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Critical review of Hinguleshwara rasa- A Herbo mineral formulation

Chaitra L V^{1*} and Jayalaxmi²

¹Dept of RSBK, Ramakrishna Ayurvedic Medical College Hospital and Research Center, Bangalore KA, India

²Sri Sidharameshwar Ayurvedic Medical College, Naubad Bidar, Karnataka, India

ABSTRACT

Hinguleshwara rasa is a known herbomineral khalveya formulation indicated in vataja jwara. Different classical references of Hinguleshwara rasa are found with different composition. Here an attempt is made to compile about Hinguleshwara rasa according to different classics in regarding to its ingredient, method of preparation, dose, anupana, indication. References of Hinguleshwara rasa was collected from various available classical texts. Dissertation and article were also reviewed. In all the classical texts, Hinguleshwara rasa consist of three ingredients, in which hingula is a common ingredients in all the classical references. Hinguleshwara rasa of Rasa Tarangini references was commonly chosen for research and dissertation works because of less, safe, effective ingredients, indicated in vataja jwara and amavata.

KEYWORDS

Khalveya rasayana, Hinguleshwara rasa



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INTRODUCTION

Jwara is *pradhana vyadhi* and *anubandhi vedana* in many of the disease. According to *acharya charaka*, *pratyatma lakshana* of *jwara* is *santapa* of *deha*, *manas* and *indriyas*. *Jwara* is clinically correlated to pyrexia. Pyrexia is the Greek term for fever, most of the diseases, injuries, infection of all kinds of bacteria, viral, fungal or parasitic tends to cause fever of greater or lesser degree.

Yogas which are prepared in *khalwa yantra* without *agni samskara* are called as *kharaliya rasayana*. Most of the *kharaliya rasayana* are potent metalo-mineral combinations with selected herbal media. Numbers of *jwarahara dravyas* are mentioned in Ayurvedic classics, most of them are *kharaliya rasa aushadhis*. *Hinguleshwara rasa* being one such *kharaliya rasayana* was found to be effective in *vataja jwara*¹.

Hence in present study an attempt is done to go through various classical references of *Hinguleshwara rasa* in order to understand the formulation in detail.

MATERIALS AND METHODS

References of *Hinguleshwara rasa* were collected from available classical texts of Ayurveda, including dissertation, research article etc, and are orderly tabulated and critically reviewed.

OBSERVATION AND RESULT

Jwara is *pradhana vyadhi* and *anubandhi vedana* in many of the disease. According to *acharya charaka*, *pratyatma lakshana* of *jwara* is *santapa* of *deha*, *manas* and *indriyas*. *Jwara* is clinically correlated to pyrexia. Pyrexia is the Greek term for fever, most of the diseases, injuries, infection of all kinds of bacteria, viral, fungal or parasitic tends to cause fever of greater or lesser degree.

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OBSERVATION AND RESULT

Hinguleshwara rasa, the name itself indicates that it contains *Hingula*, which acts on *jwara*². References of *Hinguleshwara rasa* are found in *Rasa Tarangini*¹, *Bhaishajya Rathnavali*³, *Bruhath Rasa Raja Sundara*⁴, *Bharatha Bhaishajya Rathnakara*⁵, *Rasa Kamadhenu*⁶, *Rasa Rathna Samucchaya*⁷ and *AFI*⁸ quoted the reference of *Bhaishajya Rathnavali*. In *Bhaishajya*

Rathnavali, *Hinguleshwara rasa* and *Bruhat Hinguleshwara rasa* is mentioned, where as in *Bharatha Bhaishajya Rathnakara* there are three reference of *Hinguleshwara rasa* as *Prathama Hinguleshwara rasa*, *Dwitiya Hinguleshwara rasa*, *Tritiya Hinguleshwara rasa*, in *Rasa Tarangini Hinguleshwara rasa* and *Sri Hinguleshwara rasa*⁹ and in *Rasa Rathna samucchaya*, acharya has explained in the name of *Bruhat Jwarahnkusha rasa*, in bracket mentioned *Hinguleshwara rasa*. (Table 1).

Table 1 Names of Hinguleshwara rasa from various texts

Sl.no	Ingredients	B.R ³	B.R.R.S ⁴	B.B.R(1) ⁵	B.B.R(2) ⁶	B.B.R(3) ⁷	R.T ¹	R.K ⁸	R.R.S ⁹
1	Shodhita Hingula	+	+	+	+	+	+	+	+
2	Shodhita Vatsanabha	+	+	-	-	+	+	+	-
3	Pippali	+	+	-	-	+	+	+	-
4	Shodhita Jayaphala	-	-	-	+	-	-	-	+
5	Shodhita Parada	-	-	-	+	-	-	-	+
6	Shodhita Gandhaka	-	-	+	-	-	-	-	-
7.	Tamra bhasma	-	-	+	-	-	-	-	-

B.B.R- Bharatha Bhaishajya Rathnakara, B.R.R.S – Bruhath Rasa Raja Sundara, B.B.R-Bhaishajya Rathnavali, R.T – Rasa Tarangini, R.K – Rasa kamadhenu, R.R.S –Rasa Ratna Samucchaya

COMPOSITION

OF

Hinguleshwara rasa in all the classical reference. Details of ingredients and their proportions mentioned in table 2. Details of bhavana dravya are mentioned in table 3.

HINGULESHWARA RASA

All classical texts mentioned three ingredients in *Hinguleshwara rasa*. *Hingula* is a key ingredient in the formulation of

Table 2 Ingredients and their proportions in Hinguleshwara rasa

Ref	Shodhita Hingula	Shodhita Vatsanabha	Pippali	Shodhita Jayaphala	Shodhita Parada	Shodhita Gandhaka	Tamra bhasma
B.R	1P	1P	1P	-	-	-	-
B.R.R.S	1P	1P	1P	-	-	-	-
B.B.R1	1Tola	-	-	-	-	1Tola	2Masha
B.B.R2	1P	-	-	3P	1P	-	-
B.B.R3	1P	1P	1P	-	-	-	-



R.T	1P	1P	1P	-	-	-	-
R.K	1P	1P	1P	-	-	-	-
R.R.S	2P	-	-	3P	1P	-	-

Table 3 Different Anupana/Sahapana and Matra of Hinguleshwara rasa from various texts

Ref	Anupana/Sahapana	Matra
B.B.R1	Madhu, dhanya kwatha, jeeraka kwatha	2 gunja
B.B.R2	Setha	1 gunja
B.B.R3	Seethala jala	Mulika beeja
B.R	Madhu	½ gunja
B.R.R.S	Madhu	2 gunja
R.T	-	½ ratti (sardha yava)
R.K	Madhu	2 gunja
R.R.S	Setha	1 gunja

Table 4 Different bhavana dravya of Hinguleshwara rasa from various texts

Ref	Bhavana dravya/time duration
B.B.R1	Salmali satwa bhavitha/ 1 yama
B.B.R2	Dantimoola kwatha/dinardha
B.B.R3	-
B.R	-
B.R.R.S	-
R.T	-
R.K	-3
R.R.S	Danti kwatha/dinardha

DOSE AND ANUPANA

Details of *anupana/sahapana* and *matra* of *Hinguleshwara* are mentioned in table 4.

REVIEW OF SOME RESERCH WORK AND PUBLISHED PAPERS ON HINGULESHWARA RASA PHARMACEUTICAL STUDY:-

Hinguleshwara rasa was prepared according to *Rasa Tarangini*, which consist *shodhita Hingula*, *shodhita vatsanabha*, *shodhita pippali* ¹².

ANALYTICAL STUDY:- Quantitatively *Hinguleshwara* rasa contains Hg-13.5%, S-14.80%, Ca – 0.82%, Na – 3.87% and K-

0.21%¹⁰. Marker components of *Hinguleshwara* rasa as alkaloids, terpenoids, steroids, reducing sugars and glycosides were present¹³.

Analytical report- Appearance is slightly crimsons red, odor / taste is strong/bitter, moisture content – 1.3%, ash content – 1.11%, acid insoluble ash – 0.16%, mercury content-22.56%, sulfur content – 18.39, Average diameter – 0.250cm, average length – 0.674%, average weight – 119mg, friability – 2.2, hardness <1kg/cm², disintegration time – 5min¹³.

EXPERIMENTAL STUDY

Study concluded that *Hinguleshwara* rasa prepared according to *Rasa Tarangini* was found effective in *jwara* and *sotha* ¹².

DISCUSSION

Hinguleshwara rasa is a known *Khalveya* rasayana indicated in *Vataja jwara*, *Amavata*. All classical texts mentioned three ingredients in *Hinguleshwara* rasa. *Hingula* is common ingredient in all the references. Maximum reference contain *shodhita Hingula*, *shodhita Vatsanabha* and *Pippali* has an ingredients, and this reference was taken for most of the



dissertations works, may be because of less, safe, effective ingredients, in which Hingula is jwarahara dravya. Where as in BBR(1) contain shoditha Hingula, shodhita Gandhaka, Tamra bhasma. BBR(2) and RRS contain shodhita Hingula, shodhita Jayaphala, shodhita Parada ,only difference in parts of Hingula and Jayaphala, Hingula 1part and 2part respectively in BBR(2), parts of Jayaphala and Parada are 3 part and 1part respectively RRS.

Bhavana drava – Maximum references has not mentioned about bhavana drava. Salmali satwa for 1 yama, Dantimoola kwatha for dinardha, Danti kwatha for dinardha bhavana is mentioned in BBR(1), BBR(2), RRS respectively as a bhavana dravya. According to anuktha mana, jala has to be taken has bhavana dravya. Here Bhavana and Bhavana dravya will increase the efficacy of the formulation. Shalmali is having kasaya rasa, madhura vipaka, sita veerya, laghu snigdha guna. Dantimoola is having katu rasa, katu vipaka, usna virya, guru tikshna guna. Properties of ingredients and bhava drava thus synergise the efficacy of the drug in jwara.

Dose ranges from ½ ratti to 2 ratti.

Anupana – Madhu, dhanya kwatha, jeeraka, seetha jala, setha. RasaTarangini has not mentioned anupana. Dhanya kwatha and jeeraka are indicated in jwara.

Review from research work showed that Hinguleshwara rasa containing hingula, vatsanabha, pippali was proved therapeutically efficient in jwara.

CONCLUSION

Hinguleshwara rasa is a khalveya rasayana. Ingredients and quantity varies in different classical texts. Hinguleshwara rasa of Rasa Tarangini references was commonly chosen for research and dissertation works because of less, safe, effective ingredients. This is an effective rasa aushadhi indicated in vataja jwara and amavata.



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