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# Pharmaceutical and therapeutic utility of *Hingula*

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## ABSTRACT

*Rasashastra* is a branch of *Ayurveda* which deals with the various pharmaceutical processes viz. *Shodhana*, *Marana*, etc. and gives detailed description regarding the Metals, Minerals, Poisonous herbal drugs and Animal products commonly used as therapeutically in practice of *Ayurveda*. *Hingula*, a significant component in *Rasashastra*, is categorized as a *Sadharana Rasa*, meaning a common yet potent substance used in various Ayurvedic formulations. Known in the modern context as cinnabar, *Hingula* primarily contains mercury sulfide and has been utilized for centuries in the many preparations. Its importance in *Rasashastra* lies in its ability to enhance the potency and efficacy of formulations, particularly those aimed at rejuvenation, longevity, and the treatment of complex diseases. The careful detoxification and processing of *Hingula* is crucial, as it is a potent substance that can be toxic if not properly handled. This paper explores the traditional methods of *Hingula* purification, its pharmacological properties, and its role in the preparation of various Ayurvedic medicines.

**Key words:** *Rasashastra*, *Hingula*, *Parada*, *Shodana*, *Marana*

## INTRODUCTION

In *Rasa* text books *Hingula* is classified in *Sadharana Rasa Varga*. *Hingula*'s importance in *Rasashastra* lies in its multifaceted applications in medicine, the preparation of potent formulations, and its role in treating complex diseases. Its careful detoxification and processing underscore the sophisticated techniques developed in *Rasashastra*, highlighting the enduring relevance of this ancient science in contemporary Ayurvedic practice. *Hingula* - based

formulations are often used for their rejuvenating properties. They help in revitalizing the body's systems, improving vitality, and slowing down the aging process. This makes *Hingula* a key component in *Rasayana* therapy, which is aimed at promoting long life, health. It is taken as an ingredient in all *Jwarahara Yogas*. "*Hingulottha Parada*" is said to having equal properties to *Astha Samskarita Parada*.

## AIMS AND OBJECTIVES

To provide a detailed description of *Hingula*, including its historical background, synonyms, classification, *Shodhana*, *Marana*, *Satwapatana* and pharmacological properties.

## METHODOLOGY

A detailed review of the *Hingula* is collected from various relevant textbooks, literatures and authorized sources.

## DISCUSSION

### Historical aspect:

*Hingula*, classified under *Sadharana Rasa* is a mineral ore of mercury. No references are found in *Veda*, *Purana* and *Upanishada* period.

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### ▪ **Samhita Kala**

There is no description of *Hingula* is found in *Samhitas*.

### ▪ **Kautilya Arthashastra**

*Kautilya Arthashastra* mentioned that *Hingula* was available in *Darada Desha* in earlier days. It was used to destroy gold coins of enemy kingdom. It was mentioned with *Swarnadi Dhatu*.

### ▪ **Nighantu Period**

Reference of *Hingula* is available in most of *Nighantus*. Explanation about synonyms, *Shodhana*, uses, and properties of *Hingula* is found in *Nighantus*.

### ▪ **Rasa Shastra Period**

- 1) **Rasa Ratnakara:** *Rasa Ratnakara* written by Nagarjuna was first to mention *Hingula* for therapeutic purpose.
- 2) **Rasendra Mangala:** This textbook described *Shodhana* and therapeutic uses of *Hingula* and considered that *Hingulottha Parada* is *Satwa* of *Hingula*.
- 3) **Rasa Hrudhaya Tantra:** *Govinda Bhagvatpada Acharya* classified *Hingula* under *Rasa Varga*.
- 4) **Rasarnava:**<sup>[1]</sup> *Rasarnava* classified *Hingula* under *Maharasa Varga* and also described the synonyms, varieties, properties, and *Satwapatana* process of *Hingula*. It is termed as "*Rasa Gandha Sambhutam*" that shows its composition with *Gandhaka*.
- 5) **Other Rasa Grantha:** *Rasa Ratna Samucchaya*, *Rasa Prakasha Sudhakara*, *Rasendra Sara Sangraha*, *Rasendra Chudamani*, *Ayurveda Prakasha*, *Siddha Bhaishajya Manimala*, *Rasamrita*, *Rasatarangini* mentioned the synonyms, varieties, properties, *Grahya Lakshana*, uses and artificial preparation of *Hingula*.

**Table 1: Table showing *Hingula* is classified under different groups in different text books.**

SN	Classification	Text books
1.	<i>Rasa</i>	<i>Rasa Hrudaya Tantra</i> , <i>Goraksha Samhita</i>

2.	<i>Maharasa</i>	<i>Rasarnava</i> , <i>Rasa Ratna Samucchaya</i> , <i>Rasakalpa</i> , <i>Rasakamdhenu</i> , <i>Goraksha Samhita</i> , <i>Rasaviveka</i>
3.	<i>Uparasa</i>	<i>Anandakanda</i> , <i>Rasa Ratnakara</i> , <i>Rasa Prakasha Sudhakara</i> , <i>Rasendra Sara Sangraha</i> , <i>Rasendra Chintamani</i> , <i>Rasamanjari</i> , <i>Ayurveda Prakasha</i> , <i>Bhavaprakasha</i> , <i>Rasapradeepika</i> ,
4.	<i>Sadharana Rasa</i>	<i>Rasa Ratna Samucchaya</i> , <i>Rasendra Chudamani</i> , <i>Rasajalanidhi</i> , <i>Rasachandamshu</i> , <i>Rasadhatuprakasha</i>
5.	<i>Suvarnadi Dhatu</i>	<i>Dhanwantari Nighantu</i> , <i>Raj Nighantu</i>
6.	<i>Rasadhatu</i>	<i>Rasamrita</i> , <i>Yogaratanakara</i>

### Vernacular names

Sanskrit - *Hingula*

Hindi - *Singarpha*

Kannada - *Inguleuyaka*

English - *Cinnabar*

Latin Name - *Sulphantum hydragyrium*

### Synonyms of *Hingula*

*Rakta*, *Ranjana*, *Darada*, *Mlecha*, *Churna Parada*, *Maraka*, *Rasagrabha*, *Rasodhbhava*, *Lauhaghna*

### Occurrence

It can be obtained from Spain, Italy, France, Germany, Brazil, China, Japan, Russia, America, and Iran. These days it is prepared artificially in India in Surat and Calcutta.

### Preparation of artificial *Hingula*

#### According to *Ayurveda Prakasha*<sup>[2]</sup>

*Ashudha Parada* 1 part and *ashudha Gandhaka* 4 parts are taken in iron vessel. It is heated on *Mandagni*. *Manashila* powder 1/10th part to *Parada* is added in to it and stirring is done. Then it is made in to powder form. It is filled in *Kachakupi* which is smeared with seven layers of mud cloth. After this it is subjected to heat and placed in *Valuka Yantra* and heated on *Mandagni* for first day, followed by *Madhyagni* and

*Teevragni*, till six days. After *Swangasheeta* it is taken out. Then *Kachakupi* is broken by the help of hot thread and wrapping cold water cloth. Then we get *Hingula* prepared in seven days.

#### According to *Rasatarangini*<sup>[3]</sup>

8 parts of *Gandhaka* and 42 parts of *Parada* are taken in *Mrudanga Yantra*. Its Handle is rotated. By putting pressure on it a bright *Dhoosara Varna Choorna* is obtained. After this it is taken in a *Rekhanvitamukhi Sthali* which is again fitted upside down in to another same *Sthali*. After Sealing it is subjected to heat. *Mandagni* is maintained, after *Swangasheeta Hingula* of soft consistency is obtained from the neck of lower *Sthali*. If *Hingula* found from the base of upper *Sthali* is hard in nature then process is repeated again.

**Table 2: Types of Hingula mentioned in different texts.**

Text book	Charmara	Shukatunda	Hamsapada
Rasarnava	+	+	+
R.Ch.	+	+	+
R.R.S.	-	+	+
A.P.	+	+	+
Y.R.	+	+	+
R.J.N.	+	+	+
R.P.S	+	+	+
R.Sa.S	+	+	+

#### Gunadharmas of types of Hingula<sup>[4]</sup>

1. *Charmara Hingula* - *Shuka Varna* - colour of parrot's feathers
2. *Shukatunda* - *Peeta Varna* - colour of parrot's beak
3. *Hamsapada* - *Japakusuma Varna* - Red colour

#### Grahya Sawroopa of Hingula<sup>[5]</sup>

- *Japakusuma Varna*
- While *Mardana* it looks pleasant

- Extreme bright
- Heavy in weight

#### Ashudha Hingula Sevana Janya Vikara<sup>[6]</sup>

Consumption of *Ashudha Hingula* causes *Andhatwa*, *Ksheenta*, *Bhrama*, *Moha*, *Meha*, that's why it is purified first before internal administration.

#### Ashudha Hingula Sevana Janya Vikara Shanti Upaya

*Bruhda Rasaraja Sundara* mentioned to follow the same treatment guide line used for *Parada* toxicity in *Ashudha Hingula Sevana Janya Vikara*. Intake of purified *Gandhaka* along with *Godugdha* and *Goghrita* should be given with *Nagavalli Patra* for 3-4 days.

#### Shuddha Hingula Guna<sup>[7]</sup>

After *Shodhana* it attains colour of ripened *Bimbiphala*. It also attains *Divya Swaroopa* as it is composing of *Parada* and *Gandhaka*. It is also having properties to cure *Meha* and *Kustha Roga*. It becomes *Ruchya*, *Balya Medhya* and *Agnivardhaka*.

#### Properties of Hingula<sup>[8]</sup>

*Rasa* - *Tikta*, *Kashaya*, *Katu*

*Guna* - *Snigdha*, *Ushna*

*Veerya* - *Ushna*

*Vipaka* - *Katu*

*Doshagnahta* - *Kapha-Pitta Shamaka*

*Karma* - *Rasayana*, *Deepana*, *Vrushya*, *Tridoshaghna*, *Sarvarogahara*

*Rogaghata* - *Jwara*, *Kustha*, *Pleeha*, *Gulma* and *Netra Roga Hara*

#### Marana of Hingula

Most of the *Rasa Granthas* have not described *Marana* of *Hingula*. Reference of *Marana* we find in *Ayurveda Prakasha*, *Bhruda Rasaraja Sundara* and *Yoga Ratnakara*.

#### Satwapatana<sup>[9]</sup>

*Satwapatana* drugs: *Hingula*, *Nimbu Swarasa*,

Process: *Bhavana*, *Peshana*, *Urdhvapatana*

Apparatus: *Urdhvapatana Yantra*

*Agnimatra: Madhyamagni for 2 Yama*

### Procedure

*Shuddha Hingula* is taken in *Khalva* and *Bhavana* of *Nimbu Swarasa* is given for one day. It is applied in a mud pot and it is closed by another mud pot which is kept upside down on the previous pot, sealing is done with the help of *Multani Mitti*. It is dried properly, then it is subjected to heat, *Teevragni* is given for 6 hours. While heating a cloth dipped in cold water is kept continuously over the base of upper pot, when it gets hot again it is dipped into cold water and kept over the pot. By doing so *Parada* will condense and deposit at the base of the upper pot. After *Swanga Sheeta Parada* will be scrapped out and washed with hot water. Thus, clean and pure *Parada* can be obtained as *Satwa* of *Hingula*. This *Parada* is devoid of *Naga-Vangadi Dosh* and *Sapta Kanchuka Dosh*.

### Hingula Yogas

1. *Mrityunjaya Rasa*
2. *Hinguleshwara Rasa*
3. *Tribhuvana Kirti Rasa*
4. *Ananda Bhairava Rasa*
5. *Kasturi Bhairava Rasa*
6. *Kanaka Sundara Rasa*
7. *Jwaramurari Rasa*
8. *Hingulia Manikya Rasa*
9. *Hingulyada Malahara*
10. *Hingulamruta Malahara*

### CONCLUSION

*Hingula* is classified under *Sadharana Rasa Varga*. Three varieties are explained *Charmara*, *Shukatunda* and *Hamsapada*. Among these *Japa Kusuma Yukta Hamsapada* is considered best which is taken as *Grahya Hingula*. *Shodhana* of *Hingula* is done by giving *Bhavana* with *Nimbu Swarasa*. Properties are *Tikta*,

*Ksahaya Rasa*, *Ushna Guna*, *Ushna Veerya*, and *Katu Vipaka*, *Pitta Roga Hara*, *Jwara Hara*. It is having action of *Amapachana*, and *Agnivardhana* that is much needed in *Jwara Roga*. which give strength to cure diseases like *Jwara*, *Amavata*, *Mandagni*, *Kustha*, and *Prameha*.

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