


Review Article
THERAPEUTIC ACTION OF HINGU IN RESPIRATORY SYSTEM: A LITERARY REVIEW
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ABSTRACT

Man has been struggling to get remedies for various life-threatening disorders which are common in the day to day life of the busy world. Many lifestyle disorders such as diabetes mellitus, hypertension, dyslipidemia, thyroid dysfunction, respiratory disorders, skin diseases, etc. arise due to incompatible diet, polluted atmosphere, sedentary life style, lack of exercise, lack of proper sleep, etc. Ayurveda, the science of life, advices to follow *Dinacharya*, *Ritucharya*, *Sadvritta* etc for the benefit of the common man to enhance longevity. Ayurveda utilizes the wide range of herbal drugs either as single drug or in combination for the purpose of health care remedies. The phyto constituents present in these drugs play the major role in treating the diseases. *Ferula foetida*, known as *Hingu* in Ayurveda has promising therapeutic value due to the presence of chemical constituents like sulphide derivatives, volatile oil etc. Many studies revealed the various pharmacological actions of *Hingu* such as carminative, antispasmodic, antimicrobial, antioxidant, etc. This review highlights the available information on the drug *Hingu* by due consideration to the action of *Hingu* on the respiratory system and the formulations with *Hingu* as an ingredient as available in the Ayurvedic texts in treating respiratory disorders. Some other aspects are also discussed in the review.

KEYWORDS: *Hingu*, *Ferula foetida*, *Pranavaha srotas*, Respiratory system.

INTRODUCTION

Herbal drugs or formulations are gaining popularity day by day as per common man's demand for relatively safe and immune developing drugs has increased.

Ferula foetida, a herbaceous perennial plant with fleshy, massive carrot shaped root with one or more forks, grows about 1.8-3m in height, requires dry or moist soil. Mostly, the dried latex (oleo-gum resin) obtained by making deep incision in the roots or rhizomes are preferred for the medicinal or culinary purpose.

Swasa, *Kasa*, *Kshaya* etc are considered as the common diseases affecting the *Pranavaha srotas*, that is the Respiratory disorders as per the contemporary system. There are five types of *Swasa* and *Kasa rogas* as explained by all the Acharyas. *Hingu* shows promising actions on the respiratory system, as it is antispasmodic, expectorant, etc. It is *Vata-kapha hara* and also *Kasa- swasa roganut* as per *Kaiyadeva Nighantu*.^[1,2,3]

Scientific Classification^[3]

Kingdom	Plantae
Family	Apiacea (Umbelliferae)
Genus	<i>Ferula</i>
Species	<i>foetida</i>

As Per Ayurveda^[4,5]
Kula: *Satapushpa kula*
Gana

- Samjna sthapana, Deepaniya, Swasahara (Charaka samhita)*
- Pippalyadi, Ushakadi (Sushruta samhita)*

Botanical Description^[2]

It is a herbaceous perennial plant with fleshy massive carrot shaped root with one or more forks, attains a height of up to 12 feet. Stem is 1.8-3m high, solid, clothed with membranous leaf sheaths. Leaves radical, 45 cm long, shiny, coriaceous with pinnatifid segments and channeled petiole. Flowers 10-20 in the main and 5-6 in the partial umbels. These are small and dirty yellow in colour. Fruits are oval, flat, thin and reddish brown in colour. Roots are thick, massive and pulpy.

Origin And Distribution^[2,6]: It is indigenous to the plains of Kandahar, Eastern Persia & Western Afghanistan; wild in Punjab, Kashmir, etc.

Synonyms

Sahasravedhi, Jatukam, Bahlikam, Ramatham, Uragandha, Soopadhupana, Agoodhagandha, Jarana, Jantughna, Gulmadighna, Rakshoghna, Bhedana, Deepana.

Parts Used^[3,6]: *Niryasa* (oleo-gum resin) extracted from the roots and rhizomes is used. It is obtained as an exudate of the decapitated rhizome or root of a plant about four years old.

Ayurvedic Properties^[1,4,6]

Rasa *Katu, Tikta*
Guna *Laghu, Tikshna, Snigdha*
Virya *Ushna*
Vipaka *Katu*
Karma *Kapha-vataharam, Hridhyam, Artavajananam, Balyam, Shulaharam, Chakshushyam, Pachanam*

Indications *Agnimandyam, Swasa, Kasa, Krimi, Artavadosha, Apasmara, Murcha, Shula, Gulma, Udara, etc.*

Method and Time of Collection^[2,6,7]

In March – April, just before flowering, the upper part of the root of 4-5 years old plant is selected. The stems are cut close to the root and the exposed surface is covered over by soil and dry twigs. The milky exudates appear from the cut surface when scrapped off after a few days. This process is repeated until no resin comes out. This dried resin is the commercial form of *Hingu*.

- When the plant is of 4 years old, during *Vasanta ritu*, the bark above the root is removed. The *Niryasa* collected at that part is taken after one or two days. This process is repeated. To protect the resin from sunlight, dust, etc. a shade is provided –this method was commonly practiced in Iran and Baluchistan.
- In Kabul and Afghanistan, there was a different method, just above the root the trunk of the plant was cut and the resin was collected. This process was repeated and those parts were protected from sunlight and dust by providing proper shelter.

Chemical Composition^[8,9,10]

There are various chemical constituents in asafoetida – resin (40-65%), gum (20-25%), volatile oil (4-20%) and ash (1.5-10%). It comprises a number of sesquiterpenes in which assaresinotannol (A & B) is important. Glabanic acid is the active constituent present in *Hingu* with anti-cancerous property. The volatile oil component is rich in organo-sulfide compounds, which are responsible for odour and flavour of *Hingu*, like 2-butyl-propenyl-disulfide, diallyl sulfide and dimethyl trisulfide. There are also ferulic acid, umbellic acid and some unidentified compounds present in *Hingu*.

Macroscopic Features of Hingu^[2,3,12]

Shape It occurs in three forms commercially- tears, mass and paste.
Tears- purest of the three, it is greyish or

dull yellow in colour.

Mass- common commercial form which may contain impurities.

Paste- also impure as it contains some extragenous matter.

Size The tears are 0.5-3cm in diameter.

Colour It is yellowish white in colour changing to reddish brown.

Odour It has an intense persistent, penetrating and alliaceous smell.

Taste It tastes bitter alliaceous and acrid.

Test For Good Variety of Hingu^[7]

1. Good variety of *Hingu* when put in water, it gradually dissolves and a yellowish white emulsion is formed which turns greenish yellow later. If it is adulterated, it gets immersed because of the impurities present in it.

2. When burnt with *Gandhaka* (sulphur), it forms a reddish grey colored mass. When this mass is diluted with water and filtered, it forms a purplish-blue fluorescence. This implies good variety of *Hingu*.

Purification (Sodhanakarma)^[7]

1. The *Hingu niryasa* is mixed well in 8 parts of water and then it is transferred into a *Snigdha Lohapatra* (metallic vessel smeared with oil); this is boiled in medium flame until the water gets evaporated.

2. *Hingu* is fried in ghee until it becomes dry and hard.

Substituents and Adulterants^[2,7]

Hingu is usually found mixed with small stones, sand and rootlets of the plant. Gum Arabic, resin, gypsum, red clay, chalk, barley, wheat, wheat or corn flour, potato slices, acacia gum, etc. are reported to be used for adulterating asafoetida.

Therapeutic Actions^[11]

Asafoetida is stomachic, antispasmodic, carminative, expectorant, anthelmintic, analgesic, nervine stimulant and a feeble laxative. It is useful in hysteria and hysterical affections, also in spasmodic affections such as asthma, whooping cough, angina pectoris, flatulent colic, etc. it produces remarkable effects in advanced stages of pneumonia and bronchitis in children and it also pacifies *Kapha* and *Vata*. It is also emmenagogue, tonic and useful in paralysis, giddiness, deafness, dyspnea in children, rheumatism, some eye diseases, dry cough, liver and spleen disorders, etc.

Toxic Effects^[3]

Asafoetida has been found to be relatively nontoxic. A report of methemoglobinemia has been associated with the administration of *Hingu* in milk. It was observed that, *Hingu* exerts an oxidizing effect on fetal hemoglobin but not on adult hemoglobin. After the use of *Hingu*, an unusual swelling of the lips

has been noticed in some people. Extensive oral and facial swelling can be considered as signs of allergic reaction of *Hingu*. In some cases, patients on treatment with *Hingu* experience stomach upset, headache, dizziness, skin rashes, etc.

Formulations With *Hingu* Used In Respiratory Disorders

1. **Purana Ghrita:** *Siddha* (processed) with *abhaya* (*Terminalia chebula*), *Hingu* and *Vidalavana* is useful in the management of *Swasa roga*.^[13]

As per Acarya Caraka, *Ghrita* is *Pitta-anilaharam* and hence pacifies *Vata*. It acts as best medicine due to the ability to penetrate the minute channels of the body. When processed with various drugs due to its *Yogavahi* nature it helps in promoting the actions of those drugs. *Purana Ghrita* is considered to be 10 years old by Caraka, Dalhana, Hemadri, Yogaratnakar; while 1 year old ghee is considered *Purana* by Bhavamishra. This type of ghee also contributes more to the therapeutic effects of the preparations.

2. **Nidigdihika disidhatamayogam:** *Nidigdihika* (*Solanum xanthocarpum*) and *Hingu churna* (powder) should be taken along with honey, *Swasa roga* can be cured in 3 days.^[13]

In this *yoga*, the powder of *Nidigdihika* is taken as *Amalaka pramana* and *Hingu* is taken half of the quantity of *Nidigdihika*. *Nidigdihika* is *Kapha-vata Samaka*, *Ushna virya* and *Katu vipaka*. Its pharmacological actions like *Swasa kasaghna*, *Kaphanisaraka*, *Vataghna*, *Peenasahara* etc. implies the effect of this drug on respiratory system. Synonyms like *Vyaghri* which means a powerful drug that acts like a tiger to kill disease, *Dravani* which means that make *Kapha* to melt and move out which can be considered as expectorant in nature, etc clearly mentions the action of this drug.

Honey is taken as *Anupana* (adjuvant) here, it has *Madhura rasa kashaya anurasa* and is considered as best *Anupana* in *Kasa*, *Swasa*, *Kshaya* etc respiratory diseases.

3. **Hinguadiyavagu:** *Hingu*, *Sauvarchala*, *Ajaji* (*Cuminum cyminum*), *Vida*, *Pushkaramoola* (*Inula racemosa*), *Chitrakamoola* (*Plumbago zeylanica*)—these drugs are used to prepare *Yavagu* (gruel like preparation) and it is advised in *Swasaroga*.^[14]

The drugs *Ajaji*, *Pushkaramoola* and *Chitrakamoola* are *Kapha-vata Samaka* in nature and have therapeutic actions in the diseases like *Swasa*, *Kasa*, *Urahsula* etc *Sauvarchala* and *Vida* are *Vatasamaka*; so these drugs when combined together shows good results in these disease conditions.

Yavagu is the preparation which comes under the *Pathya kalpana* that is the Ayurvedic diet plan. It is a light diet in which the main ingredient is rice which is easy to digest and with lots of nutritional value and when prepared with combination of drugs its properties are also highlighted.

4. **Pushkaradiyavagu:** *Pushkaramoola*, *Sathi* (*Hedychium spicatum*), *Trikatu* (*sunthi-Zingiber officinale*, *Maricha- Piper nigrum*, *Pippali- Piper longum*), *Matulunga*, *Amlavetasa* (*Garcinia pedunculata*), *Vida lavana* and *Hingu- siddha* (processed) *Yavagu* is beneficial in *Swasaroga*.^[14]

Sathi is *Kapha-vatasamaka* and its *Rogaghna karma* includes *Kasaghna*, *Swasaghna* and *Vatanulomana*. *Maricha* has synonym *Kapha-virodhi* that means it is a potent drug against *kapha* predominant disorders. *Nagara* or *Sunthi* has synonym *Kaphaari* which means useful in *Kaphaja vyadhi*. Both these drugs are *Kapha-vata samaka* and therapeutic actions include *Swasaghna*, *Vatanulomana*, *Kaphahara*, etc. *Pippali* is *Tridosha samaka* and is *Swasa-kasaghna* by its properties. Both *Matulunga* and *Amlavetasa* are also *Kapha-vata Samaka* and acts on respiratory disorders like *Kasa*, *Swasa*, *Hikka* etc.

5. **Hinguadidravaya prayoga:** The drugs *Hingu*, *Sauvarchala*, *Kola* (*Zizyphus jujuba*), *Samanga* (*Mimosa pudica*), *Pippali* and *Bala* (*Sida cordifolia*) *Churna* should be triturated with *Matulunga rasa* or *Aranala* (a variety of fermented gruel/*Kanjika*) can be used in *Swasa roga*.^[14]

The drug *kola* and *Sauvarchala* are *Vatasamaka*. As per Raja Nighantu *Samanga* is *Kapha-pittahara* and *Swasa roganut*. *Bala* is *Vata-Pittasamaka*, *Balya*, *Rasayana*, *Hridya*, *Brimhana*, etc. *Matulunga* is also having action on respiratory diseases like asthma, cough, cold etc.^[21] *Aranala* is prepared mainly from rice and is very light and easily digestible. These drugs when triturated with the *Matulunga rasa* or *Aranala* the potency increases and thereby enhances the action on the system also.

6. **Kanasauvarchaladi Ghrita:** *Kana* (*Piper longum*), *Sauvarchala*, *Yavakshara*, *Vayastha* (*Terminalia chebula*), *Hingu*, *Coraka* (*Angelica glauca*)^[21], *Kayastha* (*Tulasi-Ocimum sanctum*), *Mastu* (watery part of curd) and *Dasamoola* (group of ten drugs) are the contents. Ghee prepared with these drugs is effective in *Swasa roga*.^[15]

Kana and *Vayastha* is *Tridosha Samaka* and has *Swasa-kasaghna* property. Both *Coraka* and *Kayastha* are *Kapha-vatasamaka* and are therapeutically useful in cough, dyspnoea, *Parswasula*, etc. *Dasamoola* includes drugs like *Bilwa*, *Agnimantha*, *Syonaka*, *Patala*, *Gambhari*,

Prisniparni, Salaparni, Brihati, Kantakari and Gokshura; in combination these drugs are very effective as *Tridosha-samaka* and also beneficial in respiratory diseases. Ghee with its natural properties when combined with these drugs enhances the therapeutic action.

7. **Tejovatyadi Ghrita:** *Tejovati (Zanthoxylum armatum), Abhaya, Kustha (Saussurea lappa), pippali, Katurohini (Picrorhiza kurroa), Bhutika (Trachyspermum ammi), Pushkaramoola, Palasa (Butea monosperma), Chitraka, Sati, Tamalaki (Phyllanthus niruri), Patudwaya, jivanti (Leptadenia reticulata), Bilwa phala (Aegle marmelos), Vaca (Acorus calamus), Talisapatra (Abies webbiana), Hingu* and ghee are the ingredients and is beneficial for patients of *Swasa roga*.^[15]

The drugs *Tejovati, Kustha, Bhutika, Pushkaramoola, Palasa, Citraka, Sathi, Bilwaphala, Vaca, Talisapatra* and *Hingu* are *Kapha-vatasamaka*. *Katurohini* and *tamalaki* are *Kapha-pittahara* while *Abhaya* and *Jivanti* are *Tridosha-samaka*. These drugs when prepared with ghee acts even in the minute channels of the respiratory system and provides the beneficial effects to the patient suffering from the diseases like *Kasa, Swasa*, etc.

8. In diet- Acharya Vagbhata advices to include *Hingu* in preparation of food.^[15]

As per Ayurveda the *Dravyas* (materials/drugs) are of two types *Aushadha* (medicine/drug) and *Ahaara* (food items) *Dravyas*. To achieve good results in treatment the *Vaidya* (physician) should prescribe best medicines as well as apt diet schedule as per the condition of patient and disease. This can be considered as *Pathya* which helps in enhancing the action of the prescribed drugs as it may not interfere with the patient's *Agni* (digestive power), etc. So, the use of *Hingu* which has *Kapha-vatasamaka* action and effective therapeutic action in the respiratory system as well as digestive system can bring wonderful results.

In the treatment of *Swasa roga*, Acarya Caraka explains those items which are *Kapha-vata samana, Ushna* and *Vata-anulomana* whether it is *Bheshaja, Paanaor anna* are beneficial in the management of *Swasa* and *Hikka roga*.

9. **Pathya kustumbaryadi kwath:** *Pathya (Terminalia chebula), Kustumbari (Coriandrum sativum), Musta (Cyperus rotundus), Sunthi, katrina, Parpata (Fumaria parviflora), Katphala (Myrica esculenta), Vaca, Bharngi (Clerodendrum serratum)* and *Devahwam (Cedrus deodara)*-

decoction of these drugs should be taken by adding honey and *Hingu*.^[16]

Pathya and *Kustumbari* are *Tridosha-samaka* while *Musta* and *Parpataka* are *Kapha-pittahara*. *Katphala* is *Vata-kaphasamaka* and is useful in treatment of *Pratisyaya, Tamaka Swasa, Kasa*, etc. *Bharngi* is also known as *Kasaghni* meaning that relieves *Kasa*. It is also *Kapha-vatahara* and also cures *Swasa, Pinasa, Phuphusa-vikaras* (diseases of lungs). *Devadaru* is also *Kapha-vatasamaka* and is *Kasaghna, Vata-anulomana*, etc. The *Kwath* preparation of these drugs can provide the patient relief from respiratory disorders.

10. **Katphaladi kwath:** *Katphala, Katrina, Bharngi, Musta, Dhanyaka (Coriandrum sativum), Vaca, Abhaya, Sringi (Pistacia chinensis), Parpataka, sunthi, Surahwa (Cedrus deodara)* are the ingredients. The decoction should be consumed after adding honey and *Hingu*.^[17]

The drugs *Katphala, Bharngi, Vaca, Sringi, Sunthi* and *Surahwa* are *Kapha-vatasamaka* while *Musta* and *Parpataka* are *Kapha-pittasamaka*. *Dhanyaka* and *Abhaya* are *Tridosha-samaka*. This *Kwatha* is effectively used in the treatment of *Kasa-swasa rogas*.

11. **Renukadi kwath:** Decoction of *Renuka (Vitex spp.)*^[22] and *Pippali* taken with *Hingu* relieves all kinds of *Hikka* and *Swasa*.^[18]

Renuka is *Pittala, Kapha-vatakrit, Anushna, Tikta katu rasa* and *Katu vipaka*. It is *Dipani, Pachani, Medhya, Trit, Daha, Kandunut. Pippali* is *Tridosha-Samaka, Ushna, Katu* etc and is *Swasa-kasaghna* in action and *Hingu* as discussed earlier is useful in respiratory diseases. In combination these drugs are beneficial in treating the respiratory disorders like *Swasa roga*. In respiratory diseases which are arising due to exposure to any allergy triggering factors, which may induce itching, burning sensation etc along with breathlessness, cough, etc. these type of combination well explained in Ayurveda classics can show better results. As many of the allergic diseases are related to respiratory system and the skin, these drugs can be useful in treating these conditions.

12. **Lavana tritayadhyam churna:** The main ingredients of this are 3 *Lavanas, 2 Ksharas, 2 Satapushpas, Vaca, Ajamoda (Apium leptophyllum), Ajagandha (Cleome gynandra)*^[21], *Hapusha (Juniperus communis), Dwijeeraka (Cuminum cyminum, Carum carvi), Marica, Pippali, Pippalimoola, Gajapippali (Scindapsus officinalis)*^[21], *Hingu, Hingu patri (Gardenia gummifera)*^[21], *Sathi, Patha (Cyclea peltata or Cissampelos parietal), Sunthi, Chitraka, Cavya (Piper chaba), Vidanga (Embelia ribes)* etc. These drugs are finely

powdered and *Bhavana* (trituated with) is done with *Ardraka swarasa* and *Bijapuraka rasa* and then dried. This recipe should be taken with any of these- *Ghritha*, *Jeerna madya*, *Usnodaka*, *Kolambhasa*, *Takra*, *Ushtra Ksheera*, etc. It is beneficial in *yakrit- Pleeharogas*, *Gulma*, *Hikka*, *Swasa*, *Kasa* etc.^[19]

Most of the drugs used here are *Vata-Kaphasamaka*, *Vatanulomana*, etc and are beneficial in the management of *Swasa*, *Kasa*, *Hikka*, *Kshaya Roga*, etc. The *Lavanas* used are *Vatasamaka* except *Saindhava* which is *Tridosahara*.

13. **Sunthyadi churna:** *Sunthi*, *Sauvarchala*, *Hingu*, *Dadima* (*Punica granatum*) and *Amlavetasa* are finely powdered. This powder should be taken with lukewarm water as it is useful in *Swasa roga* and *Hridroga*.^[19]

Hingu and *Sunthi* are *Kapha-vatasamaka*, *Sauvarchala* is *Vatahara* while *Dadima* is *Tridoshasamaka* when *Madhura rasa* and *Kapha-Vatasamaka* when it is of *Amla rasa* variety. *Dadima* possesses actions like *Ruchya*, *Hridya*, *Agnideepana* also. This *Churna* preparation is effective in treating various diseases.

14. **Hinguadi churna-** *Hingu*, *Patha*, *Abhaya*, *Dhanyaka*, *Dadima*, *Chitraka*, *Sathi*, *Ajamoda*, *Trikatu*, *Hapusha*, *Amlavetasa*, *Ajagandha*, *Tintidika* (*Tamarindus indica*), *Poushkara*, *Vaca*, *Cavya*, *Dwikshara*, *Pancha lavana-* all are taken in equal quantity and finely powdered. It should be consumed before or along with food or with *Jeerna madya*, *Takra* or *Ushnodaka*. It is beneficial in *Vata-kaphaja gulma*, *Hridgraha*, *Kasa*, *Swasa*, *Hikka*, *Grahani roga*, *Anaha* etc.^[19]

The drugs like *Hingu*, *Dadima*, *Chitraka*, *Sathi*, *Poushkara*, *Cavya*, etc are *Kapha-vata samaka* while *Abhaya*, *Dhanyaka* are *Tridosahara*. These drugs in combination are beneficial in the management of cough, breathlessness, chest tightness etc.

15. **Yogaraja guggulu:** *Panchakola* (*Pippali*, *Pippalimoola*, *Cavya*, *Chitraka*, *Nagara*), fried *Hingu*, *Ajamoda*, *Sarshapa* (*Brassica campestris*), *Dwijeeraka*, *Renuka*, *Indrayava* (*Holarrhena antidysentrica*), *Vidanga*, *Gajapippali*, *Katuka* (*Picrorhiza kurroa*), *Ativisha* (*Aconitum heterophyllum*), *Bharngi*, *Vaca*, *Murva* (*Marsdenia tenacissima*)- these drugs are taken in 1 *Sana* quantity, *Triphala* (*Abhaya*, *Amalaki- Emblica officinale*, *Vibheetaki- Terminalia bellerica*)-double the quantity and *Guggulu* (*Commiphora mukul*) equal to the total of all- are taken, finely powdered, then transferred to a vessel smeared with ghee, then cooked well and later rolled into

balls. This alleviates 3 *Doshas*, acts as *Rasayana*, very effective in the treatment of all types of *Vata vyadhi*, *Kustha*, *Prameha*, *Swasa*, *Kasa*, *Mandagni*, *Aruchi* etc.^[20]

This is a very commonly used drug in daily practice and has beneficial effects in different systems.

Other Common Formulations with *Hingu*^[3,7]

Hingu ashtaka churna, *Hingu vacadi churna*, *Dwiruthara hinguvacadi churna*, *Hingu triguna taila*, *Rajapravruthini vati*, *Ayaskriti*, *Phalasarpi*, *Kumaryasavam* etc.

DISCUSSION

Ferula foetida, known as *Hingu* in Ayurveda is such a drug with lots of properties and actions. *Theniryasa* (oleo-gum resin) is *Katu-tikta rasa* and possess *Laghu*, *Tikshna* and *Snigdha gunas*. It is *Kapha-Vatahara*, *Hridhya*, etc. It is indicated in various disease conditions like *Agnimandya*, *Swasa*, *Kasa*, *Gulma*, *Udara*, etc. The presence of various phyto-constituents like sulfide derivatives, volatile oil, ferulic acid, etc. are the factors which provides the drugs with a number of therapeutic actions such as antispasmodic, carminative, expectorant, antimicrobial, anti-inflammatory, antioxidant, etc. It can be highly recommended in the treatment of respiratory diseases especially in asthmatic patients because of its antispasmodic, expectorant, etc. properties. Because of its antispasmodic, expectorant, etc. properties, many formulations with *Hingu* are available in the Ayurvedic texts which are beneficial in treating respiratory diseases. Its action on other systems is also of greater importance. Many preparations with *Hingu* as an ingredient are available for management of ailments of other systems of the body.

CONCLUSION

Asafoetida is an oleo-gum resin, which is dried latex collected from the roots and rhizomes by incision on these parts. It is well known culinary spice but also possess various therapeutic actions. Hence, it can be used for the treatment of various diseases like asthma and other respiratory disorders, gastro-intestinal diseases, etc. Various formulations are available in the Ayurvedic texts which contain *asafoetida* as an ingredient and those related to respiratory system are discussed here. The various chemical or phyto-constituents present in the drug are properties and actions. Studies and research works have reported antiviral, anti-cancerous, etc. activities of the drug. The potential and therapeutic value of the drug is high which needs to be studied more.

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