

PHARMACEUTICAL STUDY OF HINGULESHWAR RAS

Dr. Anil Kumar*¹ and Dr. Pramod Kumar²^{1,2}Assistant Professor, RSBK DEPT, G. A. S. A. C. Begusarai, Bihar, India.Article Received on
14 August 2023,Revised on 02 Sept. 2023,
Accepted on 24 Sept. 2023

DOI: 10. 20959/wjpr202317-29804

Corresponding Author*Dr. Anil Kumar**

Assistant Professor, RSBK

DEPT, G. A. S. A. C.

Begusarai, Bihar, India.

ABSTRACT

Amavata is a burning problem in our society. *Ama* is a product of impaired digestion or metabolism is carried by *vayu*, obstructs the channels at different sites and causes inflammation of joints this condition has been termed as *amavata*. *Amavata* is closely correlated with Rheumatoid Arthritis in modern aspect. The *hinguleshwar rasa* has been described in *Rasa Tarangni* is chosen for the research purpose to study in *amavata*. All the ingredients are of *ushna viryas*, so it will digest the *ama* and pacifies *vata*. It is prepared by *shodhit hingula*, *shodhit Vatsanabh* and *Pippali*. These are taken in powder form in equal amounts and triturated with *ardarak swaras*. The *vati* or

tab of 125 mg. was prepared.

KEYWORDS: *Hingula*, *Vatsanabha*, *Pippali* and *Hinguleshwar Ras*.**INTRODUCTION**

It goes without saying that when any new theory is put forward, scientists wish to know how close it is to the truth. But not all theories however can be evaluated in such manner for plethora of reasons. So practical difficulty in scientific evaluation cannot deny the utility of those theories. Even though many of the theories proposed by *ayurvedic* system of medicine are difficult to prove on so called scientific parameters because they are based on observation by experiences. Therefore one cannot over look their role in the benefit of mankind. One of the theories is concept of *ama* and its role in causing disease in general and its relation to *Amavata* in particular.

Hinguleshwar Rasa is a herbo mineral drug. It is a *kharaliya rasayana* prepared in mortar and pestle. There are so many preparations in classical texts for rheumatoid arthritis but among them the *hinguleshwar rasa* has few ingredients, easy to prepare low cost and economical.

The *hinguleshwar rasa* has three ingredients *hingula*, *vatsanabha* and *pippali*. All ingredients are easily available in market.

Table 1: Showing ingredients of hinguleshwar rasa.

| S.No | Ingredients | Quantity |
|------|-----------------------|---------------------|
| 1. | <i>Hinngula</i> | 1 Part |
| 2. | <i>Vatsnabha</i> | 1 Part |
| 3. | <i>Pippali</i> | 1 Part |
| 4. | <i>Adraka Swarasa</i> | Sufficient Quantity |

MATERIAL AND METHOD

Raw materials of all the ingredients of *hinguleshwar rasa* have been procured from local market of Patna nearby and all the collected raw materials were screened and authenticated from experts of *rasashastra* and *dravyaguna*. Identification of drugs on the basis of physical properties and botanical parameters.

Preparation of *hinguleshwar rasa* was done under following steps.

Step 1

Preparation of *ardraka swarasa*^[1]

Procedure

First of all *ardraka* was washed with water. Then this *ardraka* was taken in mortar & crushed with pestle. This crushed *ardraka* was taken in a fine cloth and squeezed. Now *ardraka swarsa* was collected in a utensil.



Pic. 1: Shown the raw *ardraka* and swaras of *ardraka*.

Step 2

Shodhan of Hingula^[2]

Procedure

At first *ashudh hingula* was taken in *khalva yantra* and broken in to small pieces and then it is powdered. This is bright red in colour. Then the *ardraka swarasa* Q.S. was added in to it

and triturated well, till it became dry. This process was repeated for seven times and always be adding fresh *ardraka* swarasa. Thus purified red *hingula* was obtained. After that fresh water is added and is left stagnant for hrs. The purified *hingula* settled down. Now water was separated carefully. It is then collected, dried and preserved in air tight glass container and stored.



Pic. 2: Shown the *ashudh hingula* and *shudh hingula*.

Step 3

Vatsanabha Shodhan^[3]

Procedure

First of all Unpurified *vatsanabha* is taken and weighted. This *vatsanabha* was kept in a clay pot. Now this clay pot, filled with *vatsanabha*, *gomutra* was poured untill *vatsanabha* was fully submerged in *gomutra*. This pot was left as for whole day. Next day *gomutra* was changed and left as such. Third day *gomutra* was changed for last time Fourth day *vatsanabha* was taken out from *gomutra* and washed. Now outer skin of *vatsanabha* was peeled off and cut in to small pieces like pea, and washed with hot water. This was then dried and powder was made and kept in an air tight jar and stored.



Pic. 3: Shown the raw *vatsnabh* and *shodhit vatsnabh*.

Step 4**Preparation of *pippali* powder^[4]****Procedure**

First of all *pippali* was taken in a plate. Big particles were removed by hand and small particles were removed by sieve. After that it was kept in Sun light so that its moisture was removed. When it was completely dried, it was fine powdered by pulverizer. After those large particles of *pippali* was removed by sieve. Now the fine powders of *pippali* were prepared which was kept in air tight jar and stored.



Pic. 4: Shown the raw pippali and pippali powder.

Step 5**Preparation of finished product *Hinguleshwar ras*^[5]****Procedure**

First of all the above ingredients was taken separately. Then these ingredients were mixed in a plate. Now the above mixture was taken in a *khalva yantra* and subjected to *bhavana* with *ardraka swaras* as required and then triturated well and carefully again & again. When it becomes like kalk or lugdi after that vati of 1 ratti (125mg) was prepared and kept for drying.

When above prepared vati was completely dry and moisture free. After weighing it was kept in an air tight jar.



Pic. 5: Shown the preparation and final product of *hinguleshwar rasa*.

DISCUSSION AND CONCLUSION

Pharmaceutical study means the practical experience of preparing medicines from raw drugs. Practical experience is most essential for *vaidya* as described by Charak. The Karmabhayasa....Ch. Su.9/22 is one of the essential qualities of *vaidya*. Now to make any drug it is important that crude drug of both of herbal and minerals origin should be purification process before they are used internally. There are three ingredients in *hinguleshwar rasa hingula*, *vatsanabha* and *pippali*. *Hingula* and *vatsanabha* must be shodhana before formulations. Methodology Colour of *hingula* is like the flower of hibiscus when *hingula* was purified with *ardraka swarasa* then its colour became changed comparatively dull red than ashodhita *hingula*. Weight of *sudh hingula* was increased due to addition solid contents of *ardraka swarasa*. Unpurified *vatsanabha* was black, hard having no smell, in the process of *vatsanabha shodhan*, the outer covering of *vatsanabha* was peeled off completely which was the poisonous part of it. Powder of *pippali* causes sneezing so a piece of cloth must keep on nose during powder preparation. *pippali* must be completely dry and moisture free. *ardraka swarasa* was collected. When all ingredients were ready to prepare *hinguleshwar rasa*, each ingredient were taken in equal amounts. These ingredients were mixed properly and single bhavana of *ardraka swarasa* was given to it to increase its potency. When it becomes semisolid then *vati* of 1 *ratti* (125mg) was prepared and dried in a Drier.

It can be concluded that the Pharmaceutical processing of *hinguleshwar rasa* was prepared by classical khalvi rasayan method and it is easy and very economic.

REFERENCES

1. Sharangdhara Samhita Dr. Brahmanand Tripathi. Reprint Chaukhambha Surbharti Prakashan Varanasi Madhyama khand, 2004; 173.195.
2. R.T.9/12 Sadanand Sharma, Rasatarangni, Pt. Kashinath Shastri, editor, Reprint 2009, Motilal Banarasi Das Publication, New Delhi.
3. R.T. Sadanand Sharma, Rasatarangni, Pt. Kashinath Shastri, editor, Reprint, Motilal Banarasi Das Publication, New Delhi, 2009.
4. Sharangdhara Samhita Dr. Brahmanand Tripathi. Reprint Chaukhambha Surbharti Prakashan Varanasi Madhyama khand, 2004; 173.195.
5. R.T. Sadanand Sharma, Rasatarangni, Pt. Kashinath Shastri, editor, Reprint 2009, Motilal Banarasi Das Publication, New Delhi.