



A REVIEW ON DIFFERENT METHODS OF HINGULA SHODHANA W.S.R TO RASA TARANGINI AND RASA TANTRA SAARA EVUM SIDDHA PRAYOGA SANGRAHA

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ABSTRACT

The word *Rasashastra* literally means the “Science of mercury”. It is a specialized branch of *Ayurveda* dealing mainly with materials which are known as ‘*Rasa dravyas*’. *Hingula* (Cinnabar) is a *rasa dravya*; 7th *Sadharana rasavarga* in *Rasa Ratna Samucchaya*. *Ashuddha Hingula* is one of the toxic material that leads to various diseases like *prameha* (diabetes mellitus), *citta-vibhrama* (delirium), *andhatwa* (darkness before eyes), *klama* (tiredness), and *sariraksinatwa* (emaciation). Therefore, *hingula* (cinnabar) should be properly purified before its therapeutic use. Various methods of *hingulshodhan* is described in various *Rasa Shastra* texts, this study deals the descriptions from *Rasa Tarangini* and *Rasa Tantra Saaraevum Siddha Prayoga Sangraha*, the methods of *shodhana*, the time difference of *shodhankaala* and also the medicinal uses of *Hingula*.

KEYWORDS: *Hingula Shodhana, Rasa Tarangini, Rasa Tantra Saara Siddha Prayoga Sangraha.*

INTRODUCTION

Description of *Hingula* (cinnabar) is not available in the *Bhrut Trayee* of *Ayurveda*. It is found in texts of *Rasa Shastra* and in *Koutilya's Arthashastra*. *Hingula*, which is a compound of mercury and sulphur is available naturally and also can be prepared artificially.^[1] *Hingula* is therapeutically effective in *Netra roga*, *kushta*, *kamala*, *prameha*, *amavata* and *jwara* after its purification. In *Rasashastra* generally the metals, minerals, mercury and sometimes a few other drugs of poisonous nature are indicated in clinical practise. The toxic drugs need to be detoxified before they are added to a therapeutic formulation, hence with a view to remove or minimise the toxicity and to make the drug to express only desired effects a number of *Shodhana* procedures and techniques have been prescribed and practised.^[2]

Importance of Sodhanam

Shodhanam is a process by which minimization or removal of toxic effect of the drug, conversion of hard material into soft and brittle (*bhanguratwa*) so as to proceed for further pharmaceutical techniques and impregnation of organic qualities of *Bhavana dravya* into the formulation is done. The impurities of the substance cause several diseases and shows toxic effect. So, it is advisable to administer the drug in a formulation in pure

form. The raw *Hingulam* contains several impurities that could cause *andhyatwa* (blindness) *klaihya* (impotency) *kustha* (skin diseases) *bhrama* (giddiness) *gaurava* (heaviness) and *prameha* (diabetes). Hence, *Shodhana* of *Hingula* is recommended, to get its qualities under control, before using it in any formulation.^[3] The *Shodhana* of *Hingula* is done by *bhavana*, the trituration.

Bhavana

The process of triturating powders of drugs in *Khalva Yantra* by adding liquid enough only to soak the drug, till the wet powders become dry is called *Bhavana*.^[4] On grinding the *Bhavita Dravya* should become *Chipitibhuya* (convert into roll form) and *Mardavya* (soft) in nature, it is characteristic of *Subhavita Dravya* (ideal trituration). If the *bhavita dravya* suddenly turns into powder form and rough to touch, it is characteristic of *Durbhavita Dravya* (improper trituration).

MATERIALS AND METHODS

1. *Grahyalakshana* of *Hingula*: Acc. to *Rasa Tarangini*, the best variety of *hingula* is having red colour as *japakusuma* (*Hibiscus rosa-sinensis*), which can be easily triturated, which has shiny appearance and which is heavy; is considered the best variety for therapeutic purpose.^[5]

2. Hingula Shodhana^[6]

Table 1: Hingula Shodhana, acc. to Rasa Tarangini.

Method	Bhavana Dravya	English name	Scientific name	No.of Bhavana
1	ArdrakaSwarasa	Ginger juice	Zingiberofficinale	7
2	LakoochaSwarasa	Monkey Jackfruit juice	Artocarpuslakoocha	7
3	Meshi Ksheera	Sheep milk	Ovisaries	7
4	NimbhuSwarasa	Lemon juice	Citrus medica	7

Shuddha Hingula Guna

Acc. to Rasa Tarangini, Shuddhahingula will be used in all types of eye diseases. It mitigates vitiated kapha-dosha and cures many of the *pittajaroga*. It cures *pliharoga* (splenic disorders), *kustharoga* (skin diseases); and cures *garavisha* and *kamala roga* (jaundice). It improves the appetite and digests *ama-dosa* and all types of 'prameharoga' (diabetes). Its appropriate use imparts good radiance to the body. It improves good physical strength and intellect and cures *amavata* (Rheumatoid arthritis) and *jwara* (fever).^[7]

3. Hingula Shodhana: Acc. to Rasa Tantra Saaraevum Siddha Prayoga Sangraha.^[8]

Method 1

The 'ashuddhahingula' is taken in clean *khalva yantra* and triturated to obtain fine powder. The powder is subjected to *mardana* (trituration) with *nimbuswarasa* (lemon juice) for 12 hours and dry completely. Then *mardana* with *meshi kshir* (sheep milk) or *maahishakshir* (buffalo milk) for 12 hours *hingul* gets purified.

Method 2

The 'ashuddhahingula' is taken in clean *khalva yantramardana* (trituration) with *Go dugdh* (cow's milk) for 3 hours. Then *mardana* (trituration) with *nimbuswaras* (lemon juice) 7 *bhavana shuddhahingulavisheshlabhdaayak* (more beneficial) as per *yadavjitrakamjicharya*.

Method 3

The 'ashuddhahingula' is taken in clean *khalva yantra mardana* (trituration) with *meshi kshir* (sheep milk) or *maahishakshir* (buffalo milk) for 7 days wash with water and then *mardana*(trituration) with *nimbapatraswarasa* (juice of neem leaves, Azadirachtaindica) or *nimbuswarasa* (lemon juice) for 7 days it is similar to *dwigunagandhakjaarithahingula*.

DISCUSSION

In classical text *Rasa Tarangini*, it is mentioned *hingula* is given bhavana with *nimbuswaras* (lemon juice), *aardrakswaras* (ginger juice), *meshi kshir* (sheep milk) and *lakoochaphalasarwas* (Artocarpuslakoocha).^[9] Repeated *bhavana* will yields more effect and be beneficial. *Nimbuswarasa* removes *paraddosha* from *hingula* and makes 'pradipta'. By milk it is nourished and mercury gets out from *hingula* easily.

Urdhwapaathithahingula gets purified in very less time as it is similar to *Rasa-sindoora*. In Olden era, mineral of

hingula was being used but now artificial *hingula* made from *ashuddhahaparada* and *gandhaka* (sulphur) is used. In artificial *hingula*, "Romihingula" is beneficial and the *hingula* which is made of less mercury and more *gandhaka*, which is hard and of dull colour it is not used in medicines.^[10]

CONCLUSION

Shodhana is a samskara adopted to *Rasadravya* to reduce the toxicity of the drug and to bring about the therapeutic action. So, it is concluded that according to *Rasa Tarangini* four methods of *hingulshodhan* 7 *bhavanas* (21 hours) is followed. According to *Rasa Tantra Saaraevum Siddha Prayoga Sangraha* more time of *Shodhana* is given and also has the same property that is purified by *Rasa Tarangini* method. In need of addition of *hingula* to formulation the methods which include more *bhavana* shall be followed to avoid risks of adverse events; and if the *hingulahas* to be subjected for *Urdhavapatana* for extraction of mercury the methods of less efforts shall be followed.

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