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Clinical indications of *Hingwashtaka Choorna* an experiential and scientific view

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ABSTRACT

Choorna preparations are the pulverized products of Ayurveda medicine which are widely used by Ayurveda physicians in Indian subcontinent. *Avipattikara Choorna*, *Lavana Bhaskara Choorna*, *Gangadhara Choorna*, *Swadishta Virechana Choorna*, *Pancha Sakara Choorna*, *Shatsakara Choorna*, *Talisadi Choorna*, *Sitopaladi Choorna*, and *Triphala Choorna* are few formulations which are commonly used in Ayurveda practice. *Choornas* are easy to prepare and easy to administer also. However, they should be stored after airtight packing. Otherwise, they get spoiled and their pharmacological action is lost. *Hingwashtaka Choorna* is one such preparation which is generally used as appetizer, digestant and carminative also. In diseases like *Agnimandya*, *Ajirna*, *Atisara*, *Malabandha*, *Udarashoola*, *Kukshi Shoola*, *Anaha*, *Adhmana* and *Atopa*, *Hingwashtaka Choorna* gives good results. The present paper highlights about the clinical indications of *Hingwashtaka Choorna* in an experiential and scientific view.

Key words: *Hingwashtaka Choorna*, *Agnimandya*, *Ajirna*, *Ayurveda*

INTRODUCTION

Choorna preparations are easy to prepare and administer also. *Hingwashtaka Choorna* contains *Dipana*, *Pachana* and *Aruchi Nashaka* ingredients like *Trikatu*, *Hingu* and *Saindhava Lavana*. It is usually given along with water as *Anupana*. It is also digestive and carminative in action.^[1,2]

Ingredients

1. *Shunthi* - *Zingiber officinalis*

2. *Pippali* - *Piper longum*

3. *Maricha* - *Piper nigrum*

4. *Ajamoda* - *Tachyspermum ammi*

5. *Saindhava Lavana* - Rock Salt

6. *Sweta Jeeraka* - *Cuminum cuminum*

7. *Krishna Jeeraka* - *Corum carvi*

8. *Hingu* - *Asafoetida*

9. *Ghee*

1. *Shunthi* - *Katu Rasayukta*, *Ushna Virya*, *Dipana*, *Pachana*, CNS stimulant, antiallergic, antihistaminic, antidiarrhoeal, appetizer and *Aruchi Nashaka*.^[3]

2. *Pippali* - *Piper longum* - *Katurasayukta*, *Anushnasheeta*, *Dipana*, *Pachana*, bioenhancer, *Pliha Vriddhi Nashaka*, used in *Kasa*, *Shwasa*, *Rajyakshma*, bronchitis, bronchiectasis, bronchial asthma, emphysema, splenomegaly and Cirrhosis of the liver.^[4,5]

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3. *Maricha - Piper nigrum - Katurasayukta, Dipana, Pachana*, blood thinner, useful in *Kasa, Shwasa, Tamaka Shwasa, Agnimandya, Ajirna* and respiratory disorders.
4. *Ajamoda - Tachyspermum ammi - Katurasayukta*, aromatic, *Dipana, Pachana, Shoolahara* used in *Udarashoola, Kukshi Shoola*. In *Pratishyaya, Pinasa* and *Shirahshoola* *Ajamoda Nasya* is used.^[6]
5. *Saindhava Lavana - Ruchi Vardhaka*, useful in anorexia, *Ajirna, Agnimandya, Aruchi* and *Pathya* in many disorders.
6. *Sweta Jiraka - Katurasayukta*, aromatic, *Dipana, Pachana, Shoolahara*, antispasmodic, anodyne, *Pittahara*, useful in *Amlapitta, Udaradaha, Udarashoola, Anaha, Kukshi Shoola* and *Atopa*.^[7,8]
7. *Krishna Jiraka* - Similar to *Sweta Jiraka*, it is useful in uterine disorders and post-partum period in females.
8. *Hingu - Katurasayukta*, aromatic, *Ushna Virya, Vatahara*, antispasmodic, anodyne and useful in *Aruchi, Ajirna, Agnimandya, Shoola* and flatulence.^[9]

Actions

1. *Dipana*
2. *Pachana*
3. *Shoolahara*
4. Carminative
5. Appetizer
6. Digestive
7. Anodyne
8. *Grahi*
9. *Vatahara*
10. *Ama Pachana*
11. *Adhovatahara*
12. Antispasmodic

Clinical indications

1. *Aruchi*

2. *Agnimandya*
3. *Ajirna*
4. *Atisara*
5. *Vibandha*
6. *Udarashoola*
7. *Amajirna*
8. *Vishtabdhajirna*
9. *Pravahika*
10. *Grahani*
11. Chronic amoebiasis
12. Topical sprue
13. Irritable bowel syndrome
14. Chronic constipation

Amayika Prayoga

1. *Aruchi* - It is given with *Jeerakarishtha*.
2. *Agnimandya* - It is given with *Dashamoolarishta*.
3. *Ajirna* - It is given with *Lashunadi Vati*.
4. *Atisara* - It is given with *Kutaja Ghana Vati* and *Kutajarishtha*.
5. *Vibandha* - It is given with *Triphala* tablets and *Abhayarishta*.
6. *Udarashoola* - It is given with *Patoladi Kwatha* and *Pravala Panchamrita Rasa*.
7. *Amajirna* - It is given with *Dashamoolarishta*.
8. *Vishtabdhajirna* - It is given with *Kupilu Hingwadi Vati* or *Agnitundi Vati*.
9. *Pravahika* - It is given with *Bilvava Leha* and *Kutajarishtha*.
10. *Grahani* - It is given with *Kutaja parpati* and *Bilvavaleha* and *Vatsakadi Ghana Vati*.
11. Chronic amoebiasis - It is given with *Kutajavaleha* and *Mustakarishtha*.
12. Sprue - It is given with *Brahmi Vati* and *Kutajarishtha* or *Mustakarishtha*.

13. IBS - It is given with *Brahmi Vati* and *Kutajarishtha* or *Mustakarishtha*.
14. Chronic constipation - It is given with *Arogyavardhini Vati* and *Triphala* tablets and *Abhayadi Modaka*.

DISCUSSION

Hingwashtaka choorna is usually given in gastrointestinal disorders. It contains 8 ingredients including *Shuddha Hingu*. It is *Dipana*, *Pachana*, digestive, appetizer, carminative, antispasmodic and anodyne. It is usually given in *Agnimandya*, *Ajirna*, *Aruchi*, *Grahani*, *Atisara*, *Pravahika*, IBS, tropical sprue, *Udarashoola*, *Kukshi Shoola* and chronic constipation.

Dipana - *Ajamoda*, *Trikatu*, *Hingu*.

Shoolahara - *Ajamoda*, *Hingu*.

Anti spasmodic - *Hingu*.

Pachana - *Trikatu*.

Grahi - *Shunthi*, *Hingu*.

CONCLUSION

Hingwashtaka Choorna is usually given in gastrointestinal disorders with good outcome. It should be given with proper therapeutic doses to get desired results. If it is given in larger doses it usually produces acute gastritis and *Pittaja* symptoms. With suitable disease specific adjuvant it is effective in various disorders.

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