastak Choorna* is not mentioned in major classics like *Charak Samhita*, *Sushruta Samhita* etc. but after 3rd. century onwards, it is mentioned in various authentic texts like *Astanga hridaya samhita*, *Vanga sen Samhita*, *Sharangdhar samhita* and *Yogaratanakar* etc. under the treatment of *Gulma roga*, *Ajeerna*, *Agni-mandya* etc. The efficacy has been also tested according to the *Rasa*, *Guna*, *Virya*, *Vipaka* described in *Ayurvedic* text. In this research paper we are try to establish the claims of old *Ayurvedic* text on the recent research parameters.

Keywords: *Saviryata Awadhi*, *panchak*, *Kal*, *Hingvastaka choorna*,

INTRODUCTION

Ayurveda has a vast treasure of drugs for the treatment of gastrointestinal disorders mentioned in our renowned treatises. *Hingvastaka choorna* is a very common *Ayurvedic* medicine for the management of digestive disorder and metabolic dis-

order. However according to various Acharyas it is indicated in

- *Agnimandya* (Digestive impairment)
- *Shula* (Colicky pain)
- *Gulma* (Abdominal lump)

- *Vata Roga* (diseases caused due to *vata*)¹

Ayurvedic properties, Chemical composition and Medicinal Properties of ingredient drugs of *Hingvastaka choorna* are followed

Table 1: Contents and properties of *hingvastaka choorna*

S.N.	Drug	Botanical name	Ayurvedic properties	Karma	Pharmacological properties
1.	<i>Shunthi</i> ²	<i>Zingiber officinale</i>	<i>Rasa - Katu.. Guna- Laghu, snigdha. Virya - Ushna. Vipaka - Madhura. Doshagnata - Kapha vataghna.</i>	<i>Shunthi is sothahara and vedanaahara drug. vatanulomana and shoola prashamana property. It is rakta sodhaka and ama pachaka in nature. It is capable to remove srotorodha</i>	<i>Agnimandya, swasa, adhmana, amavata, Pandu, Udararoga</i>
2.	<i>Maricha</i> ³	<i>Piper nigrum</i>	<i>Rasa- Katu. Guna- Laghu, teekshna. Virya- Ushna. Vipaka- Katu. Doshagnata- Vatakaphaghna.</i>	<i>By the virtue of its ush'na guna, maricha is a deepana, pachana and vatanulomana in action. Due to its ush'na guna it also acts as a sothahara drug. As it possesses the property of srotasasodhana it is called as the pradhana pramathi dravya. It is also helpful in reducing the pain.</i>	<i>svasa, shula, Krimiroga, Tvagroga</i>
3.	<i>Pippali</i> ⁴	<i>Piper longum</i>	<i>Rasa- Katu. Guna- Laghu, teekshna. Virya-Anush'n'asita. Vipaka- Katu. Doshagnata-Kapha vataghna.</i>	<i>Pippalee is one of the best krimighna dravya. By its ushna guna it also acts as a sothahara and vedana sthapana. It is indicated in vaatavyaadhi, jwara, kaamala and pleeha vridhi. It is yogavaahi and rasayana in nature</i>	<i>shula, Arsa Gulma, Hikka, Kasa, Krimi, Kshaya, Kustha, Pleeha Roga, Prameha Swasa, trishna, Udara Roga, amaVata, amadosha, Jvara</i>
4.	<i>Yawani</i> ⁵	<i>Trachyspermum ammi</i>	<i>Rasa - Katu. Guna- Laghu, teekshna. Virya- Ushna Vipaka- Katu. Doshagnata- Kapha vataghna.</i>	<i>It is deepan, pachan, ruchya, anuloman, sulahara, krimighna dravya.</i>	<i>. Shula, krimiroga, amapachan, gulma.</i>
5.	<i>Krishna jeeraka</i> ⁶	<i>Carum carvi</i>	<i>Rasa - Katu. Guna- Laghu, teekshna.</i>	<i>It is deepan, pachan, ruchya, anuloman, sulahar</i>	<i>Agnimandya, adhmana, Krimiroga, Jirnajvara,</i>

			<i>Virya-Ushna Vipàka- Katu. Doshagnata- Kapha vàtaghna.</i>	<i>a, krimighna dravya. It also helps in treating gra- hani and agnimandya.</i>	<i>Grahaniroga</i>
6.	<i>Sweta jeerka⁷</i>	<i>Cuminum cyminum</i>	<i>Rasa - Madhur Guna-guru, snigdha. Virya-sheet Vipàka- madhur. Doshagnata tridoshghna</i>	<i>Amanashan, krimighna, agnimandyahar</i>	<i>Agnimandya, Atisara, Krimiroga</i>
7.	<i>Saindhava⁸</i>	<i>Rock salt</i>	<i>Rasa- Lavana. Guna- hita, ruksha. Virya- Shita. Vipàka-Madhura. Do aghnatà Tridoshghna.</i>	<i>Rochana, deepana, moo- trala and chhedana shoo- la and vibandha, kapha nissaaraka</i>	<i>Hri- dyak, netraroga, vrna, aro chak, vivandh.</i>
8.	<i>Hingu⁹</i>	<i>Ferula asafoeti- da</i>	<i>Rasa- Katu. Guna- Laghu, snigdha, Virya- Ushna. Vipàka- Katu. Do aghnatà -Kapha vàtaghna.</i>	<i>Vedanaasthapana dravya deepana, paachana and mootrajanana, shotha. As it contains Sulphur it is very useful in reducing kandu. It also acts as a krimighna</i>	<i>shularoga, adhma- na, Gulma, Hridroga, Kri- miroga, Udararoga, agnimandya, anaha.</i>

INDICATIONS OF HINGVASTAKA CHOORNA

Agnimandya (Digestive impairment)-

Hingvastaka choorna contains *Shunthi, Pippali, Marich, Jeerak, Shudh hingu* having *deepan* properties so it can be used in *agnimandya*. *Ginger* regulates the secretion of juices in the digestive system. It also helps in curing indigestion and gastrointestinal ulcers. Black Pepper Improves Digestion and Promotes Intestinal health, it has been found that piperine can increase absorption of selenium, vitamin B, beta-carotene and curcumin¹. It can improve digestion and stimulate the secretion from the taste buds and taste bud stimulation is a feedback loop for digestion process. It sends impulses to the stomach to increase digestive juices secretion (eg. Hydrochloric acid). These juices

break down the protein in the stomach, improving ability for further digestion in the duodenum. In vitro studies have shown that active constituents of ginger inhibit multiplication of colon bacteria, these bacteria ferment undigested carbohydrates causing flatulence, this can be counteracted with ginger. *Svetajiraka* has reported to be a very good stomachic appetizer and carminative.¹⁰

Shula-

Its content like *Sunthi, Maricha, pippali, Jeerak* and *Yawani* and especially *hingu* having *Shoolprashaman* (pain killer) and *Sheetahara* properties found effective in *Shula*. *Yawani* is much valued for its antispasmodic, stimulant, tonic and carminative properties. Antispasmodic actions of *yawani* have seen in in vitro studies. The study of

calcium channel blockade that has been found to mediate the spasmolytic effects of plant materials and proves drug action in hyperactive diseases states of the gut such as colic diarrhea as well as hypertension. Antispasmodic like *hing* have been used in relieving and treating stomach cramps¹¹. The drug relieves the spasm by counteracting the effects of neurohormone acetylcholine by doing so the movements of stomach and the intestine would be decreased as well as the secretion of stomach acids and digestive enzymes will also be reduced. Hassanabad et al. reported the antispasmodic activity of the oleo gum resin by conducting the study of the aqueous extract of asafetida on the isolated guinea pig ileum. Gholamnezhad et al. reported that the relaxant effect of asafetida was due to the potent inhibitory effect of the asafetida extract on the muscarinic receptor and also due to the partial inhibitory property of the herb on the histamine (H1) receptor.²

Gulma

Hingvastaka choorna choorna have *Jeerak*, *Pippali*, *Pippalimool*, *Yawani* showing *Deepana* and *Gulmahar* properties. Protective action of piperine against gastric ulcer was observed. (Bai and Xu, 2000). Immunomodulatory and anti tumour activities of piper longum fruits and piperine are reported in mice. According to ayurveda *gulma* is a condition from simple abdominal distension to malignant growth and *jeerak*, *yawani*, *hing*, *pippali* are researched for their role in the treatment of tumour or cancerous condition. Ginger may act as an anticancer agent by suppression of pro inflammatory TNF- α . *Cuminum cyminum* in colon cancer has also been researched.¹²

Vata Roga

As we know that various ingredients of *choorna* are having *vata hara* property so drug can be used to treat various *vata diseases*. *Vata* is the main cause of various other diseases. As per *chikitsa*

tatva pradeep it is indicated in *koshtagata vata*. Basic pathology in *kosthagata vata* is production of *ama*. As the constituents of *choorna* like *pippali*, *shunthi*, *marich*, *saindhv*, *yavani* have *deepan-pachan* properties hence can be used in treatment of *vata* diseases.

CONCLUSION

The rising use of herbal drug by human is forcing the driving force to evaluate the health claims of these agents. By this all review work, It is concluded that *Hingvastaka Choorna* is very good drug to treat all the above stated ailments of gastro-intestinal disorders. And now, we are now able to justify the claims of old *Ayurvedic* text on the modern research parameters

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