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Review Articles

Critical Review of *Hingwashtaka Churna*: A Polyherbal Ayurvedic Formulation

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ABSTRACT- *Hingwashtaka Churna* is a polyherbal Ayurvedic formulation first mentioned by *Ashtanga Hridaya* in *Gulma Chikitsa*. Although it is not mentioned in *Charak samhita* and *Sushruta Samhita*, it is a very common, safe and easily available drug in the treatment of *Mandagni* related *Vikara*. It contains *Hingu* as main and a total number of eight ingredients along with *Trikatu*, *Jeerakadvaya*, *Saindhava Lavana* and *Ajawain*. This study critically analyzes various references of the polyherbal formulation for the appropriate way of preparation and the *samprapti vighatan* which *Hingwashtaka Churna* ensures in treatment of *Vataj Gulma*, *Vataroga*, *Agnimandya*, *Shoola* etc.

Keywords: *charaka, vagbhatta, churna, ashtanga, hingwashtaka, jathragni, vataj, gulma*

INTRODUCTION

Ayurveda, the science of life aims to treat the diseases and to maintain a healthy lifestyle as well¹. *Jathragni*(digestive

system) plays a major role in the achievement of these goals. Proper digestion of ingested food is basic necessity to lead a balanced healthy lifestyle which is based on the appropriate

secretion of digestive enzymes and motility of gut. *Mandagni* (low *Jathragni*) produces *Aama Dosh* (*Apakwa rasa*) which after absorption results in various systemic disturbances producing different kind of diseases. *Hingwashtaka Churna* is a polyherbal Ayurvedic formulation described in various classical texts of Ayurveda mainly mentioned to treat *Mandagni* related issues. It is first described by *Acharya Vagbhatta* in *Ashtanga Hridaya* in context of *Gulma Chikitsa*². The actions of ingredients of *Hingwashtaka Churna* are *Agnideepana*, *Aamapachana*, *Vatanulomana* and *Shrotosodhana* helping in cure of the improper digestion. So in various classical texts it is widely used in *Ajeerna*, *Agnimandya*, *Grahani* etc³.

OBJECTIVE

To critically analyze *Hingwashtaka Churna* in order to appreciate various

त्रिकटुकमजमोदा सैन्धवं जीरकेद्रे ।

समधरणधृतानामष्टमो हिङ्गुभागः॥

प्रथमकवलभोज्यः सर्पिषा संप्रयुक्तो

जनयति जठराग्निम् वातगुल्मं निहन्ति ॥

All the texts where *Hingwashtaka churna* is mentioned are compiled in Table 1

Table 1: Compilation of *Hingwashtaka Churna* with various *Rogadhikaar*

Sr No	Name of Classical text	Time Period	<i>Rogadhikaar</i>
1.	<i>Ashtanga Hridaya</i>	7 TH A.D.	<i>Gulma</i>
2.	<i>Chakradatta</i> ⁵	11 th A.D.	<i>Agnimandya</i>
3.	<i>Gadanigraha</i> ⁶	12 th A.D.	<i>Arochaka</i>
4.	<i>Bhavaprakasha</i> ⁷	16 th A.D.	<i>Jathraagni</i>
5.	<i>Yogtarangini</i> ⁸	17 th A.D.	<i>Ajeerna</i>

references of the same in different Ayurvedic texts.

MATERIAL AND METHODS

Present study critically analyzes the various classical texts like *Ashtanga Hridaya*, *Yogratnakara*, *Chakradatta*, *Bhavaprakasha* etc with respect to its ingredients, dose, *Anupana*. Formula of *Hingwashtaka Churna* is also analyzed critically focusing on the ratio of *Hingu* to be taken and its probable mode of action.

RESULTS

Hingwashtaka Churna in Classics

It is first mentioned in *Ashtanga Hridaya* in *Gulma Chikitsa*⁴ containing eight ingredients as described in *shloka* below. All other classical texts also mentioned the same eight ingredients.

6.	<i>Yogachintamani</i>	18 th A.D.	<i>Ajeerna</i>
7.	<i>Yogaratnakara</i> ⁹	18 th A.D.	<i>Ajeerna</i>
8.	<i>Bhaishajya Ratnawali</i> ¹⁰	19 th A.D.	<i>Agnimandya</i>
9.	<i>Rasatantrasara evam SidhhaprayogaSamgrah</i> ¹¹	20 th A.D.	<i>Churna Prakrana</i>

Naamkarana

'Hingwashtaka' consists of two words 'Hingu' and 'ashtaka'. It is named so on the basis of its total ingredients as Ashta(eight) in number and its main ingredient as *Hingu*.

Ingredients¹²

Hingawastaka churna contains *Shunthi*, *Maricha*, *Pippali*, *Ajmoda*, *Saindhava lavana*, *Shweta Jeeraka*, *Krishna Jeeraka* and *Hingu* in equal parts. The pharmacological properties of these herbs are described in Table 2.

Table 2 showing the Pharmacological Properties of Ingredient Herbs

Sr No	Name of Herb	Rasa	Guna	Veerya	Vipaka	Karma
1.	<i>Shunthi</i> ¹³	<i>Katu</i>	<i>Laghu, Snigdha</i>	<i>Ushna</i>	<i>Madhura</i>	<i>Pachana, Kaphavatashamaka, vibandhanashaka</i>
2.	<i>Maricha</i> ¹⁴	<i>Katu</i>	<i>Laghu, Tikshna</i>	<i>Ushna</i>	<i>Katu</i>	<i>Deepana, Rochana, Kaphavatashamak</i>
3.	<i>Pippali</i> ¹⁵	<i>Katu, Tikta</i>	<i>Laghu, Tikshna</i>	<i>Anushnasheeta</i>	<i>Madhura</i>	<i>Deepana, Paachana, Kaphavatashamak</i>
4.	<i>Ajmoda</i> ¹⁶	<i>Katu, Tikta</i>	<i>Laghu, Ruksha, Tikshna</i>	<i>Ushna</i>	<i>Madhura</i>	<i>Deepana, Paachana, Kaphavatashamak</i>
5.	<i>Saindhava lavana</i> ¹⁷	<i>Lavana</i>	<i>Snigdha</i>	<i>Sheeta</i>	<i>Madhura</i>	<i>Deepana, Paachana, Vrishya</i>

6.	<i>Shweta Jeeraka</i> ¹⁸	<i>Katu</i>	<i>Laghu, Ruksha</i>	<i>Ushna</i>	<i>Katu</i>	<i>Kaphavatashamaka</i>
7.	<i>Krishna Jeeraka</i> ¹⁹	<i>Katu</i>	<i>Laghu, Ruksha</i>	<i>Ushna</i>	<i>Katu</i>	<i>Kaphashamaka</i>
8.	<i>Hingu</i> ²⁰	<i>Katu</i>	<i>Laghu, Snigdha, Tikshna</i>	<i>Ushna</i>	<i>Madhura</i>	<i>Deepana, Vatakaphashamaka</i>

Dose²¹

Dose of *Hingwashtaka Churna* is 1 to 2 g as per Ayurvedic Formulary of India.

(प्रथमकवलभुक्तं सर्पिषः) as *Anupana/Sahapana* which also contribute to its *Deepaniya* action.

Anupana and Sevana Kala²²

It is described to be taken with the first bite of the meal along with Ghrita

Standard Physicochemical Parameters mentioned in Ayurvedic Pharmacopoea of India(API) are shown in Table 3

Table 3 showing Standard Physicochemical Parameters mentioned in API²³

Sr no.	Name of Character	Limit
1.	pH	6.4 to 6.6
2.	Loss on Drying	Not more than 13.5%
3.	Total Ash	Not more than 23%
4.	Acid Insoluble Ash	Not more than 4.5%
5.	Alcohol Soluble Extract	Not less than 14%
6.	Water Soluble Extract	Not less than 34%

DISCUSSION**Ratio of Hingu in Hingwashtaka Churna**

There are three different opinions regarding the ratio of *Hingu* in the preparation of *Hingwashtaka Churna*:

- 1/8th part *Hingu* of individual ingredient
- 1/8th part *Hingu* of total of seven ingredients
- Equal quantity of *Hingu* as other individual ingredient

The first two views are advocated by some present scholars due to *Tikshna guna* of *Hingu* causing *Utkleda*(irritation to intestinal mucosa)and nausea. But these are not supported with classical texts and these effects of *Hingu* are not seen when using *Hingu* after *Shodhana* by *Bharjana*(frying) in *Ghrta* as mentioned in *Sharangdhar Samhita*²⁴. Also the *shloka* mentions the word “समधरणं” regarding the quantity of *Hingu* where “सम” means ‘equal’ and “धरणं” means ‘by weight’. Also in *Gadanigraha* and *Vaidyajivan* clearly same quantity of *Hingu* is mentioned. So *Hingu* should be taken in equal quantity as other ingredients after *Bharjana* in *Ghrta*.

Use of *Ajwain* & *Shweta Jeeraka*

Apart from the ratio of *Hingu*, there is controversy on using *Ajmoda* and *Krishan Jeeraka*. In *Ashtanga Hridaya*, for *Hingwadi Churna* indicated for *Gulma*, the commentator has taken *Ajwain* for *Dipyaka*. Similarly in *Charaka Samhita* in *Grahani Chikitsa*²⁵, commentator replaced *Ajwain* in place of *Ajmoda* for *Chitrakadi Gutika*. This is cleared in *Vaidyakiya Paribhasa Pradeep*²⁶ & *Ratnaprabha* commentary on *Chakradatta*²⁷. *Vaidyakiya Paribhasa Pradeep* states that *Ajmoda* is used for external use (*Bahirsammarjan*) and when medicine is to be used internally (*Antahsammarjan*) then *Ajwain* is used in place of *Ajmoda*.

Similarly *Krishan Jeeraka* is taken in the preparations for external use and *Shweta Jeeraka* is taken in place of *Krishan Jeeraka* when formulation used internally. So *Shweta Jeeraka* can be taken in double quantity in the formulation.

Points to consider during Preparation Of *Hingwashtaka Churna*

- *Hingu Bharjana* is done for its *Shodhana* so that it doesn't irritate the stomach mucosa²⁸.
- *Saindhava lavan* is also dry roasted for making it free from moisture
- Along with above points mentioned in API, practically it is seen that the aromatic contents e.g. *Shweta Jeeraka*, *Krishna Jeeraka* and *Ajwain* are difficult to be finely powdered as such to make them pass through sieve no 85 due to presence of more oils & fibres in them. Hence it's a good practice to roast them dry with mild heat which makes their powdering easy, lowers the irritation they cause in stomach mucosa and increase their taste and smell.

Probable Mode of Action

Hingu as the main content of *Hingwashtaka Churna* increases pitta and favours the *Anulomana* of *Vata*. *Jeerakdvya* and *Trikatu* are *Agnideepaka* and helpful in *Pachana* of *Aamdosha*. Due to *Katu Rasa*, *Ushna Virya* and *Tikshna Guna* contents of *Trikatu* are *Srotoshodhaka* along with *Deepana* & *Pachana*, hence increase the bioavailability of the formulation. *Saindhava lavana* on the other hand softens food and intestinal mucosa along with increase in saliva and other digestive

juices. All these factors are collectively responsible for treatment of *Agnimandya*. With the cure of *mandagni*, *ajeerna* and *grahani* are also get cured.

Chakradatta mentioned *Hingwashtaka Churna* for treatment of *Vataroga* and *Chikitsa Tatva Pradeep* mentions it in the treatment of *Aamashyagata/Koshthagata Vata*. *Agnideepana*, *Aampachana* and *Shrotosodhana Guna* of the drugs probably help in relief from the aggravated *Vata dosha*. Due to *Vatanulomana* and clearing of *Rasavaha Srotas*, *Hingwashtaka Churna* is helpful in treatment of *Vataroga* and *Vataj Gulma*.

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CONCLUSION

Hingwashtaka churna, a polyherbal *churna* formulation involves some complexities in the manufacturing procedure like ratio of Hingu and appropriate way to use some volatile content drugs which should be taken care of and may be further researched. It helps in curing the diseases mentioned in the various classics with the help of appropriate *samprapti vighatan* of the diseases. This drug may also be researched for multiple dosage forms for improving its palatability.

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