

An Insight into Mode of Action of Hinguleshwara Rasa

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DOI: [10.36348/sijtc.2022.v05i06.004](https://doi.org/10.36348/sijtc.2022.v05i06.004)

| Received: 27.06.2022 | Accepted: 13.07.2022 | Published: 20.07.2022

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Abstract

Rasa Shastra and *Bhaishjya Kalpana* has evolved as a separate branch of *Ayurveda*, where different formulations prepared using different *dravyas* can be used for curing different diseases. This is called as Formulation Development. These formulations are prepared on the basis of Disease, Dose, and mainly *Rasa Panchaka*. While formulating different medicines, *Acharyas* have framed the *dravyas* in such a way that the end product will be having the same properties of the drug and its action which it is intended to perform. One such formulation is *Hinguleshwara rasa* quoted in *Rasa tarangini*, *Vishopavishadivignyaneeya*. The medicine is prepared in such a way that, half *ratti* i.e., 62.5mg dose is enough for curing *Vataja Jwara* and *Ama Vata*. The aim of this present article is to focus on its probable mode of action in reference to *Jwara*, which can be assessed on the basis of *Rasa Panchaka* of the drugs individually.

Keywords: Formulation Development, *Hinguleshwara Rasa*, *Rasa Panchaka*, Mode of Action, *Jwara*, *Vata Jwara*.

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INTRODUCTION

Bhishak, *Dravya Upastha*, *Rogi*, these four are collectively known as *Pada Chatusthaya* which are considered as utmost important for *Chikitsa* (Treatment). Although these four things are having their importance individually, among these four, *Dravya* is said to be very important having additional qualities like *Bahukalpam*, *Bahugunam*, *Sampannam*, *Yogyam* which means it should have qualities to be prepared into different forms, it should have more properties, it should be of high quality, and it should have the properties to be used enough to prepare a medicine. Keeping all these rules in consideration, *Acharyas* used to prepare their own medicines and have also instructed the physicians to prepare their own medicines for curing the different diseases. One such formulation is *Hinguleshwara Rasa* which can have different properties.

Pharmaceutical Review of *Hinguleshwara rasa* [1]

It is said to be one of the Herbo-Mineral Formulation mentioned in *Rasa Tarangini* prepared with combination three drugs namely:

Table 1: Showing Ingredients of *Hinguleshwara Rasa*

S.no	Name of <i>Dravya</i>	Quantity
1	<i>Shuddha Hingula</i>	1 Tula
2	<i>Shuddha Vatsanabha</i>	1 Tula
3	<i>Pippali Churna</i>	1 Tula

Here all the three *dravyas* are made into fine powder and are triturated with *Jala* (water) till the homogenous consistency of *vati* (Tablet) is attained. Then *vati* (Tablet) of $\frac{1}{2}$ *Gunja* i.e., 62.5mg is prepared and dried in shade.

Review on Rasa Panchaka

Acharyas have chosen this formulation with the main aim of curing *Vataja Jwara & Ama Vaata*. For

this purpose, the *dravyas* are chosen in such a way that the combination of their *rasa panchaka* is used in reducing the *Jwara*.

Table 2: Showing Rasa Panchaka of Ingredients of Hinguleshwara rasa

	Hingula [2]	Vatsanabha [3]	Pippali [4]
Rasa	<i>Tikta, Kashaya, Katu</i>	<i>Madhura</i>	<i>Katu</i>
Guna	<i>Laghu, Rooksha, Teekshna</i>	<i>Laghu ruksha, teekshna, vyavayi, vikasi</i>	<i>Laghu, Snigdha, Teekshna</i>
Veerya	<i>Ushna</i>	<i>Ushna</i>	<i>Ushna</i>
Vipaaka	<i>Katu</i>	<i>Madhura</i>	<i>Madhura</i>
Karma	<i>Jwaraghna, Tridosha hara, Visha hara</i>	<i>Vatakapha hara, Jwara hara, Jangama visha hara</i>	<i>Vatakapha hara, Deepana, Paachana, Vrushya, Rasayana</i>

Review on Rasa Panchaka

As the combination of all the three *dravyas* has to be made and *Bhavana* is to be given with *Jala*, the

rasa panchaka of *Hinguleshwara rasa* will be as same of the *dravyas* used.

Table 3: Showing Rasa Panchaka of Hinguleshwara Rasa as a whole

Rasa Panchaka	Hinguleshwara Rasa
Rasa	<i>Katu</i>
Guna	<i>Laghu, Rooksha, Teekshna</i>
Veerya	<i>Ushna</i>
Vipaaka	<i>Katu</i>
Karma	<i>Jwaraghna, deepana, paachana, tridosha hara</i>

Review on Hingula [5]

Hingula is classified as one of the *sadharana rasa* and is considered as main ore of *Parada*. As this mineral is available naturally and can be prepared artificially, it needs to undergo a *Shodhana* (purification) where different *shodhana dravyas* are used to eliminate the impurities present in it. The procedure of *Shodhana* is done with any of the *dravya swarasa* (Juice of drugs) like *ardraka swarasa, nimbu swarasa, aja ksheera*. But mainly to get *jwaraghna* property, it needs to undergo *shodhana* along with *ardraka swarasa* by the procedure of *bhavana* (Levigation) for 7 times with which it gets purified. After which it has to be washed and dried in shade and can be taken for further use.

Review of Vatsanabha [6]

Vatsanabha is classified under *maha vishas* which is considered as highly toxic. It is also one of the *Sthavara visha* (plant origin) where its roots are used for different medicinal preparations. As it comes under *Maha Visha varga, Moola* of *Vatsanabha* needs to undergo *Shodhana* with *Gau mutra* or *Gau ksheera*, where *nimajjana* i.e., dipping and leaving in *Gau mutra* has to be done for 3 days by changing the *Gau mutra* daily and adding freshly collected *Gau mutra*. In the second method, *swedana* i.e., boiling has to be done along with *Gau ksheera* by keeping the *Vatsanabha* in a *pottali* and tying it and suspending it into *dola yantra* for 3 hours, with which it gets purified.

Review of Pippali [7]

Pippali is mentioned in *Dashemani gana* by both *Charaka* and *Susrusha* and in *Shatapushpadi varga* in *Dhanwantari Nighantu* where it is said to have multiple properties like *Tridosahara, Deepana, Paachana* etc. As it is having *teekshna guna* when fresh drug is to be used, it cannot be powdered easily. For which *bharjana* in *Gau ghruta* is said to be done with which the *teekshnata* can be reduced and also its *ardrata* will be decreased and it can be powdered easily and can be further taken for medicinal use.

Review on Hinguleshwara rasa [8]

Because of different *rasa panchaka* (properties) of *Shuddha Hingula, Shuddha Vatsanabha* and *Pippali, Hinguleshwara rasa* when at a dose of $\frac{1}{2}$ gunja i.e., 62.5mg, it reduces *vataja jwara*.

Review on Jwara and fever

According to Ayurveda, *Jwara* is caused because of *ama* which is formed due to *mithyahara vihara* and is classified into 8 types [9] but when it comes to Biomedical Science, it is termed as Fever, occurring due to the imbalance of body temperature which is controlled by Hypothalamus. This temperature regulation is affected by Pyrogens which are released either from bacteria and viruses or from destroyed cells of the body and are capable of rising thermostat thereby causing rise in body temperature. When these pyrogens flow through hypothalamus, they bind to certain receptors in the hypothalamus, and there by body temperature increases ultimately causing fever.

Discussion on Mode of Action of *Hinguleshwara Rasa*

According to Pharmacokinetics and Pharmacodynamics, any drug which enters into human body, undergoes these following steps like Absorption, Distribution, Metabolism and Excretion (in Pharmacokinetics), (in Pharmacodynamics) Ligand-gated ion channels, G protein coupled receptors, Enzyme linked receptors and Intracellular receptors. When this *Hinguleshwara rasa* is taken at a dose of 62.5mg, it undergoes the same steps and then starts acting on the body. As the three drugs present in this formulation have *teekshna*, *ruksha* and *ushna guna*, soon after disintegration, they start entering the *srotas* and act on their respective *adhithanas*. The *dravyas* used in this preparation are having *jwaraghna* properties which have been proved in different studies individually and also a theory can be claimed that, *Shuddha Vatsanabha* and *Shuddha Hingula* because of their *Rasibhavanti* properties will enter into the *srotas* and will directly work on the Hypothalamus that controls the body temperature and will help in reducing fever. Apart from its *Jwaraghna*, when it comes to *Siro bhaga*, all the *dravyas* will act according to their *gunas* i.e., *laghu*, *teekshna*, *vyavayi*, *yogavahi*, by which it can be claimed that they will enter into *srotas* and start their action in curing different ailments like *Jwara*, etc., also because of their action on CNS which has been proved in different studies that their action can result in significant changes in system there by curing the ailment. Also, as *Ama* is considered as the main reason for all the diseases, the *Deepana*, *Paachana*, *guna* of these *dravyas* help in complete *ama pachana* and there by resulting in *agnideepti* and curing the diseases.

CONCLUSION

When it comes to *chikitsa*, *Acharyas* have clearly mentioned that *Chatushpada* is the main key where *Dravya* is having most important role in choosing for the line of treatment. Even though there are more than hundred single and compound formulations mentioned for the treatment of *Jwara*, choosing the right medicine according to the *Dosha*

predominance helps in achieving fast results with more accurate treatment. Apart from this one should also have the sound knowledge on how and on which system the medicine is going to work which makes the choosing of the medicine even easier for the line of treatment. *Hinguleshwara Rasa* is one such formulation with minimal ingredients that has been proven beneficial in *Jwara Roga*.

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