

A review study of the role of hingvastaka churna in agnimandya

Shivani J. Mishra^{*1}, Gangaprasad Asore², Sachin Sheth³

1. PhD Scholar , Assistant Professor Rasshasatra and Bhaishajya Kalpana Department, SNKD Trust's Nalasopara, Ayurved medical College, 7021751541

2. Phd Guide, Associate Professor and HOD, Rasshasatra and Bhaishajya Kalpana Department, APM's Ayurved Mahavidyalaya Sion, 9653101952

3. Assistant Professor , Rasshasatra and Bhaishajya Kalpana Department, APM's Ayurved Mahavidyalaya Sion, 9322191966

***Corresponding author:** Email ID: dr.shivanimishra25@gmail.com

Abstract:

Agnimandya (impaired digestive fire) is one of the most common clinical conditions described in Ayurveda and is considered the root cause of many diseases. Hingvastaka Churna, a classical Ayurvedic polyherbal formulation, has been widely used to enhance digestion and pacify Vata dosha. This review compiles classical references, pharmacological properties, and available research evidence to evaluate the effectiveness of Hingvastaka Churna in the management of Agnimandya. The findings indicate that the formulation significantly improves digestive strength, reduces symptoms such as flatulence, abdominal discomfort, and bloating, and enhances overall gastrointestinal function.

Agnimandya, characterized by decreased digestive capacity, is a

pathogenesis described in Ayurveda resulting from hypo-functioning of Agni (digestive fire). Factors such as irregular eating habits, sedentary lifestyle, and stress aggravate the condition, leading to the formation of Ama (metabolic toxins). Hingvastaka Churna is a traditional Ayurvedic formulation mentioned in classical texts for its deepana (appetizer) and pachana (digestive) properties. It is especially indicated in Vata-dominant gastrointestinal disorders, including Agnimandya, flatulence, colic, and indigestion. This review concludes that Hingvastaka Churna remains a safe, cost-effective, and potent formulation for the management of Agnimandya, although more standardized clinical trials are needed to validate its efficacy and mechanisms of action.

Keywords: Agnimandya, Hingvastak churna, Digestion, Deepan , Pachan

INTRODUCTION :

A churna is fine powder obtained by pounding and filtering the dry drugs. Hingvastaka churna is an Ayurvedic polyherbal formulation sold in the form of powder. It is mentioned in Herbal Pharmacopoeae of India as well as in Ayurvedic Formulary of India. Tannins, phenols, alkaloids, glucosides are present in hingvastaka churna. It is used as a digestive aid and is used to treat disorders of the digestive system. It also helps in treating the problems associated with flatulence and defeacation. It also helps in the management of vata imbalances and vata related diseases. Agni is responsible for varna, bala and sukhayu of an individual. By properly maintaining a balance in agni, one can attain a long and a healthy life. There are 4 types of Agni – Samagni, Mandagni, Teekshnagni and Vishamagni. Samagni involves normal digestive metabolic power. Mandagni is reduced power of digestion and metabolism. Teekshnagni involves intense power of digestion and Vishamagni is irregular and it involves sometimes intense and sometimes reduced power of digestion and metabolism. Agnimandya is considered as the root cause of all diseases. Weakening of the agni results in incomplete production of rasa dhatu which itself helps in the nutrition of the subsequent dhatu. Agnimandya can manifest itself as a symptom or a disease. Changes in lifestyle, diet and any other chronic disease conditions can cause Agnimandya. Aggrevation of kapha is an important cause of Agnimandya. This agnimandya results in the formation of ama which results in srotodushti and vimarga gamana. Therefore, protection of agni is of prime importance in the treatment of Agnimandya. The symptoms of indigestion

include burning sensation in the stomach associated with abdominal pain, bloating, belching, nausea and vomiting. People who consumes too much alcohol, excessive use of pain killers, smoking, obesity, anxiety and depression are at high risk of indigestion. . It is indicated in Agnimandya , sula, gulma and vataroga.

Composition of Hingvastaka Churna:

According to classical texts, Hingvastaka Churna consists of:

1. Hingu (Asafoetida)- 1/8 Part
- 2.Saindhava Lavana (Rock salt) - 1 Part
- 3.Jeeraka (Cumin)- 1 Part
- 4.Shweta Jeeraka (White cumin)- 1 Part
- 5.Sunthi (Dry ginger)- 1 Part
- 6.Maricha (Black pepper)- 1 Part
- 7.Pippali (Long pepper)- 1 Part
- 8.Ajmoda (Carum roxburghianum)- 1 Part

Pharmacological Properties:

According to Ayurveda

Deepana – enhances appetite

Pachana – improves digestion and metabolism

Vatanulomana – regulates downward movement of Vata

Amapachana – helps remove Ama

Krimighna – antihelminthic

Shroto-shodhana – cleanses microchannels

Modern Pharmacological Actions:

Mechanism of Action (Modern Scientific View)

The actions of the churna can be attributed to the properties of its key ingredients (asafoetida, ginger, black pepper, long pepper, carom seeds, cumin seeds, black cumin seeds, and rock salt).

Carminative Action: The blend of spices, especially asafoetida (hing) and carom

seeds (ajwain), helps prevent the accumulation of gas and facilitates its downward passage, providing relief from flatulence, bloating, and abdominal distension.

Stimulation of Digestion: Ingredients like **ginger** and the *Trikatu* blend (ginger, black pepper, long pepper) stimulate the secretion of digestive enzymes and bile acids, thereby enhancing the "digestive fire" (Agni in Ayurveda) and improving nutrient absorption.

Anti-inflammatory

Effects: Compounds in ginger and asafoetida possess anti-inflammatory properties that help soothe inflammation within the gastrointestinal tract, easing discomfort and potentially protecting against gastric lesions.

Antispasmodic Properties: The churna helps calm intestinal spasms and promotes smooth bowel movements, which is beneficial for relieving abdominal cramps and some forms of constipation.

Prokinetic Effect: Ginger powder in particular helps reduce food retention time in the stomach, facilitating faster digestion.

Pathophysiology of Agnimandya:

Agnimandya occurs due to vitiation of one or more doshas



Reduced appetite Sluggish digestion



Formation of Ama



Flatulence, heaviness, bloating



Constipation or irregular bowel habits

Vata-dominant Agnimandya is particularly responsive to therapies that warm the digestive system

Mode of Action of Hingvastaka Churna in Agnimandya:

● **Deepana–Pachana Effect**

Ingredients like Pippali, Sunthi, and Maricha stimulate the digestive fire and increase enzymatic secretion.

● **Vatanulomana**

Hingu and Ajmoda help regulate Vata, reducing gas formation and abdominal discomfort.

● **Ama-Pacification**

The formulation breaks down undigested metabolic residues, improving nutrient absorption.

● **Enhancement of GI Motility**

Spices in the formulation act as carminatives and reduce intestinal spasms, supporting smooth digestion.

Review of Clinical Studies:

Though classical use is extensive, modern evidence also supports Hingvastaka Churna's efficacy. Clinical trials show notable improvement in symptoms such as flatulence, anorexia, and abdominal discomfort. Experimental studies indicate enhanced amylase and lipase activity, promoting faster digestion. Comparative studies suggest Hingvastaka Churna is effective when used alone or as an adjuvant with other Ayurvedic therapies for Agnimandya and Grahani disorders.

Dosage and Administration

Dose: 2–3 grams

Route: Oral

Adjuvant: Warm water or ghee

Timing: Before or after meals based on clinical need.

Safety and Contraindications:

Generally safe when taken in recommended doses

Excessive use may cause gastritis, burning sensation, or aggravation of Pitta

Contraindicated in ulcers, hyperacidity, and pregnancy unless advised by a physician

Discussion:

The synergistic action of ingredients in Hingvastaka Churna directly addresses the root pathology of Agnimandya. Its deepana–pachana properties stimulate Agni, while Vata-pacifying herbs reduce gas and heaviness. Modern pharmacological findings further support traditional Ayurvedic claims, validating its use as a potent remedy for digestive impairment.

Conclusion:

Hingvastaka Churna is a safe, effective, and time-tested Ayurvedic formulation for Agnimandya. Its pharmacological profile supports its classical indications, making it a valuable therapeutic option for enhancing digestive function, improving metabolism, and alleviating gastrointestinal discomfort. More extensive clinical trials would further strengthen evidence regarding its efficacy.

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