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PREPARATION AND THERAPEUTIC ACTION OF HINGVASTAKA CHURNA

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ABSTRACT

The science of Ayurveda involves 8 branches. In classics of Ayurveda, we do not find Bhaishajya Kalpana separately mentioned in any of its 8 branches because the essence of Bhaishajya Kalpana is scattered in all the eight branches of Ayurveda1. It involves preparation of various medicinal formulations told in Ayurveda. Bhaishajya is a substance or preparation used in the treatment of illness and Kalpana is the process employed for the preparation of pharmaceutical products. The Churna Kalpana is an upakalpana of Kalka Kalpana. Many poly herbal Ayurvedic formulations are processed in the form of churna. Among them, Hingvastaka churna possess a significant position among herbo mineral drugs. Hingvastaka churna is mentioned in Ashtanga Hridaya, Bhaisajya Ratnavali, Sarangadhara Samhita, Vangasena Samhita, etc. Most of the practitioners of Ayurveda use Hingvastaka churna as the prime drug of choice in Agnimandya. In this study, the different mode of action and preparation of Hingvastaka Churna has been described according to its therapeutic efficacy.

KEY WORDS : *Bhaishajya Kalpana, Churna Kalpana, Upakalpana, Kalka Kalpana, Hingvastaka Churna, Agnimandya*

INTRODUCTION

Churna is fine powder obtained by pounding and filtering the dry drugs. *Hingvastaka churna* is an *Ayurvedic* polyherbal formulation sold in the form of powder. It is mentioned in our classical references as well as Herbal Pharmacopia of India, Ayurvedic formulary of India. Tannins, phenols, alkaloids, glucosides are present in *Hingvastaka churna*. It is used as a digestive aid and is used to treat disorders of the digestive system. It also helps in treating the problems associated with flatulence and defeacation. It also helps in the management of *vata* imbalances and vata related diseases.

The *Hingwashtak Churnna* was prepared using *Saindhava lavana,* Ginger, Long pepper, Black pepper, *Hingu*, Black cumin, *Jeerak*, Ajwain. Rock salt (*Saindhava lavana*) in traditional *Ayurvedic* practices, rock salt is used as a home remedy for various digestive ailments, including stomach worms, heartburn, Bloating, constipation, stomach pain, and vomiting. Ginger powder (Zingiber officinale) is used as a remedy to cure indigestion. Black pepper (Piper nigrum) and Long pepper (Piper longum) it is used to prevent the formation of gases in the gastro-intestinal tract or eases its passing. The alkaloid piperine present in both serves many medicinal purposes. It is digestive, appetizer and also acts as a tonic. *Hingu* (Ferula narthex) and Black cumin (Nigella sativa) are used for treatment of several diseases of stomach. It is one of the best alternates available for the problem of flatulence and is an important part of most of the digestive formulations. *Jeerak*(Cuminum cyminum) Cumin stimulates saliva production, secretion of digestive fluids and excretion of bile, and additionally, it provides increased movement of the intestines, which generally improves digestion. Ajwain (Trachyspermum Ammi) is one of the best herbal wonder drug for gas, flatulence and indigestion also used in treatment of hyperacidity. The *Hingwashtak Churna* was prepared by using all the specified ingredients as per Ayurvedic formulary of India.

Drug Review

त्रिकटुकमजमोदा सैन्धवं जीरके द्वे समधरणघृतानामष्टमो हिङ्गुभागः ॥
प्रथमकवलभोज्यः सर्पिषा संप्रयुक्तो जनयति जठराग्निं वातगुल्मं निहन्ति ॥

(B.R. Agnimändya-rogädhikära 10/59)

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Ingredient	Part used	Properties
Shunthi *Zingiber officinale* (Ginger)	Rhizome	Rasa – katu Veerya – ushna Vipaka – katu Guna- laghu, ushna, tikshna Karma- Deepana, pachana, anulomana, shoolahara, amadoshahara Dosha karma- vatakaphahara
Maricha *Piper nigrum* (Black pepper)	Fruit	Rasa – katu, tikta Veerya – Ushna Vipaka – Katu Guna- Laghu, Ruksha, tikshna Karma- Deepana, Ruchya, Shoolahara, Krimihara Dosha karma- kaphahara, pittakara
Pippali *Piper longum* (Long peper)	Fruit	Rasa – Katu, Tikta, Madhura Veerya – Anushna Vipaka – Madhura Guna- Snigdha, Laghu Karma- Deepana, Ruchya, Amadoshahara, Gulmahara Dosha karma- Vatakaphahara, Tridoshaghna
Ajamoda *Tracyspermum ammi* (celery fruit)	Seed	Rasa – Katu, Tikta Veerya – ushna Vipaka – Katu Guna- Laghu, ruksha Karma- Deepana, krimighna, Shulaghna, gulmahara Dosha karma- Kaphavatahara
Saindhava lavana (Rock salt)	-	Rasa – Lavana Veerya – Sheeta Vipaka – Madhura Guna- Laghu, Sukshma, snigdha Karma- Srotagamitwa, Chedana ,bhedana Dosha karma- Tridoshaghna
Sweta jeeraka Cuminum cyminum (cumin seed)	Seed	Rasa – madhura Veerya – sheeta Vipaka – madhura Guna- Guru, Snigdha Karma- Deepana, Amahara, Krimighna Dosha karma- Tridoshaghna
Krishna jeeraka Carum carvi (caraway seed)	Seed	Rasa – Katu Veerya – Ushna Vipaka – Katu Guna- Laghu Karma- Deepana, Pachana, Ruchya, grahani, sothahara Dosha karma- Kaphavatahara
Suddha Hingu Ferula narthex (Asafoetida)	Resin of stem	Rasa – Katu Veerya – Ushna Vipaka – katu Guna- Teekshna Karma- Pachana, Deepana, Ruchya, anulomana Dosha karma- Vatakaphaprashamana

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Composition of Hingvastaka Churna

Sl. No.	Ingredients	Parts
1	Sunthi	1part
2	Maricha	1part
3	Pippali	1part
4	Ajamoda	1part
5	Saindhava lavana	1part
6	Sweta jeeraka	1part
7	Krsna jeeraka	1part
8	Suddha Hingu	1part

MATERIALS AND METHODS

Drug Collection

Hingvashtak Churna consists of the eight main ingredients in the dry powder form, the powder of Rock salt, Piper nigrum (seed), Piper longum (fruit), Zingiber officinale (rhizome), Cuminum cyminum (seed), Ferula foetida, Nigella sativa (seed), Trachyspermum ammi. All these ingredients were brought from the local market (Ayurvedic shop) and were stored in a dry, moisture free space.

Method of Preparation

All the ingredients are taken in equal quantity and triturated in a clean *khalva yantra* to obtain a homogenous mixture.
The dry powder obtained is stored as ***Hingvashtak Churna*** in airtight wide mouthed containers for further therapeutic use. The product will be a pale-white colored powder with *lavana-kaṭu rasa* and *hingu* odour.

Mode of Actions

1. In Agnimandya

Sunthi due to its *katu rasa* and *ushna veerya* properties increases the *Agni*(Digestive fire) thereby relieves *Mandagni. Sunthi* is described as *Ruchyam* that means which brings taste to the mouth, due to strong *katu* property ginger purifies the tongue and throat, thus relieves *Arochaka*. *Sunthi churna* due to its *katu rasa* and *agnidiptikara karma* does *agnideepana* and due to *katu rasa* and *Tikshna guna* does *pachana* of *Amadosha*. Due to *katu rasa* and *laghu,Tikshna guna* it causes *Srotasodhana*. Due to *katu rasa* and *ushna virya*, the *agni* become normal leading to the *vyadhi shamana* i.e. subsidence of disease.

Maricha by its *ushna* and *katu vipaka* increases *Agni*, by *Tikshna ushna guna* expels the vitiated doshas which are in *sanchaya Avastha*. *Pramathi guna* of *maricha* helps in *Srotasodhana*. It is useful for Agnimandya ,ajeerna, shula and adhmana.

Pippali increases *agni* by its *Deepana* action. It acts on the biliary system by secreting digestive enzymes, thus helps in digestive process.

In *Hingvastaka churna Ajamoda* acts as a *vatanulomaka*, helps in relieving the excessive gases generated during the digestive process.

Saindhava lavana acts as a catalyst during the digestive process. In general salts have property to provide taste to the medicine and the food.

Suddha Hingu by its *katu rasa* and *katu vipaka,Tikshna guna,ushna virya* increases *pitta dosha*. Increased *pitta dosha* favours *anulomana* of *vata dosha*. Due to its *ushna guna* it subsides pain.

2. In Shula (Colic pain)

Sunthi inhibits both acetylcholine- evoked and electrically induced smooth muscle contractions. Ginger is also an anti-inflammatory that helps in the management of pain. Cumin also has carminative, stimulant and analgesic effects. It exhibits neurotropic anti-spasmodic activity.

3. In Gulma (Abdominal lump)

As per *Ayurveda, Gulma* is abdominal lump caused due to aggravation & encapsulation of *Vata Dosa (Kupita anila moodhatwat*) which spreads widely like shrubs/lump *(Gulmawat Vishalaatawaat*). It is usually known as gaseous tumor of abdomen. When there is obstruction in the *Rasavaha srotas*, it results in *Agnimandya*, progressive to *Gulma. Katu rasa* and *Ushna veerya* of *Shunthi* removes *Srota Bibandha. Sunthi* purifies numerous canals in the body. *Pippali* due to its *Katu Rasa* and *Ushna Veerya* increases *Agni* by which *Ama Pachana* occurs. Due to the above factor *Amaja Gulma* subsides. *Ajomoda* is helpful in *Anulomana* of *Vayu*. *Pippali* increases *Agni* and thereby reduces blockage in channels.

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4. In Vataroga

Here *vata dosa* signifies *Kostha gata vata* or *Amasaya gata vata*. As *Hingvastak churna* is indicated in *Amasaya gata vata*. Aggravation of *Vata* located in *Kostha* (Abdominal & thoracic viscera) leads to *Gulma*, (tumor), Retention of urine and feces (constipation). For *Kosthgata Vata, Kshara, agnideepana, amlarasa sevana* treatment has been indicated. The basic pathology in the *Kosthagata Vata* is the formation of *Ama* in the body due to *Agnimandya. Pippali* has *Dipana, Pachana* and *Rasayana* actions and is helpful in alleviating *Ama* from the body which is the basic pathological factor in *Kosthagata vata*.

CONCLUSION

To evaluate the health claims by using herbal drugs to develop standards, quality purity, safety and efficacy of the drug is really challenging in today's era. Indigestion is not a single disease its commonly encountered as a bunch of syndrome in medical practice. From this multifactorial syndrome complex, many complex mode of action have been studied in Gaseous distension of the abdomen, a feeling of fullness will be relieved by the ingestion of ***Hingvastaka Churna***. This study observed the ingredients present in ***Hingvastak churna*** provides a significant symptomatic relief from *Agnimandya* (indigestion) *Shula* (abdominal pain), *Gulma* (abdominal bloating). Clinically, ***Hingvastak Churna*** is not a drug of choice, for *Vata roga* (*Kostha gata vata/Amasaya gata vata*), but as it helps in *Vatanulomana*, it may be effective medication as an adjuvant with some other potent medicament in the management of the disease.

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