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Critical Analysis on ‘*Hingvadi Churna*’-A Classical Medication for *Kashtartava* (Primary Dysmenorrhoea)

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ABSTRACT

Present review focus on critical analysis on classical medication *Hingvadi Churna* in view of its indication in *Kashtartava* (Primary dysmenorrhoea). Data were analysed based on the literature survey converging the classics of *Ayurveda* as well as modern studies. The analysed data apices that all the ingredients of the medication *Hingvadi Churna*, having a great role to uproot the etiopathogenesis of the disease *Kashtartava* (Primary dysmenorrhoea). The review recommends that the drug can be used internally as an effective medicine to manage the *Kashtartava*. Also there is scope of further scientific study to explore this beautiful medication for the wellbeing of the society.

KEYWORDS

Hingvadi Churna, Kashtartava, Primary dysmenorrhoea



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INTRODUCTION

In present day life of women is stressful, complex and competitive resulting in physical & psychological disturbances like sedentary life style, lack of exercise, over exertion and fast food (*Mithya Ahara-Vihara*). Any physical & psychological disturbance affects reproductive life of the women leading to various menstrual problems. Now a day's majority of women are affected due to menstrual discomfort. Dysmenorrhoea is one of the most common gynecologic complaints occurs in young women and is becoming burning problem. Dysmenorrhea is a medical condition of pain during menstruation but more realistic definition includes cases of sufficient magnitude so as to incapacitate day to day activities¹. Primary dysmenorrhoea is defined as painful menses without any pelvic pathology. Women with primary dysmenorrhoea also have associate complaints like nausea, vomiting, headache, constipation gastrointestinal upsets etc. In *Ayurveda*, *Kashtartava* term which is being used for the condition where in a women may suffer with pain during menstruation. According to *Ayurveda*, pain is an indication of *VataVikriti*– '*Vaatadrite Nasti Ruja*'². Pain is the main feature of *Kashtartava*, so it has strong relation with *VataDosha*. In addition *Agnivikara* induces

vitiating of *ApanaVata* since the three *Vayus- Prana, Apana* and *Samana*, these initiate and preserve the metabolic power of the body³. In modern medicine analgesics and prostaglandin inhibitors are used for the treatment. During menstruation, many women experience gastrointestinal upsets which are increased by analgesics and anti-inflammatory drugs, so prolonged use of such drugs causes various side effects to the health. In *Ayurveda*, herbal medicines are used for this and it has effective result also and not causes any harmful effect on the body. *Hingvadi Churna* has a direct reference in *Chakradutta* 26/72 for *Kashtartava*. *Hingvadi Churna* is *Vatashamaka* mentioned by the classics and correct both *Agnivikara* and vitiating *Vata*. The present review deals with the analysis of the drug *Hingvadi Churna* mentioned for the treatment of *Kashtartava*.

Ingredients of *Hingvadi Churna*⁴:

Ingredients used for preparation

- | | |
|------------------------|---------------------|
| 1. <i>Hingu</i> | 5. |
| <i>Kustha</i> | |
| 2. <i>Sunthi</i> | } 6. |
| <i>Yavakshar</i> | |
| 3. <i>Maricha</i> | } <i>Trikatu</i> 7. |
| <i>SaindhavaLavana</i> | |
| 4. <i>Pippali</i> | |

Bhavana Dravya: Matulunga Swarasa

Dosage of *Churna*



The Churnawas administered two times daily at the dose of 3gm in morning and

evening before food along with lukewarm water.

Anupana: Lukewarm water.

Table 1 Ingredients of Hingvadi Churna

S. No.	Ingredient	Scientific name	Part used	Praportion
1.	Hingu	<i>Ferula narthex Boiss.</i>	Niryas	One Part
2.	Dry Ginger	<i>ZingiberofficinaleRosc.</i>	Kanda	One Part
3.	Maricha	<i>Piper nigrum Linn.</i>	Phala	One Part
4.	Pippali	<i>Piper longum Linn.</i>	Phala	One Part
5.	Kustha	<i>Saussurealappa C.B. Clarke</i>	Mula	One Part
6.	Yavaksara	<i>Potasiicarbonas</i>	-	One Part
7.	Saindhava	<i>Sodiichloridum</i>	-	One Part

Table 2 Ayurvedic Properties of the Drugs of Hingvadi Churna

S. No.	Drug	Rasa	Guna	Virya	Vipaka	Doshaghata
1	Hingu	Katu	Laghu, Snigdha Taiksna	Ushna	Katu	Kaphahara Vatahara
2.	Sunthi	Katu	Guru Ruksha Tiksna	Ushna	Madhura	Kaphavatahara Lekhana Visaghna
3.	Marica	Katu	Laghu Tiksna	Ushna	Katu	Kaphavatahara
4.	Pippali	Katu	Laghu Tiksna Snigdha	Ushna	Madhura	Vatakapahara
5	Kustha	Tikta, Katu, Madhura	Laghu, Ruksha, Tikshna	Ushna	Katu	Kaphavatashamaka
6.	Yavakshara	Katu	Tikshna Laghu Ruksha Sookshma	Ushna	Katu	Kaphavatahar
7.	Saindhava Lavana	Lavana	Laghu Snigdha	Sheeta	Madhura	Tridoshashamaka
8.	Matulunga	Amla	Tikshana	Ushna	Amla	Vatakapashamaka

Table 3 Pharmacological Profile and uses

S. No.	Drug	Pharmacological actions as per Ayurveda classics
1	Hingu	Vedanasthapana, Shoolaprashamana, Akshepahara, Balya, Deepaniya, Pachana, Rochana, Anulomana, Artavajanaka, Hridya ⁵ .
2.	Sunthi	Vatakapahara, Deepaniya, Bhedana, Pachana, Anulomana, Shulahara, Sothahara, Grahi, Srotorodhnivarana ⁶ .
3.	Marica	Deepaniya, Pachana, Lekhana, Srotoshodhana, Krimighna, Pittakara, Vata-Kaphashamaka ⁷ .
4.	Pippali	Deepaniya, Rechana, Medhya, Raktashodhaka, Mutrala, Shirovirechaniya, Rasayana, Vatakapahara ⁸ .
5	Kustha	Vedanasthapana, Vriya, Akshepashmaka, Deepaniya, Pachana, Anulomana ⁹ .
6.	YavaKshara	Agnidipana, Vatakapahara, Amahara, Shoolahara, Pachana, Kshothahara, Mruduvirechaka ¹⁰ .
7.	Saindhava Lavana	Rochana, Avidahi, Vrushya, Deepaniya ¹¹ .
8.	Matulunga	Vedanasthapaka, Sothahara, Deepana, Rochana, Anulomana, Artavajanana ¹² .



DISCUSSION

Probable mode of action of *Hingvadi Churna*

Hingvadi Churna contains *Hingu*, *Trikatu*, *Kushtha*, *Yavakshar* and *Saindhav Lavana* as ingredients and *Bhavana* by *Matulunga Svarasa*, which possesses *Vata Anulomaka* and *Vatashamaka* properties which helps in correction of *Pratiloma Gati* of *ApanaVata* and *Rajas*. *Hingvadi Churna* has been indicated in *Pleehashul* and ***Rajah Shula***.

According to *Ayurveda*, *Vata Prakopa* and *Udavartana (Urdhvagamana)* of *Vata* is the main pathology in *Kashtartava* (Primary dysmenorrhoea). The *Vata Anulomaka*, *VataShamaka*, *MriduShodhana*, *VedanaSthapana*, *Shoolahara*, *Shothahara*, *Deepana*, *Pachana* and *Hridya* actions of *Hingvadi Churna* helps to reduce pain of patients and also improvement seen in associated symptoms like nausea, vomiting, fatigue, constipation etc.

- ***Hingu*** (*Ferula narthrex Linn*) has *Shoolahara* (colic pain reliever) and *Vatanulomana*(facilitator of downward movement of *Vata*) property which helps in normalizing the function of *Apanvata*. *Hingu* having antispasmodic, anti-inflammatory, laxative, analgesic, sedative activity. The crude methanolic extract of *Ferula narthrex* exerts peripheral analgesic effect through inhibition of abdominal receptors (nociceptive) and inhibition of

prostanoids production¹³. So it's also support the folkloric use of this plant for the management of pain and gastrointestinal disorders.

- ***Trikatu*** has properties such as *Garbhashaya* *Shothahara*, *Shulahara*, *Vedanasthapana deepana*, *pachana* and *Shulaprashamana* properties hence it helps in reducing the pain which is produced by *Ama*¹⁴. Marked anti-inflammatory activity of a decoction of *Piper longum* fruits has been reported using carrageenan induced rat oedema. Piperine from hexane and ethanolic extracts of *P. nigrum L.* possess potent analgesic and anti – inflammatory activity¹⁵. *Zingiber Officinale* have Anti-inflammatory, Gastro-protective, Anti-emetic, Analgesic effect. Ginger inhibits cyclooxygenase and lipooxygenase pathways in PGs synthesis. Ginger has anti-prostaglandin effects similar to those of Mefenamic acid and Ibuprofen in relieving pain in women with primary dysmenorrhea and Gingerol may be the principle active ingredient for these affects¹⁶.

- ***Kushtha*** have *Anulaomana*, *Deepana*, *Pachana*, *Jantugna*, *Vedanasthapana* *Karmas*.

- ***Yavakshara*** have properties such as *Deepana*, *Pachana*, *Srotoshodhana*.

- ***Saindhavlavana*** causes *Utkledana* and helps in *Anulaomana* of *Vata* and has



Deepana, Rochana Karma.

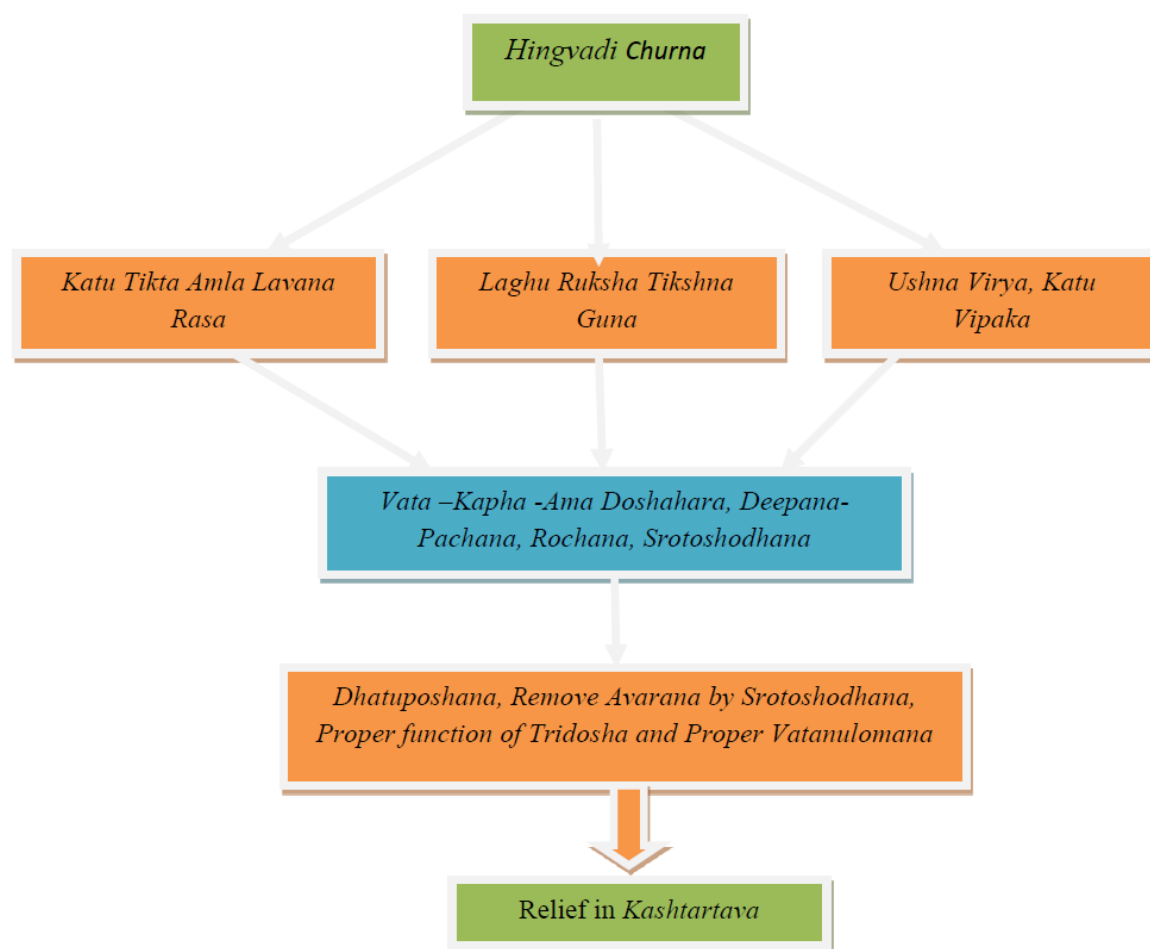
- *Matulunga* has *Deepana, Pachana* and *Sulahara* properties.

So most of the drugs having *Shulahara, Kaphavatanulamana, Shamaka, Deepana, Pachana* etc. properties that lead to *Dhatuposhana*, remove *Avarana* by *Shrotoshodhana*, proper function of *Tridosha* and proper *Vatanulomana*.

- *Laghu, Ruksha Sara, Ushna, Tikshna*

and *Sookshma* properties of the drugs in the formulation remove *Avarana (Kapha)* and thus allow normal movement of *ApanaVata*.

- *Hingvadi Churna* mostly contains drugs having *UshnaVirya* which pacifies vitiated *Vata*. Most of the drugs in the yoga have *Katu, Madhura Vipaka*, which also pacifies vitiated *Vata*.



- Hence, *Vata Anulomana, Shulahara, Shothahara, Srotovishodhana* properties of drugs of *Hingvadi Churna* facilitates normal flow of *Vata* i.e. *Anuloma Gati* of

Apanavata.

- Anti-inflammatory (*Shothahara*) action of the ingredients the synthesis of prostaglandins and relieving myometrial



contractions.

- *Ushnavirya* of the ingredients causing vasodilation leading to smooth flow of menstrual blood. *Agnideeptikrut*, *Pachana* and *Rochana* effect of *Churna* improves digestion, increases appetite and reduce fatigue, headache, constipation. Its *Hridya* property reduces nausea and vomiting.
- Likewise all the ingredients of the analysed medication play important role to bring out the desired pharmacological action of the drug against the disease *Kashtartava*.

CONCLUSION

- Present review showed that the drug *Hingvadi Churna* fulfils all possible criteria of the therapeutic aspects for *Kashtartava* (primary dysmenorrhoea).
- The review highlights that there is huge scope of multicentric trial to provide the evidence based provisions to this classical medication.



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