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A Review on the Therapeutic Properties and Mode of Action of Hingvashtaka Churnam

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ABSTRACT

Hingvashtaka churna is mentioned in the *vatika gulma chikitisadhikara* of *Astanga Hrdaya Chikitsasthana* (14/35). *Hingu* means Asafoetida, this is the main ingredient. *Ashta* means eight, indicating that this product contains 8 ingredients. All the drugs are taken in *dharana pramana*.

The dose of *churna kalpana* mentioned in Ayurveda classics is one *karsha*. *Ghrta* is indicated as the *anupana* for *ashta churna*. It should be taken along with first bolus of food. *Ashta choornam* is predominant with *katu* and *lavana rasas*. It is *ushna* in *virya* and *katu* in *vipaka*. It acts as *vata kapha samaka* and *pitta vardhaka*. It is *deepana* and *pachana*.

Ashta choorna is *jadaragni vardhana* and *vatagulma nasaka*. *Ashta churna* is also suitable to treat *amaja* disorders, *aruchi*, *amasaya soola*, *krimi*, etc.

Keywords: *Hingvastaka churna*, *Vata gulma*.

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