

ROLE OF HINGHVASTAK CHURNA IN AGNIMANDYA: A REVIEW

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ABSTRACT

Our overall wellbeing depends on our health, health depends on our diet, due to improper dietary habit *Aharagni* gets affected leading to *Agnimandya*. *Agnimandya* is responsible for almost all disease. Change in lifestyle is responsible for replacement of *Shad-rasatmak ahara* due to preserved food, fast foods, bakery products, along with sedentary lifestyle and shift duties. Agni plays a main role in bio transformation. This is why *Ayurvedic Samhita* has given lot of importance to *Agni*. There are many formulations in *Ayurvedic* texts for *Agnimandya* treatment in which *Hinghvastaka churna* is one of them. *Hinghvastaka churna* is not mention in major classics like

Charak samhita, *Sushruta samhita*, but after 3rd century onward it is mentioned in various text like *Astanga hridaya*, *Sarangdhara samhita*, *Yogratnakar*, *Bhaisajyaratnawali*, under treatment of *Ajeerna*, *Agnimandya*, *Gulma roga* etc.

KEYWORD: *Agnimandya*, *Hinghvastaka churna*.

INTRODUCTION

According to fundamental principles of *Ayurveda* Agni has an important role in the physiological functioning of the body, So the strength of the body, health, *pran* or the vital life force and the life span depends on the proper functioning of *agni*. Similarly the proper status of *Doshas* their specification and aggravation also depends on agni and hence it must be preserved. Agni can be divided into three major categories:

- 1) 1 Jatharagni
- 2) 7 Dhatwagni
- 3) 5 Bhutagni

Jatharagni has been considered prime among all *Agnis*. The functioning of other *Agnis* i.e. *Dhatwagni* and *Bhutagni*, are dependent upon the strength of *Jatharagni*. Hence it is praised as God itself because of its miraculous nature and action.^[1] This *agni* is *paramsukshma* and transform the food substances into various forms which can be easily assimilated by our body. In *Ayurvedic Samhita*, decrease in the intensity of the *agni* has been termed as *agnimandya*.^[2] The *acharyas Charaka, Susruta* and *Vagbhat* has not described this disease separately but in the course of other disease Acharya *madhav* has described *agnimandya* as a separate disease.^[3]

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 Dosha (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 Hridya* in context of *Gulma Chkitsa*. *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*. 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*, *vataroga* etc.

AYURVEDIC REVIEW

Definition

When *agni* or digestive power become too weak it is called as “*Agnimandya*”.

Acharya *charka* has suggested that *agnimandya* should be called as *Grahanidosha* or *Grahniroga*.

Concept of Agnimandya

Agni converts the *ahara* in *dravya* into *aharas* and then with the help of *dhatwagni* and *bhutagni* the *poshakansh* is made available to body, hence any *vikruti* i.e. hypo or hper functioning of the “*agni*” is the prime cause of pathogenesis of any disease.

Pathogenesis

Agnimandya is main step occurring in pathogenesis of many disease. *Hetusevan* cause *Dosha-prakop*. These *prakupitdosha* vitiate *dushya* ad their *sammurchhana* which lead to many diseases, mostly it start with *Agnimanya*. Due to decrease in intensity of *Agni*, the *apachitahar rasa* is produced lead to *strotorodh* and *aamnirmiti*. There while treating any disease the *samprapti bhang* always to be start with *amapachan* and *agnivardhan chikitsa* to get fast and complete cure.

Symptoms

Agnimandya is clinical condition characterized by loss of appetite, *aruchi*., *avipaka*, *praseka amasayapa deshi* and *shiro guarav*, *antrakujana*, *pravahana*.^[4]

Hingwashtaka Churna

Hingwashtak churna is used for centuries as a household remedy to treat stomach ailments and to maintain proper function of gastrointestinal tract. *Hingu* means –*Asa foetida*, this is the main ingredient. *Ashta* means -8- indicating that this product contains 8 ingredients. Ingredients in *kalpa* with its proportions, *Phalashruti*, Therapeutic uses are mentioned in table 1.

Table no 1.^[5]

Drugs name	<i>Hingwashtak churna</i>
Reference	<i>Bhaishajya Ratnavali Agnimandya rogadhikar</i>
Ingredients in kalpa with its Proportions ^[6]	<i>Piper nigrum</i> (1 part), <i>Piper longum</i> (1 part), <i>Zingiber officinale</i> (1 part), <i>Carum carvi</i> (1 part), <i>Cuminum cyminum</i> (1 part), <i>Apium graveallens</i> (1 part), <i>Ferula foetia</i> (1 part), <i>Rock salt</i> (1 part), <i>Trachyspermum ammi</i> (1 part)
Phalashruti	<i>Agnimandya</i> , <i>Shula</i> , <i>Gulma</i> , <i>Vata roga</i> .
Therapeutic uses	Defecation, Flatulence, Indigestion, Constipation

Pharmacological properties of ingredients with mode of action^[7]

Sr. no.	Name of herb	Rasa	Guna	Veerya	Veepak	Karma
1	<i>Shunthi</i>	<i>Katu</i>	<i>Laghu, Snigdha</i>	<i>Ushana</i>	<i>Madhura</i>	<i>Pachana, Kaphavtshamak, Vibandhanashak</i>
2	<i>Marich</i>	<i>Katu</i>	<i>Laghu, Tikshana</i>	<i>Ushana</i>	<i>Katu</i>	<i>Deepan, Rochana, Kaphavtshamak</i>
3	<i>Pippali</i>	<i>Katu, Tikta</i>	<i>Laghu, Tikshana</i>	<i>Anushnasheet</i>	<i>Madhura</i>	<i>Deepan, pachana, Kaphavtshamak</i>
4	<i>Ajmoda</i>	<i>Katu, Tikta</i>	<i>Laghu, Tikshana, Ruksha</i>	<i>Ushana</i>	<i>Madhura</i>	<i>Deepan, pachana, Kaphavtshamak</i>

5	<i>Saindhava lavana</i>	<i>Lavana</i>	<i>Snigdha</i>	<i>Sheet</i>	<i>Madhura</i>	<i>Deepan, pachana, Vrishya</i>
6	<i>Shweta jeerak</i>	<i>Katu</i>	<i>Laghu, Ruksha</i>	<i>Ushana</i>	<i>Katu</i>	<i>Kaphavtshamak</i>
7	<i>Krishna jeerak</i>	<i>Katu</i>	<i>Laghu, Ruksha</i>	<i>Ushana</i>	<i>Katu</i>	<i>Kaphashamak</i>
8	<i>Hingu</i>	<i>Katu</i>	<i>Laghu, Snigdha, Ruksha</i>	<i>Ushana</i>	<i>Madhura</i>	<i>Deepan, Vatakaphashamak</i>

Formulation

1. Piper nigrum (1 part), Piper longum (1 part), Zingiberofficinale(1 part), Carumcarvi(1 part), Cuminumcyminum (1 part), Apiumgraveallens (1 part), Ferula foetia(1 part), Rock salt(1 part), Trachyspermumami(1 part)
2. All above ingredients are grind to make it in powder form.
3. Now mix all the ingredients in proper form.
4. Then pass the powder through sieved.
5. *Churna* is ready to use.

Matra:^[8] - 1-2 gm

Anupana^[9]: *Ghrita*

It contributes to its *Deepaniya* action.

Sevana kala^[10]: “*Prathamkaval bhuktam*”

Taken with the first bite of the meal.

Mode of action of Hinguastak churna

It is a traditional Indian blend of Trikatu (*Shunthi, Pippali, and Maricha*), Ajmoda /Yavani, Saindhav Lavana, Jeeraka, Krishna Jeeraka and Hingu. *Sunthi* due to its *Katu Rasa* and *Ushna Veerya* property increases the Agni (Digestive fire) thereby relieves *Mandagni* (Low fire).

Sunthi is known to stimulate digestion beneficially. *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* (anorexia). It helps in alleviating *Vata kapha* and *Pitta*. *Sunthi 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 *Vyadhi Shamana* i.e. subsidence of disease. Due to these properties it is helpful in anorexia, indigestion nausea, flatulence, pain in abdomen.

Ginger is useful as a carminative and stimulant. Powdered ginger is even more effective antiemetic than dimenhydrinate (Dramamine), it may ameliorate the effect of motion sickness in the gastrointestinal tract itself, in contrast to antihistamines which act centrally.. Both the fresh and dried rhizomes of Ginger suppress gastric secretion and reduce vomiting. That means it is effective in clinical condition known as *Vidagdhajeerna* in Ayurveda. Gingerols along with shogaol present in ginger produces enhancement of gastrointestinal activity with effects on bile secretion. Gingerol present in ginger has cholesterol – biosynthesis inhibitory activity in animal preparations and is assumed to be a HMG-CoA reductase inhibitor. Shogaol & gingerols inhibit the emetic action induced by the oral administration of copper sulphate pentahydrate to leopard & ranid frog. Galactone and diterpenoids isolated from ginger also showed anti 5HT effect. Acts as digestive aids; possesses anti-ulcer, cholagogic (Increases the biliary secretions) and anti-emetic properties. Gingerol and shogaol, active components of Ginger, suppress gastric contractions but increases gastro intestinal motility and spontaneous peristalsis activity in experimental animals.

Maricha by its *Ushna* and *Katu Vipaka* increases *Agni*; by *Tikthna Ushna Guna* expels the vitiated *Doshas* which are in *sanchaya avastha* (accumulated stage). *Pramathi Guna* of *Maricha* helps in *Srotoshodhana*. It is useful for *Agnimandya*, *Ajeerna*, *Shula* and *Adhyamana*.

Pippali increases *Agni* 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). It also acts as a good *Srotoshodhaka*. According to *Sushruta*, one year old *Pippali* should be used for achieving its *Srotoshodhaka* action. By its *Srotoshodhaka* & *Rasayana* property nourishment of *Rasadi Dhatu* takes place. This is the reason for consideration of *Pippali* as best remedy for *Pleeha Roga*. Piperine present in *Pippali* shows hepatoprotective activity against tert-butyl hydro peroxide and carbon tetrachloride induced hepatotoxicity. *Pippali* showed significant anti-ulcer activity. It caused a significant increase in mucin secretion and mucosal glycoprotein and significant reduction in cell shedding, indicating anti-ulcer effect. It acts as a catalyst; enhance the action of other herbs. in particular functions as bioavailability enhancer by improving gastro intestinal absorption and inducing thermogenesis. Thermogenesis is the heat energy associated

with the digestion of the food involving autonomous nervous system that controls the digestive and absorptive process of gastro intestinal tract. *Pippali* also shows anti-giardial and immune stimulatory effects on giardiasis. Both alcoholic extract and piperazine extracted from the stems showed significant inhibition of ciliary movements of oesophagus of frog, which prevent heartburn and the nausea in hyperacidity. The hepato protective effect has been shown in carbon tetrachloride –induced liver damage in rats. Due to this action of this herb keeps hepatobiliary system in healthy way.

If *Ajmoda*, is added in *Hingvasthak churna* then acts as a *Vatanulomana*, 43 44 helps in relieving the excessive gases generated during the digestion process. So it also helps in the fullness of stomach. It induces hyperactivity of the central nervous system in mice. It also exhibits activity against *Entamoeba histolytica*. Pharmacological studies of the oil shows its parasympathomimetic effect. It produces contraction of the isolated ileum, tracheal chain and bronchial musculature in guinea pigs. Regarding *Ajamoda* caution should be observed in kidney inflammation as the volatile oils may cause irritation.

Yavani, on the other hand due to its *Katu Rasa and Ushna Veerya* increases the Agni. By this it helps in increasing the appetite. In *Agnimandya* due to the effect of *Tikhsna Ushna Guna* liquefaction of *Kapha* takes place. It forces the *Samana vayu* in downward movement. People with zinc deficiency will generally suffer from digestive disturbances, especially difficulty digesting protein. As zinc is high in *Yavani*. It produces strong enough stomach acids. *Ajowain* has Ameliorative effect which leads to an increase in hepatic lipid peroxidation.

Saindhav Lavana is rock salt, which acts as a catalyst during the digestive process. As it is a hygroscopic in nature it creates the lubrication, which actually helps for digestion. Salts are known as *Lavana* in Sanskrit. In general all the salts 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. It also softens the mucus membrane. It acts as carminative, digestive and stomachic properties.

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. *Hingu* significantly reduces the gastric volume, total acidity, free acidity, and increase the pH of gastric juice.

Trikatu in total is known to influence the bioavailability of drug. Piperine, in particular functions as bioavailability enhancer by improving gastro intestinal absorption and inducing thermogenesis. Thermogenesis is the heat energy associated with the digestion of the food involving autonomous nervous system that controls the digestive and absorptive process of gastro intestinal tract. like *Trikatu*, *Zingiber Cuminum cyminum Carum carvi* also possess antioxidant properties. Moreover, constituent ingredients of *Hingvashtak Churna* act as digestive stimulant by various enzymatic secretions. Oral administration of Piperine, Cumin, *Asafoetida*, *Ajamoda*, as a single dose significantly stimulates the liver to produce and secrete bile rich in bile acids, which play a very important role in fat digestion and absorption. Proteins, starch and triglycerides, the major macromolecules in food are hydrolyzed by the major pancreatic enzymes - proteases (trypsin and chymotrypsin), amylase and lipase respectively. The dietary intake of spice principles Piperine, Ginger, *Asafoetida*, and *Ajowan* significantly increase lipase activity. Pancreatic amylase activity is elevated by dietary ginger and piperine. Dietary *Asafoetida*, and Cumin also significantly enhanced the activity of pancreatic amylase.

DISCUSSION

Hingawashtaka 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 *agnimandya* 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. This study observed the ingredient present in *hinghvastaka churna* provide a significant symptomatic relief from *agnimandya*.

CONCLUSION

Thus we conclude that there is a detail description available in various texts regarding concepts and principle related to *agnimandya* and *hinghvastaka churna*. Acharya has establish relation between agni dosha and dhatu.^[10]

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