



Review Article

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CLASSICAL REFERENCES OF HINGU (ASAFOETIDA) WITH SPECIAL REFERENCE TO BRIHATRAYI: A REVIEW

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ABSTRACT

Hingu (Asafoetida) is a commonly used traditional spice in Asian cuisine since ancient times. The botanical source of Hingu is *Ferula asafoetida* (Bunge) Regel: Apiaceae family, native to the mountains of Afghanistan, Iran and Pakistan. The useful part of the drug is the oleoresin gum extracted from the stem and rhizome of the Asafoetida plant. This study was designed to compile the classical uses of Hingu in Brihatrayi. In this study, 72, 56 and 62 references for uses of Hingu were founded in Charaka Samhita, Sushruta Samhita and Ashtanga Hridaya Samhita, respectively. According to these references, Hingu can apply in various dosage forms such as Kashaya, Curma, Vati, Gutika, Varti, Lepa, Leha, Taila, Ghrita, Anjana, Dhupana and Dhupana. And also it is useful in a vast range of diseases belonging to various disciplines of Ayurveda, including Kaya Cikitsa, Kaumarabhritya, Shalya, Shalakyas, Graha Cikitsa, Vajikarana, Visha Cikitsa, Striroga and Prasuti roga. It is mainly indicated in diseases of Annapacana (Gastrointestinal tract) and Shwasana (Respiratory tract) and also as a Rakshoghna dravya. Hence, it can be concluded that Hingu is a mostly prescribed herbal medicine in Brihatrayi. It is a more valuable herbal source in managing various diseases in human beings in all stages of their lifespan.

Keywords: Hingu, Asafoetida, Brihatrayi, Rakshoghna, GIT disorders, Respiratory disorders.

INTRODUCTION

DRUG PROFILE

Asafoetida (Hingu) is the dried latex (gum oleoresin) exuded from the rhizome or tap root of several species of *Ferula*.¹

Taxonomic information on Asafoetida

Kingdom	: Plantae
Class	: Dicotyledons
Subclass	: Polypetalae
Series	: Calyciflorae
Order	: Umbellales
Family	: Apiaceae (Umbelliferae)
Genus	: <i>Ferula</i>
Species	: <i>Foetida</i>

Ferula denotes the meaning of Giant funnel, while *Foetid* means very stinky (having a foul smell) because it has a strong garlicky flavour. Hence, it is often used as a substitute by people who do not use onion and garlic in their dishes.

Vernacular / Regional names of Asafoetida

English	: Asafoetida, Devil's Dung
Hindi	: Hing, Heeng
Telugu	: Ingua
Tamil	: Perungayam
Malayalam	: Perungayam, Kayam
Bengali / Marathi	: Hing
Gujarati	: Badharani
Kannada	: Hingu, Ingu

Synonyms for scientific name:

1. *Ferula foetida* (Bunge) Regel.
2. *Ferula narthex* Boiss.

Sanskrit Synonyms for Asafoetida

Hingu	: Quickly perceives by the nose because of its penetrating quality
Uragandha	: Having a powerful odour
Jantughna / Jantunashaka	: Having anthelmintic action
Sahasravedhi	: Effective in thousands of ways
Bahlika	: Available in Punjab (Bahlika desha)
Jatuka	: A resinous exudate from the plant

Morphology of Asafoetida plant

Habitat	: Native to the mountains of Afghanistan and Iran. In India, Punjab and Kashmir.
Habit	: Perennial herb growing 1 to 1.5 meters.
Root	: Fusiform
Stem	: 5 to 8 feet tall.
Leaf	: Lower leaves are 30-60cm long and pubescent when they are young. Ovate in shape. Cauline sheaths are large. Margins are entire or irregularly crenate-serrate.
Inflorescence	: Terminal compound umbel
Fruit	: 8x5 mm, having vittae, reddish-brown.



Chemical constituents of Asafoetida

Resin (Asaresinotannol)	: 40 – 65%
Gum	: 20 – 25%
Volatile oil	: 4 – 20%

References in Brihatrayi

Table 1: Classical references in Charaka Samhita

	Chapter Name and No.	Shloka	Description
SUTRASTHANA ^[2-5]			
01	Shadvirecanashatashritiya (4)	9	As an ingredient of Dipaniya Deshamani.
02	Santarpaniya (23)	15	Kushthadi Prayoga: Indicated in Dysuria and obstinate urinary disorders, including Prameha.
		20	Trayushnadi Prayoga: In Madhumeha, Mudhavata, obstinate skin diseases, diseases of the spleen, Anemia, Oedema, Dysuria, Anorexia, Heart diseases, Tuberculosis, Cough, Dyspnoea, Spasmodic obstructions of the throat, parasitic, Sprue, infections, Leucoderma and over corpulence caused by the nutrition.
03	Yajjapurushiya (25)	40	Agrya karma of Hingu: Chedana, Dipana, Anulomana and Vata-Kapha Shamaka.
04	Annapanavidhi (27)	299	Used in Udarashula and it has Pacana and Rocana actions.
VIMANASTHANA ^[6-7]			
05	Rogabhishagjitiya (8)	142	As an ingredient of Katuskandha Dravya- Kapha Shamaka.
		151	As an ingredient of Shirovirecana Dravya, it eliminates dosha from the head.
SHARIRASTHANA ^[8-10]			
06	Jatisutriya Sharira (8)	34	One of the Drugs is stored in the Maternity home.
		41	Picu dharana or Anuvastana basti with Shatapushpadi oil is helpful in the removal of the placenta.
		47	Hang in the neck of mother and child to protect the newborn from Graha dosha.
		61	A Drug of fumigation of Cloths used for bedspreads and apparel of children and mothers.
CIKITSASTHANA ^[11-35]			
07	Vajikarana (2-4)	19	Vrishya Pupalika Yoga 1: Nourishing, strength, aphrodisiac and auspicious in the male by increasing the quantity of semen.
		21	Vrishya Pupalika Yoga 2: Nourishing, strength, aphrodisiac and auspicious in the male by increasing the quantity of semen.
08	Jwara Cikitsa (3)	305	Inhalation of Hingu Dhupana is useful in different types of Vishama Jwara.
09	Gulma Cikitsa (5)	69-70	Hingu Sauvarcaladya Ghrita: Indicated in Vatik Gulma.
		79-84	Hingvadi Curna or Gutika: Indicated in Vata-Kaphaja Gulma, Anaha, Mutrakricchra, Gudashula, Yonishula, Grahani, Arshas, Pandu, Pliharoga, Aruci, Kasa, Shwasa, Hikka, Urograha and Galagraha. .
		85	Hingvadi Yoga: Indicated in Pain of Vataja Gulma.
		142	Dashamuli Ghrita: Indicated in Kaphaja Gulma.
		143-146	Bhallatakadya Ghrita: Indicated in Kaphaja Gulma, Pliharoga, Pandu, Grahani, Shwasa and Kasa.
10	Kushtha Cikitsa (7)	108-110	Tiktekshvakvadi Taila: Indicated in Kandu, Kushtha, Vata-Kapha disorders.
11	Unmada Cikitsa (9)	34	Hingvadya ghrita: Indicated in Unmada.
		49-51	Lashunadya ghrita I: Administration Internally, Externally and as Pralepa is used in endogenous and exogenous Unmada and Vishama Jwara.
		52-56	Lashunadya ghrita II: Internal application cure Shula, Krimi, Gulma, Arshas, Jathara, Bradhna, Pandu, Plihodara, Jwara, Yonidosha, Vata-Kaphaja Vyadhi and all types of Unmada.
		57-58	Medicated ghee prepared with adding Hingu is helpful in all types of Unmada.
		64-65	Dhumapana and Anjana of Shirishadi and Vyoshadi Yoga is indicated in Unmada, Graharoga and Apasmara.
		66-67	Anjana Prayoga of Apamarga-Hingvadi paste is useful in Bhutonmada, Jwara, Netraroga and Apasmara.
		69-73	Siddharthaka Vacadi Paste: Indicated in Apasmara, Visha, Unmada, Kritya, Alakshmi and Jwara as Pana, Anjana, Dhumapana, Alepana, Snana or Udvartana.
		74	Virecanika Dhuma is useful in Excessive salivation and Pinasa of Unmada and Apasmara patients.
12	Apasmara Cikitsa (10)	26	Medicated ghee prepared with Hingu etc., is indicated in Apasmara, Hridroga and Graha dosha.
		27	Vacadya ghrita is indicated in Vataja and Kaphaja Apasmara.
		34-36	Palankashadya Taila is used in Apasmara. Dhupana and Pralepana of this oil paste is also useful.
		37-38	Pippali Lavanadi paste is useful in Apasmara by applying it as Pradeha or Dhupana.
		48-49	Mastadya Varti is indicated in Apasmara (as Anjana prayoga) Kilasa, Unmada and Vishama Jwara.
13	Shvayathu Cikitsa (12)	43-46	Kshara Gutika is indicated in Plihodara, Shwitra, Halimaka, Arshas, Pandu, Aruci, Kshaya, Shosha, Shopha, Visucika, Gulma, Visha, Ashmari, Kasa, Shwasa and Kushta.
14	Udara Cikitsa (13)	158-161	Pippalyadi Kshara: Indicated in Plihodara, Hridroga, Shotha, Gulma, Arshas, Udararoga, Visucika, Udavarta, and Vatashtila.
15	Arsha Cikitsa (14)	62-64	Tryushanadi curna: Indicated in Arsha-Grahani-Shula-Anaha.
		71	Citrakadi Yoga is indicated in Arshas.
16	Grahani Cikitsa (15)	103-105	Abhaya-Pippali Kashaya is useful in Amaja Grahani.
		108-110	Maricadya Curna is useful in Vataja Grahani and Aruci.
		173-176	Pippalyadi ghrita: Indicated in Vata-Kapha roga, Visa-Gara.
		186-187	Vatsakativishadi Kshara: In Grahani, Shotha, Arsha and Pandu.

		188	Triphaladi Kshara is used in Pliharoga, Mutragraha, Shwasa, Hikka, Kasa, Vata-Kaphaja Arshas, Grahani, Pandu, Krimi, Jwara, Atisara, Shosha, Shotha, Prameha, Anaha, Hridograha and Visharoga. It is best in Agnidipana.
17	Hikka Shwasa Cikitsa (17)	87	Food intake by mixing Hingu is used in managing complications of Shwasa like Udavarta and Adhmana.
		101-104	Yavagu prepared with Hingu is used in Hikka-Shwasa.
		108	A drink prepared with Hingu-Sauvarcala etc., is useful in Hikka and Shwasa.
		140-141	Dashamuladya ghrita is indicated in Hikka and Shwasa.
		141-144	Tejovatyadi ghrita is used in Hikka, Shwasa, Shotha, Vatika Arshas, Grahani, Hridroga and Parshwashula.
18	Kasa Cikitsa (18)	36-38	Pippalyadi ghrita is indicated in Kasa, Shwasa, Hridroga, Gulma, Parshwashula and Grahani.
		47	Vidangadi Curna is used in Vataja Kasa and is associated with Kapha, Shwasa, Hikka and Agnimandya.
		52	Vidangadi Leha is indicated in Kasa, Hikka and Shwasa.
		53-56	Citrakadi Leha is used in Kasa, Hridroga, Shwasa and Gulma.
		113-114	Pata-Shuntyadi Kashaya is useful in Kaphaja Kasa.
		123-124	Dashamuladi Ghrita: In Kasa and Shwasa by Vata and Kapha.
19	Atisara Cikitsa (19)	26-29	Hingu is one of the drugs useful for Diarrhoea.
20	Visha Cikitsa (23)	54-60	Mrita Sanjivana Agada is used in all types of Visharoga.
		77-94	Maha Gandha Hasti is used in Mushika, Luta and Sarpa Visha.
		96	Hingvadi paste is indicated in complications caused by poisoning like Jwara, Hikka, Shwasa and Kasa.
		102	Ksharagada is indicated in all types of Visha, Gulma, Kushta, Arshas, Bhagandara, Pliharoga, Shotha, Apasmara, Krimi, Bhoota, Swarabheda, Pandu, Kasa, Agnimandya and Unmada.
21	Trimarmiya Cikitsa (26)	13	Pinyaka-Sauvarcaladi Varti: Used in Udavarta as Guda Varti.
		20	Dviruttara-Hingvadi Curna is used in Anaha, Visucika, Hridroga, Gulma and Udavarta.
		64-65	Trityadi Curna is indicated in Gulma and Breaking of Ashmari.
		83	Haritakyadi medicated oil is used in Gulma, Hridroga and Vataja Parshwashula.
		152	Inhalation of Manahshila-Vacadi powder is indicated in Kaphaja Pratisyaya.
		183-184	Medicated oil prepared by Twak, Danti, Hingu etc., is useful in Krimija Siro roga.
		222	Hingvadi taila is indicated in Karnashula.
		226-229	Kshara taila is indicated in Badhirya, Kamanada, Putikarna, Krimikarnaka and Karnashula.
KALPASTHANA^[36-37]			
22	Shyamatrivrita Kalpa (7)	15-16	Trivrit and Hingu should be taken along with cow's urine for Purgation.
		51-55	Trivrtadi Modaka: In Trika-Vankshana-Hrit-Basti toda, Arsha, Hikka, Kasa, Aruci, Shwasa and Kaphaja Udavarta.
		63-64	Trayushanadi curna: In Gulma and Parshwa arti.
SIDDHISTHANA^[38]			
23	Trimarmiya Siddhi (9)	8	Drinking Matulunga juice or any other sour drink mixed with Hingu is useful in treating diseases of Vital organs.
		18	Powder of Tumburu, Abhaya, Hingu etc., is useful to treat Hridograha in Apatantraka and Apatanaka.
		31	Hingu-Dviruttara Curna is useful in Mutra Jathara.

Table 2: Classical references in Sushruta Samhita

	Chapter Name and No.	Shloka	Description
SUTRASTHANA^[39-42]			
01	Jalaukavacaraniya (11)	13	Hingu is one of the Pakya Kshara.
02	Dravya Samgrahaniya (38)	22-23	One of the drugs of Pippalyadi gana: Is Kaphahara, which cures Pratishya, Vataroga, Aruci, Agnimandya, Gulma, Shula and Amapacana.
03	Samshodhana Samshamaniya (39)	6	One of the ingredient of Shirovirecana Dravya.
04	Annapana Vidhi (46)	221-222	One of the ingredients of Katu Rasa Shaka. So, it is Ushna Virya, Rucya and Vata-Kaphahara.
		228	Properties of Hingu: Laghu Guna, Ushna Virya, Pacana, Dipana, Kapha-Vatahara, Katu Rasa, Snigdha-Sara-Tikshna Guna. It cures Shula, Ajirna and Malabaddha.
SHARIRASTHANA^[43-44]			
05	Sukrashonita Shuddhi Shariram (2)	10	When semen (Artava) features faeces, medicated ghee prepared with Hingu should be administered as Shuddhi Karma.
06	Garbhini Vyakarana (10)	57	Garbhasrava (Prathama Srava) is an ingredient of pain relief formulations.
CIKITSASTHANA^[45-51]			
07	Maha Vatavyadhi Cikitsa (5)	25	Ghee mixed with more Hingu and Yawakshara is useful in pain in Tuni and Pratituni.
		28	Hingvadi Gutika: In Kasa, Swasa, Gulma, Udara, Aruci, Hridroga, Adhmana, Parshwa-Udara-Bastishula, Anaha, Mutrakricchra, Pliha, Arsha, Tuni and Pratituni.
08	Bhagandara Cikitsa (8)	38	Trikatu-Vaca-Hingu etc. Curna in pain of Bhagandara.
09	Prameha Cikitsa (11)	9	Paste of Kushtha-Kutaja-Hingu etc. in Sarpi Meha.
		11	Camel's dung-Hingu-Saindhawa etc. Curna in Prameha.
10	Udara Cikitsa (14)	10	Jyotishmati oil-Milk-Hingu etc., in Udara.
		13	Warm milk with Hingu and Sauvarcika in Plihodara.
11	Mudhagarbha Cikitsa (15)	20	Pippali-Pippalimula-Hingu etc. Curna in pain of Aparapatana.
12	Niruha Karma Cikitsa (38)	25	One of the ingredients of Niruhopayogi Dravya.
		103	One of the ingredients of Doshahara (Madhutailika) is Basti.

UTTARASTHANA ^[52-73]			
13	Shlesmbhishyanda Pratishedha (11)	6	Anjana prayoga of Saindhawa-Hingu-Triphala etc. is indicated in Kaphaja Abhishyanda and Adhimantha.
14	Nasaroga Pratishedha (23)	4	Nasya prayoga (Avapida Nasya) of Hingu-Vyosha-Vatsaka etc., is useful in Putinasya.
15	Skandapasmarata Pratishedha (29)	5	Udvartana (Utsadana) treatment with powder of Vaca and Hingu is beneficial in Skandapasmarata Graha.
16	Putana Graha Pratishedha (32)	6	Dhupana treatment with Devadaru-Vaca-Hingu etc., is indicated in Putana Graha.
17	Naigamesha Graha Pratishedha (36)	6	Udvartana treatment with powder of Vaca and Hingu is beneficial in Naigamesha Graha.
		7	Dhupana treatment with Siddharthaka-Vaca-Hingu etc., is indicated in Naigamesha Graha.
18	Jwara Pratishedha (39)	130-131	External application of a paste of Daru-Haimavati-Hingu etc., is beneficial as Shodhana Cikitsa in Jwara with Durbala, Adhmana and Udarashula.
		193-195	Decoction of Nagara-Dhanyaka-Bharngi etc., added with Honey and Hingu, is useful in Shwasa-Kasa-Lalasarva-Galagraha-Hikka-Kantashotha-Hrid and Parshwashula of Kapha Vata Jwara.
		35	Amapacana yoga: Kalinga-Ativisha-Hingu etc.
19	Atisara Pratishedha (40)	37	Amapacana yoga: Abhaya-Ativisha-Hingu etc.
		44	Amapacana yoga: Hingu-Vatsakabija-Vaca etc.
		48	Amatisara Cikitsa: Curna of Haritaki-Ativisha-Hingu etc
		52	Amatisara Cikitsa: Paste of Lavana-Pippali-Hingu etc.
20	Gulma Pratishedha (42)	27-28	Hingvadi Ghrita is indicated in Udarashula, Anaha and Vataja Gulma.
		29-30	Dadhika Ghrita: In Gulma, Pliharoga and Udarashula.
		69	Pathya-Lavana-Kshara-Hingu etc. for Vatika Gulma.
		95-99	Powder of Prithvika-Ajali-Cavika, mixed with more Hingu and Sugar, is useful in Vataja Udarashula.
		120	Fine powder of Pushkaramula-Hingu-Sauvarcala etc., is indicated in Parshwashula, Hridshula and Bastishula.
		121	Medicated ghee prepared with Ghee and Hingu is beneficial in Parshwashula.
		127	Decoction of Nagara-Dipyaka-Cavya etc., in Udarashula.
128	Decoction of Vaca-Sauvarcala-Hingu etc. is indicated in Udarashula for immediate action.		
21	Hidroga Pratishedha (43)	12	Powder of Pippali-Ela-Vaca-Hingu etc. is beneficial in Vataja Hidroga.
22	Panduroga Pratishedha (44)	25	Pills of Sauvarcala, Hingu and Kiratatikta in Panduroga.
23	Panatyaya Pratishedha (47)	25	Wine mixed with Prithvika-Dipyaka-Hingu etc. is indicated in Vataja Madatya.
		38	Powder (Paste) of Twak-Pippali-Hingu etc. in Panajirna.
24	Shwasa Pratishedha (51)	27-29	Medicated Ghee of Talisa-Tamalaki-Jivanti etc. added with more of Hingu is indicated in all kinds of Shwasa.
		46-47	Medicated Ghee of Pippali-Kulattha-Hingu etc. is useful in Shwasa and Hikka.
25	Kasa Pratishedha (52)	14	Powder of Shringi-Vaca-Hingu etc. is beneficial in Kasa by removing blocking of mouth.
		21	Consumed of Hingu with Sauviraka in Kasa.
		22	Dhumapana of Bharngi, Vaca and Hingu in Kasa.
26	Udavarta Pratishedha (55)	43-44	Powder of Hingu-Kushtha-Vaca etc. mixed with Gruel is beneficial in Vataja Udavarta and Vataja Udarashula.
		50-51	Decoction of Yava and Kantakariphala added with Hingu is indicated in Annaja Udavarta.
27	Visucika Pratishedha (56)	14	Powder of Pathya-Vaca-Hingu etc. is indicated in Visucika, Ajirna, Udarashula and Aruci.
		15	Saindhawa and Hingu mixed with sour gruel in Visucika.
28	Arocaka Pratishedha (57)	7	Powder of Krishna-Yavabhasma-Hingu etc. is indicated in Vataja Arocaka.
29	Amanushopasarga Pratishedha (60)	39	Dhumapana with hairs of Goat-Bear-Owl, Hingu and Goat's urine is useful in powerful Graha dosha.
30	Apasmara Pratishedha (61)	31-33	Siddharthaka ghrita is used in Krimi, Kushta, Gara Visha, Shwasa, Kaphaja roga, Vishama Jwara, Graha roga, Apasmara and Unmada.
31	Unmada Pratishedha (62)	27-29	Phala ghrita is beneficial for Bala Graha Dosha, Shukra dosha and Stri Vandhyatwa.
		30	Preparation of Brahmi-Aindri-Vyosha-Hingu etc. is indicated in Unmada roga. It can be applied as Avapida Nasya, Anjana, Lepa, Dhumapana, External paste etc.

Table 3: Classical references in Ashtanga Hridaya Samhita

Chapter Name and No.	Shloka	Description
SUTRASTHANA ^[74-77]		
01	Annasvarupa Vijnaniya (6)	152 Mitigates Vata and Kapha, cures Anaha, Shula and Pitta Prakopa. Katu Vipak, Laghu Guna and Rucya-Dipana-Pacana.
02	Sodhanadigana Sangraha (15)	23 One of the drugs of Ushakadi gana and is used in Mutrakricchra, Ashmari, Gulma, and Medoroga and it mitigates Kapha dosha.
		33-34 One of the drugs of Vatsakadi gana mitigates Vata-Kapha-Medas and cures Pinasa, Gulma, Jwara, Shula and Arshas.
03	Shastrakarma Vidhi (29)	25 As a postoperative procedure, fumigation should be done by using Guggulu-Aguru-Hingu etc.
04	Ksharagnikarma Vidhi (30)	21 Langalika, Danti, Citraka, Hingu etc., should be used to prepare medium potency alkali (Kshara).
SHARIRASTHANA ^[78-80]		
05	Garbhavakranti Sharira (1)	15 When semen features faeces, medicated ghee of Hingu should be administered as Shuddhi Karma.
		88 Medicated ghee of Shatahva-Sarshapa-Hingu etc., should be applied as Anuvashana (through the vagina) in Garbhasanga.
06	Garbha Vyapad Sharia (2)	41 Powder of Dipyaka-Ativisha-Hingu etc., is indicated as Curna, Sneha or Kwatha for Aparapatana.

		42	Powder of Katuka-Ativisha-Hingu etc., is useful in pain during Aparapatana.
CIKITSATHANA ^[81-97]			
07	Jwara Cikitsa (1)	62-63	Pathya-Kustumaradi Kashaya in Kapha-Vata Jwara, Udara-Parshwashula, Hridroga, Gala roga, and Kasa-Shwasa.
		161	Nasya of Hingu-Vyagrivasa-Saindhawa in Vishama Jwara
08	Kasa Cikitsa (3)	4-5	Medicated ghee of Yawakshara-Rasna-Vaca-Hingu etc., in Vataj Kasa-Shwasa, Hrid-Parshwashula, Grahani and Gulma.
		12	Medicated ghee of Vidanga-Nagara-Hingu etc., is used in Vata-Kapha Kasa, Hikka, Shwasa and Agnimandya.
		56-57	Medicated ghee prepared with Pushkarahva-Shathi-Bilva etc. is indicated in Vata-Kaphaja Kasa.
09	Shwasa Hikka Cikitsa (4)	6-7	For Adhmana, Udavarta and Tamakashwasa, Matulunga-Amlawetasa-Hingu etc. should be consumed with mixing rice for Anulomana purposes.
		51	Medicated ghee of Kana-Sauvarcala-Hingu etc., should apply as a nasal drop in Hikka and Shwasa.
		52-54	Tejovatyadi ghrita is indicated in Arshas, Grahani, Hrid-Parshwashula, Hidhma and Pain in extremities.
10	Rajyakshma Cikitsa (5)	51	Avaleha of Ela-Bharngi-Hingu etc. is used in Arocaka.
11	Chardi-Hridroga Cikitsa (6)	28	Medicated ghee of Shunthi-Vayastha-Hingu etc., is indicated in Hrid-Parshwashula and Gulma.
		50	Powder of Vaca-Hingu-Lavana etc., in Kaphaja Hridroga.
12	Arshas Cikitsa (8)	22-24	External application of Sadgrantha-Halini etc. Lepa mixed with Hingu is useful in all types of Arshas.
		35-37	Takra Tarpana, by mixing Hapusha-Hingu-Citraka, is indicated in all types of Arshas.
13	Atisara Cikitsa (9)	6-7	Decoction of Pippali-Shunthi-Hingu etc. in Amatisara where the doshas are moderately aggravated.
		11-13	Foods mixed with drugs having Grahi-Dipana-Pacana properties like Bilva-Hingu etc. are used in Amatisara.
		106-107	Powder of Sauvarcala-Vaca-Hing etc. in Kaphaja Atisara.
14	Grahani Cikitsa (10)	14-15	Pills of Pancalavana-Two Kshara-Marica-Hingu etc., for Dipana and Pacana purposes.
		53-55	Hingvadi medicated ghee is indicated in Vata-Kapha Grahani, Visha and Gara visha.
15	Gulma Cikitsa (14)	9-10	Medicated ghee of Hingu-Sauvarcala, Vyosha etc., is useful in Shula and Adhmana of Vataja Gulma patients.
		13-20	Dadhika ghrita is indicated in Vataja Gulma, Apasmara, Unmada and Mutraghata caused by Vata.
		22-25	Lashunadi ghrita: In abnormalities of Vataja Gulma.
		31-33	Hingvadi Curna: In Hrid-Parshwa-Basti-Trika-Yoni-Guda Shula, Vata Gulma, Vat-Vin-Mutra Sanga, Galagraha, Hridgraha, Pandu, Pliharoga, Arshas, Hikka, Andha Vriddhi, Adhmana, Kasa and Shwasa.
		35	Hingvashtaka Curna: In Vata Gulma and as Agni Dipana.
		39	Hingutriguna taila: In Vataja Gulma, Udara, Anda Vriddhi and Udarashula.
		40	Juice of Matulunga, Hingu etc. in pain of Vataja Gulma.
		48	Citrakadi decoction mixed with Hingu and Lavana is indicated in Shula, Anaha and Malabaddha.
		79	Medicated ghee of Dashamula-Vyosha-Hingu etc. is indicated in Kaphaja Gulma.
		81	Bhallataka ghrita is indicated in Kaphaja Gulma, Pliharoga, Pandu, Shwasa, Grahani and Kasa.
16	Vatavyadhi Cikitsa (21)	36	Tumburu-Abhaya-Hingu etc. Curna in Kaphaja Apatanaka.
		37	Powder of Hingu-Sauvarcala-Shunthi etc., is indicated in Hrid-Parshwashula of Apatantraka.
KALPA-SIDDHISTHANA ^[98-99]			
17	Vamana Virecana Vyapad (3)	14-15	Pippali-Dadima-Hingu etc. Curna in the complication of Virecana procedure such as Pravahika, Parissrava and Parikartini Vedana.
18	Basti Kalpana (4)	32-33	Decoction of roots of Eranda mixed with Madhu-Saindhawa-Hingu etc., is used to remove Basti Dosha.
UTTARASTHANA ^[100-108]			
19	Balagraha Pratishedha (3)	51-52	Medicated ghee of Rasna-Pancamula-Hingu etc., is indicated in all types of Graha dosha and is Dipana, Balya and Varnya.
20	Bhuta Pratishedha (5)	2-7	Medicated ghee of Hingu-Vyosha-Lashuna etc., is indicated in all types of Bhuta dosha, Unmada and Apasmara (as Dhupana, Anjana, Nasya, Pana, Abhyanga etc.)
		10-12	Siddharthaka ghrita is indicated in all types of Asura graha, Alakshmi, Visha, Apasmara, Unmada and Papaja Vyadhi.
		15-17	Pills of Siddharthaka-Vyosha-Vaca-Hingu etc., applied as Anjana, Nasya, Udvartana in Dushta Vrana, Unmada, Andhyatwa, Naktandhya etc.
		18	Fumigation of Karpasa-Brihati-Hingu etc. is indicated in Skandha-Pishaca-Rakshasa-Suragraha and Jwara-Apasmara.
		20	Maha Bhutarnva Ghrita is indicated in Bhuta dosha, Apasmara, Unmada and Jwara.
		29-30	Medicated ghee of Hingu-Sarshapa-Vyosha should be applied as Pana-Nasya-Abhyanga-Anjana for Deva graha.
		31	Paste of Vaca-Marica-Hingu etc., is indicated in Deva graha as Nasya or Anjana.
		46-47	Medicated ghee of Haridra-Manjishta-Hingu etc., is indicated in Pishaca graha.
21	Unmada Pratishedha (6)	22	Medicated ghee of Hingu-Sauvarcala-Vyosha etc., is indicated in Unmada, Bhuta dosha and Apasmara.
		38-40	Pills of Brahmi-Aindri-Hingu etc., are indicated in all types of Unmada as Anjana, Nasya, Abhyanga etc.

		41-42	Avapida Nasya of Sarshapa taila mixed with Hingu is beneficial in Unmada.
22	Karnaroga Pratishedha (18)	15-16	Medicated oil of Vamsha-Sarshapa taila-Hingu etc., is useful in Kaphaja Karnashula as Karnapurana.
		25	Medicated oil of Prativisha-Hingu-Mishi-Twak etc., is indicated in Karnashula, Karnasrava and Karnanada.
		26-30	Kshara taila is used in Karna, Mukha and Danta roga.
23	Nasaroga Pratishedha (20)	21	Paste of Laksha-Karanja-Hingu etc. is used in Putinasa.
24	Mukharoga Pratishedha (22)	21	Powder of Hingu-Katphala-Kasisa etc., is indicated in Krimidanta and other types of Dantashula.
25	Shiroroga Pratishedha (24)	15-16	Katu taila, Nimba taila, Ingudi taila, or Pilu taila boiled with Vidanga-Svarajika-Hingu etc., in Krimija Shirashula.
26	Guhyaroga Pratishedha (34)	64	Phala ghrita: In Yoni and Shukra dosha. It is Ayushya, Pushtikara and Medhya. It can be applied as Pumsavana Karma. Useful in the premature death of child and Balagraha.
27	Kitalutadi Visa Pratishedha (37)	27-28	Dashanga Agada is indicated in Vrushcika Visha and all kinds of Kita Visha (Insects).
		35	Anjana or Lepana prayoga of Pills prepared with Hingu-Haritala-Matulunga benefits Vrushcika Visha.

DISCUSSION

PROPERTIES / ACTIONS / USES OF ASAFOETIDA

Rasa (Taste): Katu (Pungent);

Guna (Properties): Laghu, Tikshna, Snigdha, Sara;

Vipaka (Taste after digestion): Katu (Pungent);

Virya (Potency): Ushna (Hot);

Dosha karma (Action on Body Humours): Vata-Kapha Shamaka;

Agrya Karma (Main Actions of the Body): Chedana, Dipana, Anulomana and Vata-Kapha Shamaka;

Karma (Specific Actions): Dipana, Pacana, Rucya, Anulomana, Recana, Krimighna, Balya, Varnya, Shulahara, Shothahara, Shophahara, Rakshoghna, Jwarahara, Kushthahara, Kandughna, Kasa-Shwasa-Hikka Nashaka, Netrya and Hridya.

Hingu has a vast range of medical preparations (Dosage forms), including Kashaya, Curna, Vati, Gutika, Varti, Lepa, Leha, Taila, Ghrita, Anjana, Dhumapana and Dhupana. Further, it is mainly indicated in Annapacana (Gastrointestinal tract), Shwasana (Respiratory tract) and as Rakshoghna dravya.

Kaya Chikitsa (General Medicine): Jwara (Fever), Vishama Jwara (Irregular or Intermittent fever), Agnimandya (Dyspepsia), Ajirna (Indigestion), Aruci (Anorexia), Grahani (Dysentery), Gulma (Abdominal tumours), Anaha (Suppression of urine and faeces), Adhmana (Distension of the abdomen), Udarashula (Abdominal pain), Visucika (Cholera), Udararoga (Enlargement of abdomen of any etiology such as Ascitis etc.), Malabaddha (Constipation), Atisara (Diarrhoea), Pravahika (Repeated defecation), Krimi (Intestinal worms), Hikka (Hiccough), Kasa (Cough), Shwasa (Bronchial asthma), Lalasrava (Excessive salivation), Swarabheda (Hoarseness of voice), Pandu (Anemia), Halimaka (Chronic obstructive jaundice), Prameha (Diabetes mellitus), Pliharoga (Spleen disorders), Vataroga (Neurological disorders), Tuni and Pratituni (Acute abdominal pains), Vatashtila (Benign Prostatic Hyperplasia), Apatanaka (Tetani), Apatantraka (Hysteria), Mutra Jathara (Urinary obstruction), Mutrakricchra (Dysuria), Mutraghata (Retention of urine), Kushtha (Skin diseases), Kandu (Itching), Kilasa (Vitiligo), Shwitra (Leucoderma), Shopha (Inflammation), Shotha (Odema), Shosha (Emaciation), Hridiroga (Heart diseases), Hridshula (Pain in Heart), Parshwashula (pain in flanks), Medoroga (Obesity, Hyperlipidemia etc.), Kshaya (Tuberculosis or Consumption), Unmada (Insanity), Apasmara (Epilepsy), Bastishula (Pain in urinary bladder), Bradhna (Hernia), Anda Vriddhi (Enlargement of scrotum), Madaty (Intoxication), Panajirna (Alcohol induced gastritis) and Ashmari (Urinary calculi);

Kaumarabhritya (Paediatric): Balaka Graha Dosha (Psychiatric disorders of children or Infectious disorders of

children) and diseases related to Children which are mentioned above;

Shalaky Tantra (Disorders of ENT, Eye, Dental Head and Neck): Karnashula (Ear ache), Karnasrava (Acute Suppurative Otitis media), Krimikarnaka (Maggots in the ear), Karnanada (Tinnitus), Putikarna (Chronic Suppurative Otitis media), Badharya (Deafness), Naktandhya (Night blindness), Linganasha (Cataract), Abhishyanda (Conjunctivitis), Adhimantha (Glaucoma), Mukharoga (Diseases of mouth), Danta roga (Dental disorders), Dantashula (Toothache), Galaroga and Galagraha (Diseases of the throat such as Pharyngitis etc.), Pratishtaya (Common cold), Putinasa (Atrophic rhinitis), Pinasa (Allergic rhinitis) and Krimija Shiroroga (Head diseases caused by worm infestation);

Shalya Tantra (General Surgery): Arshas (Haemorrhoids), Bhagandara (Fistula in Ano), Vriddhi (Hernia), Udara (Ascites), Gudashula (Rectal pain), Parikartika (Fissure in Ano), Ashmari (Urinary calculi), Parisrava (Exudation of fluid) and Dushta Vrana (Chronic ulcers);

Agada Tantra (Toxicology): Mushika (Rat)-Luta (Spider)-Sarpa (Snake)-Vrushcika (Scorpion) Visha (Poison), Gara Visha (Artificial poisons) and Other types of Visha;

Bhuta Vidya (Psychiatry): Bhutonmada, Skandapasmar, Skanda graha, Putana graha, Naigamesha graha, Kritya, Alakshmi, Pishaca graha, Rakshasa graha, Sura graha, Deva graha, Papaja Vyadhi and all types of Bhuta-Graha Dosha;

Striroga and Prasuti Tantra (Gynaecology and Obstetrics): Shukra and Artava Dosha (Disorders of Sperm and Ovum or Menstrual disorders), Yonishula (Pain in Vagina), Yonidosha (Vaginal disorders), Garbhasrava Vedana (Pain in Miscarriages), Garbhasanga Vedana (Pain in Obstructed labour), Aparapatana Vedana (Pain in Placental detachment), Aparasanga (Retention of Placenta) and premature death of a baby.

Ayurvedic Classical Categorization of Asafoetida

Charaka Samhita: Dipaniya Dashemani, Katukaskandha Dravya and Shirovirechana Dravya;

Sushruta Samhita: Pippalyadi gana, Ushakadi gana, Shirovirechana Dravya and Katu Rasa Shaka;

Vagbhata Samhita: Ushakadi gana and Vatsakadi gana.

CONCLUSION

According to all the findings, it can be concluded that Hingu is a mainly prescribed herbal medicine in Brihatrayi. It is a more

valuable herbal source in managing various diseases in human beings.

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