



HINGVASHTAK CHURNA – A MEDICO REVIEW

Ayurveda

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KEYWORDS

Hingvashtak churna, Useful in Kshudhamandya, Adhman, Udarashula

INTRODUCTION-

Hingvashtak Churna is a polyherbal preparation containing Shuddha Hingu, Shunthi, Pippali, Maricha, Ajmoda, Shwetajeeraka, Krishnajeeraka, and Saindhava lavana. It is indicated in Agnimandya (Digestive impairment) and Shula (Colicky Pain). On surveying the literature, it is found that Hingvashtak churna is been prescribed in Ajeernaroga (Vangsen Samhita, Bhavaprakash, Yogaratnakar, Yogatarangini, Brihat Yogatarangini); Agnimandyaroga (Chakradatta, Bhaishjya Ratnavali); Shularoga (Gada Nigraha), Gulmaroga (Astanga Hridaya) and Grahaniroga (Vangsen Samhita).

Hingavastak Churna contents -

Sr. No	Contents	Parts used	Rasa	Veerya	Vipak
1	Shuddha Hingu (Ferula narthrex)	Resin	Katu	Ushna	Katu
2	Shunthi (Zingiber officinale)	Rhizome	Katu	Ushna	Katu
3	Maricha (Piper nigrum)	Fruit	Katu, Tikta	Ushna	Katu
4	Pippali (Piper longum)	Fruit	Katu, Tikta, Madhur	Anushna	Madhura
5	Ajmoda (Carum roxburghianum)	Fruit	Katu, Tikta	Ushna	Katu
6	Saindhav lavana (Rock salt)	Itself	Lavana	Sheeta	Madhura
7	Shveta Jeeraka (Cuminum cyminum)	Fruit	Madhura	Sheeta	Madhura
8	Krishna Jeeraka (Carum carvi)	Fruit	Katu	Ushna	Katu

Method Of Preparation-

- Take all the herbs in equal quantities and mix them.
- Now grind them to make it in powder form.

Dose- 2 to 4 grams

Anupan- Goghrua (Cow's Ghee), Ushnodaka (Lukewarm water)

Sevankaal- Pratham kavalbhukta (with first bolus of food)

Probable Mode of Action in Agnimandya (Digestive impairment)-

Shuddha Hingu is one of the well-known herb for the digestion and relieves the gases produced during the digestive process. Hingu by its Katu Rasa and Katu Vipaka; Tikshna Guna, Ushna Veerya increases Pitta dosha. Increased Pitta dosha favours Anulomana of Vata dosha. Due to its Ushna Guna it subsides pain. This is the reason, why Hingu is preferred, when Anaha and Shula are the chief complaints.

Shunthi Churna due to its Katu Rasa and Agnidiptikara Karma does the Agnidipana and due to Katu Rasa and Tikshna Guna does the Pachana of Amadosha. Due to Katu Rasa and Laghu, Tikshna Guna it causes Srotoshodhana. This renders the indigested and Pakva-Apakva food into the assimilable form and due to Katu Rasa and Ushna Virya, the Agni become normal leading to the Vyadhishamana. Due to these properties, it is helpful in Anorexia, Indigestion Nausea, Flatulence and Pain in Abdomen.

Maricha, due to its Ushna Veerya and Katu Vipaka increases Jatharagni; by its Tikshna & Ushna Guna expels the vitiated Doshas

which are in Sanchayavastha (accumulated stage). Pramathi Guna of Maricha helps in Srotoshodhana. It is useful for Agnimandya, Ajeerna, Shula and Adhamana.

Pippali increases Jatharagni by its Deepana action. It acts on the biliary system by secreting digestive enzymes, thus helps in digestive process. It normalizes the Vishmagni (improper digestion) which in turn increases Dhatu Bala (Immune system) Saindhava Lavan have property to provide taste to the medicine and the food. They acts as a catalyst, enhance the action of other herbs (in the formula by helping them in deep penetration in the body after administration of drug. Lavana helps soften food and make it easily digestible, aids secretion of saliva and gastric juices Ajmoda acts as a Vatanulomana, helps in relieving the excessive gases formed during the digestion process. So it also helps in relieving of fullness of stomach

Previous work done-

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My experiences-

Following are the observations of symptomatic results in 30 patients treated in OPD/ IPD of my working Institution M.A Podar (Govt) Hospital, Worli, Mumbai-18.

Sr. No	To rule out	Dosage, Time and period	With	No. of Patients relieved
1	Kshudhamandya (Loss of appetite)	1 gm, Half and Hour before meals for 15 days	Goghrua (Cow's Ghee) (In sufficient quantity for preparing mixture)	18
2	Adhman (Gases distention)	1 gm, after meals for 15 days	Ushnodaka (Lukewarm water)	25
3	Udarshula (Abdominal pain)	1 gm, after meals for 15 days	Ushnodaka (Lukewarm water)	20

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