

## HINGULESHVARA RASA- A REVIEW

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Several Herbomineral formulations are described for the treatment of *Jvara* (Pyrexia) in Ayurvedic classics. *TribhuvankirtiRasa*, *Anand Bhairav Rasa*, and *Mrityunjaya Rasa* are a few of them. *Hinguleshvara Rasa* is well known Herbomineral Ayurvedic Mercurial preparation used in the treatment of *Jvara* (Pyrexia). It is indicated in many disorders Like *Grahani* (malabsorption), *Aamvata* (rheumatoid arthritis), and *Jvara* (pyrexia). Different compositions of *Hinguleshvara Rasa* are found in different classical texts. As the name suggests itself, *Hingula* (Red Cinnabar) is the main ingredient of all these formulations. Another important ingredient of *Hinguleshvara Rasa* is *Vatsanabh* (Aconite) & *Pippali* (*Piper Longum Linn*) Most of the formulations of *Hinguleshvara Rasa* are prescribed for *VaatajJvara* (Pyrexia due to inflation of *Vata*). Being easy to prepare and widely used for the treatment of *Jvara* (Pyrexia), it became essential to study this drug thoroughly. Various formulations of *Hinguleshvara Rasa* are studied in this review regarding ingredients, bhavana dravyas, and indications. Many researchers have studied this formulation for its therapeutic activity. It is observed that this formulation is not studied in comparison with its ingredients concerning therapeutic activity.

**Keywords:** *Hinguleshvara Rasa*, *Hingula*, *Aconite*, *Antipyretic*, *Analgesic activity*

## INTRODUCTION

Several Herbomineral formulations are described for the treatment of *Jvara* (Pyrexia) in Ayurvedic classics. *TribhuvankirtiRasa*, *Anand Bhairav Rasa*, and *Mrityunjaya Rasa* are a few of them. *Hinguleshvara Rasa* is well known Herbomineral Ayurvedic Mercurial preparation used in the treatment of *Jvara* (Pyrexia). It is indicated in many disorders like *Grahani* (malabsorption), *Aamvata* (rheumatoid arthritis), and *Jvara* (pyrexia). Different compositions of *Hinguleshvara Rasa* are found in different classical texts. As the name suggests itself, *Hingula* (Red Cinnabar) is the main ingredient of all these formulations. Another important ingredient of *Hinguleshvara Rasa* is *Vatsanabh* (Aconite). Most of the formulations of *Hinguleshvara Rasa* are prescribed for *Vaataj Jvara* (Pyrexia due to inflation of *Vata*). The *Hinguleshvara Rasa* from the classical text *Rasa-*

*tarangini* is prescribed for *Aamvata* (Rheumatoid Arthritis) and *Jvara* (Pyrexia).<sup>[1]</sup> However, the formulation of *Hinguleshvara Rasa* from the classical text *Rasa Raja Sudhakar* is not much used in *Jvara*, it is prescribed In *Grahani* <sup>[2]</sup> (malabsorption). Ingredients and indications of *Hinguleshvara Rasa* are described in classical texts *Bruhat Rasarajsundar* and *Rasa manjiri* and *Bhaishajya Ratnavali* are similar except for the difference in the prescribed dose. In *Bhaishajya Ratnavali*<sup>[3]</sup> dose of *Hinguleshvara Rasa* is described as half *gunja* (62.5mg), whereas its dose is mentioned as 2 *gunja* (250mg) in *Bruhat Rasarajsundar* and *Rasamanjiri*.<sup>[4-5]</sup> Variation in ingredients, as well as change in their proportion, is also found in different classical texts. Ingredients of *Hinguleshvara Rasa* from various classical texts are as follows:<sup>[6]</sup>

Sr No	Text	Name of Ingredients						
		<i>Shodhit Hingula</i>	<i>Shuddha Vatsanabh</i>	<i>Pippali</i>	<i>Shuddha Jay pal</i>	<i>Shuddha Parada</i>	<i>Shuddha gandhak</i>	<i>Tamra Bhasmas</i>
1	B. R	+	+	+				
2	RT	+	+	+				
3	RK	+	+	+				
4	RRS	+			+	+		
5	RM	+	+	+				
6	BRRS	+	+	+				

B.R Bhaishajya Ratnavali, RT (Rasatarangini) RK(Rasakamdhenu)RRS (Rasaratna Samucchaya) RM(Rasamanjiri) BRRS (Bruhat Rasarajsundar)

*Hinguleshvara Rasa* is a well-known *Kharaliya Rasayana* (formulations prepared by trituration of Herbomineral ingredients in mortar and pestle). The preparation of these *Kharaliya Rasayana*, *Bhavana sanskaras* (the process of Levigation) plays an important role in the reduction of Particle size to facilitate high therapeutic efficacy. *Rasarajsundar* mentioned *Shalmali sattva* as *bhavnadravya* <sup>[7]</sup> while *Rasaratnasamucchaya* mentioned *Danti Kwath* as *Bhavna dravyas* of *Hinguleshvara Rasa*<sup>[8]</sup> *Anupana* (vehicle) of *Hinguleshvara Rasa* is *Madhu* (honey) as described by many classical texts. Only in *Rasaratna Samucchaya*, *Sita* (candy sugar) is mentioned as *anupana*. It is named as *Vruddhajvarankush Rasa* in *Rasaratnasamucchaya*. In 1<sup>st</sup> shloka of *Bharata*

*Bhaishajya Ratnakar*, *Dhanyakkwath* (decoction of Coriander), *Jeerakkwath* (decoction of Cumin seeds), are mentioned as *anupana* along with *madhu* (honey) <sup>[9]</sup> The formulation of *Hinguleshvara Rasa* described in classical text *Bhaishajya Ratnavali* has only three ingredients *Hingula* (*Cinnabar*), *Vatsanabh* (*Aconitum Balfouri*) and *Pippali* (*Piper Longum* Linn). Considering its utility in *Jvara*, this formulation having minimum ingredients and being easy to prepare is used widely.

*Hinguleshvara Rasa* has been studied widely for its therapeutic activity. *Hinguleshvara Rasa* was studied by Kotesvara (2005) for its preparation, Physico-chemical analysis, and its clinical efficacy on *Aamvata* w.s.r.to Rheumatoid arthritis. This study

concluded that *Hinguleshvara Rasa* has definite activity in reducing the cardinal symptoms of *Aamvata*<sup>[10]</sup>

*Hinguleshvara Rasa* was studied for its antipyretic activity against Paracetamol as a standard and Propylene Glycol as a control. The antipyretic activity was assessed by yeast-induced hyperpyrexia in Albino rats. A significant antipyretic activity was observed with *Hinguleshvara Rasa*. The antipyretic activity was noted from 1<sup>st</sup> hour sustained up to 9<sup>th</sup> hrs. in test drug *Hinguleshvara Rasa* while in standard drug Paracetamol it is up to 5 hrs. In phytochemical analysis presence of alkaloids, carbohydrates, and proteins were observed. As, Bi, Hg, and S were detected in ICP. The antipyretic activity was assessed as mentioned in *Sahasrayogam*<sup>[11]</sup>

Effect of *Hinguleshvara Rasa* was also studied on *Pratishyaya*; *Jvara*.<sup>[12]</sup>

The role of the *Bhavana* process in an antipyretic effect of *Hinguleshvara Rasa* was studied<sup>[13]</sup> A comparison between '*Hinguleshvara Rasa* with *Bhavana*' and '*Hinguleshvara Rasa* without *Bhavana*' shows that *Hinguleshvara Rasa* with *Bhavana* has got better antipyretic activity profile. It has produced a moderate and statistically significant reduction in the rectal temperature after yeast suspension injection while *Hinguleshvara Rasa* without *Bhavana* produced only a weak nonsignificant effect. A longer period and sustained activity were noted in *Hinguleshvara Rasa* with the *Bhavana* group.

In vitro, anti-inflammatory and antioxidant activities of *Hinguleshvara Rasa* were also studied.<sup>[14]</sup> This study was an interventional investigation in three samples: In the first sample, *Hinguleshvara Rasa* (HR1) was prepared as per described in *Rasatarangini* using *Shuddha Hingula* (10 g), *Shuddha Vatsanabh* (10 g), and *Pippali* (10 g). In the second and third samples, *Hinguleshvara Rasa* was prepared by replacing *Shuddha Hingula* with *Kajjali* where *Kajjali* was made from *Hingulottha Parada* (Mercury extracted from Cinnabar) and *Sodhita Parada* considered two varieties of *Hinguleshvara Rasa*, i.e., HR2 and HR3. In vitro, antioxidant activity was studied using 2,2-diphenyl-1-picrylhydrazyl, and the ob-

servation was recorded at 517 nm. For evaluating the in vitro anti-inflammatory studies, the inhibition of albumin denaturation technique was performed. The results showed that the formulation of *Hinguleshvara Rasa* has shown dose-dependent activity which was observed in 100ug concentration. HR1, HR2, and HR3 showed 36.11, 17.22, and 16.11% radical scavenging activity. This study concluded that the changes made in the formulations did not affect the in vitro anti-inflammatory and antioxidant effects of the Herbomineral formulations.

Pharmaceutical–Analytical study of *Hinguleshvara Rasa* concluded that the pharmaceutical processing of *Hinguleshvara Rasa* is easy and economical All analytical results are well within the safety limits as mentioned in standard Ayurvedic pharmacopoeia of India.<sup>[15]</sup>

The analgesic activity of *Bruhat Hinguleshvara Rasa* was evaluated. Significant and sustained analgesic activity was observed with *Bruhat Hinguleshvara Rasa* and standard drug.<sup>[16]</sup>

Antipyretic activity of *Bruhat Hinguleshvara Rasa* was also evaluated. The significant antipyretic activity was observed with *Bruhat Hinguleshvara Rasa* in comparison with control and standard drug.<sup>[17]</sup>

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## CONCLUSION

It is observed that several studies were carried out to assess therapeutic properties especially antipyretic as well as analgesic activity of *Hinguleshvara Rasa*. However individual effect of its ingredients is not studied in all these works. It is observed that most of the Ayurvedic Herbomineral antipyretic drugs contain two common ingredients namely *Vatsanabh* (*Aconite*) and *Hingula* (*Cinnabar*). Many formulations containing these two ingredients are in use in therapeutic practice. Some of these formulations have been studied for assessment of their therapeutic activity. *Vatsanabh* (*Aconite*) and *Hingula* (*Cinnabar*) both are having *Jvaraghna* (antipyretic)<sup>[18-19]</sup> activity. Their individual effects in this respect need to be

compared with the formulations in which they are accompanied by other ingredients. Authors are studying the comparative effect of *Hinguleshvara Rasa* and its ingredients individually concerning their antipyretic and analgesic activity. The result of this study will be published on completion of the study.

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