



Review Article

UNLOCKING THE THERAPEUTIC ESSENCE OF *HINGWADI AGADA*: AN AYURVEDIC HERITAGE IN HEALING PRACTICES

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ABSTRACT

Agadatantra is an essential part of *Ashtanga Ayurveda*, dealing with the clinical aspects of poisoning, including its identification and therapeutic interventions. *Vrischika visha* is one of the critical clinical conditions requiring emergency care. Various antidotal formulations in Ayurveda known as *Agada Yoga's* (anti-toxic formulations) are useful in *Vrischika Visha Chikitsa*. *Hingwadi Agada* is one of the *Agada Yoga's* mentioned by *Acharya Vagbhatta* in *Ashtanga Hridaya*. **Aim and objectives:** Based on the function of *Hingwadi Agada* ingredients are described in various classical texts, this review and debate will focus on *Vrischika Visha Damsha*. **Materials and Method:** Several classical texts were referred, namely *Charaka Samhita*, *Sushruta Samhita*, *Ashtanga Hridaya*, *Ashtanga Sangraha*, various *Nigantus* and textbooks like the *Dravyaguna Vigyana* and Peer Review articles. **Observations and Results:** According to *Acharya Vagbhatta*, *Hingwadi Agada* includes two main ingredients along with a single processing medium all of which possess properties such as *Deepana* (appetite-stimulating), *Pachana* (digestive enhancing), *Shulahara* (analgesic). *Sothahara* (anti-inflammatory), *Sonithsthapana* (blood stabilizing), *Vatanuloma* (regulating the *Vata Dosha* etc. **Conclusion:** According to *Acharya Vagbhatta's Vrischika Damsha Chikitsa*, *Hingwadi Agada* holds potential as an effective antidote and deserves to be explored through clinical and experimental trials for treating *Vrischika Visha*.

INTRODUCTION

The Ayurvedic branch of *Agada Tantra* extensively covers toxicology, addressing challenges like scorpion envenomation, which annually affects 12 lakh people in India and results in nearly 3,250 deaths. Among 1,400 scorpion species worldwide, only 53 pose a significant threat to humans.^[1] In India around 86 species have been identified. Poison due to insect bite is common and can be accompanied with a variety of symptoms ranging from simple itching to life threatening situations^[2]. The term *Vrischika* is derived from a root word means "Chedane" to "cut".^[3] Scorpion sting usually results in severe symptoms, as its venom is more potent.

Excruciating pain, burning sensation, swelling and erythema are the symptoms of *Vrischika Damsha*^[4]. The sharp, localized pain from a scorpion sting often drives the need for prompt care. Ayurvedic classics extensively discuss external applications and treatments specifically designed to manage the acute manifestations of *Vrischika Visha*.

AIM and OBJECTIVES

To review and debate *Hingwadi Agada* in relation to *Vrischika Visha* based on the functioning of its ingredients as described in various classical texts.

MATERIALS AND METHOD

Important Ayurvedic texts such as *Charaka Samhita*, *Sushruta Samhita*, *Ashtanga Hridaya*, *Ashtanga Sangraha*, along with textbooks like *Dravyaguna Vigyana* and *Agadatantra*, were referenced. Topics including *Vrischika Visha*, *Agada yogas*, and the treatment of scorpion stings were explored.

Hingwadi Agada: *Hingwadi Agada* is a formulation outlined in the 37th chapter of *Uttarasthana* in

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Ashtanga Hridaya, under *Kitaluthadi Visha Pratishedha*, *Mathulunga Swarasa* It is typically used as a *Lepa* for treating *Vrischika Damsha* The preparation consists (topical application) or *Anjana* (collyrium).^[5] of *Hingu* and *Haratala*, which are processed with

Table 1: Ingredients of Hingwadi Agada with Botanical Name/Chemical Name and Family/Chemical Formula

S.No	Ingredients	Botanical name/ Chemical name	Family Name/Chemical Formula
1	<i>Hingu</i> ^[6]	<i>Ferula foetida</i> Linn.	Apiaceae
2	<i>Haratala</i> ^[7]	Arsenic trisulphide	AS ₂ S ₃
3	<i>Matulunga</i> ^[8]	<i>Citrus Medica</i> Linn.	Rutaceae

Table 2: Ingredients of Hingwadi Agada with its properties

S.No	Dravya	Rasa	Guna	Virya	Vipaka
1	<i>Hingu</i>	<i>Katu</i>	<i>Tiksna</i>	<i>Usna</i>	<i>Katu</i>
2	<i>Haratala</i>	<i>Katu</i>	<i>Singdha</i>	<i>Usna</i>	---
3	<i>Matulunga</i>	<i>Amla</i>	<i>Laghu, Tiksna</i>	<i>Anusna</i>	<i>Madhura</i>

Table 3: Chemical Constituents of Hingwadi Agada and its Karma

S.No	Drugs	Chemical constituents
1	<i>Hingu</i>	Essential oil, gum, resin
2	<i>Haratala</i>	Mixture of arsenic and sulphur
3	<i>Mathulunga</i>	Citric acid, Vitamin C, the rind of fruit contains volatile oil

Table 4: Ingredients of Hingwadi Agada and its Karma

Sl.No	Dravya	Doshakarma	Karma
1	<i>Hingu</i>	<i>Kaphavata samaka</i> (pacifies <i>Kapha</i> and <i>Vata</i>)	<ul style="list-style-type: none"> • <i>Deepana</i> (increases the appetite) • <i>Pachana</i> (increases the digestion) • <i>Vatanulomana</i> (downward movement of <i>Vata</i>) • <i>Sulaghana</i> (pacifies the pain) • <i>Gulmaghna</i> (removes the tumor) • <i>Krimighna</i> (anti-helminthic) • <i>Hridya</i> (protects the heart) • <i>Kandughna</i> (reduces the itching) • <i>Jwaraghna</i> (anti-pyretic) • <i>Mutrala</i> (diuretics) • <i>Udrasulahara</i> (anti-spasmodic conditions)
2	<i>Haratala</i>	<i>Tridoshasamaka</i> (pacifies <i>Vata</i> , <i>Pitta</i> and <i>Kapha</i>)	<ul style="list-style-type: none"> • <i>Kusta roga</i> (skin diseases) • <i>Vataraktha</i> (gouty arthritis) • <i>Rasayana</i> (rejuvenator)
3	<i>Mathulunga</i>	<i>Tridoshasamaka</i> (pacifies <i>Vata</i> , <i>Pitta</i> and <i>Kapha</i>)	<ul style="list-style-type: none"> • <i>Agnidipaka</i> (increases the appetite) • <i>Krimighna</i> (anti-helminthic) • <i>Vedanasthapana</i> (analgesic) • <i>Pachana</i> (helps in digestion) • <i>Vatanulomana</i> (downward movement of <i>Vata</i>) • <i>Mutrala</i> (diuretics) • <i>Jwaraghna</i> (anti-pyretic) • <i>Pandu</i> (anaemia) • <i>Kamalanashaka</i> (jaundice)

Method of preparation – The preparation method is not specified in the *Ashtanga Hridaya*; however, the formulation can be developed following the classical approach of *Vati Kalpana*.

Mode of administration- The formulation can be administrated in the form of *Lepana* and *Anjana*.

Lepana [9]- *Hingwadi Agada* acts as *Vishagna Lepa*, according to *Sarngadhara* the *Vishaghna Lepa* should be applied thickness of $1/3$ *Angula* (0.65cm).^[10] The technique of *Lepa* application involves spreading the preparation in the *Pratiloma Gati* (opposite direction of hair growth). This enhances the drug's absorption through the skin's vital structures, including the *Romakupa* (hair follicles), *Sweda-Vahini* (sweat glands), and blood capillaries (*Siramukha*). *Hingwadi Agada*

serves as an excellent remedy, reducing excruciating pain and swelling while counteracting the poisonous effects of a *Vrischika Damsha*.

Anjana [11]- *Hingwadi Agada* acts as *Gutika Anjana* According to *Sarngadhara* the *Gutika Anjana* is applied of 1 *Harenu matra* [*Harenu*] is a kind of pea or pulse, the weight of which will be roughly 2 *Ratti* (250mgs)^[12]. *Gutika Anjana* is based on the severity of nature of the *Doshas* as the *Vrischika Damsha* causes the *Bahudosha Prakopa*, this formulation helps in the pacifying the *Doshas* caused *Vrischika Damsha*.

Fig 1: Analysis of Rasa of ingredients of Hingwadi Agada

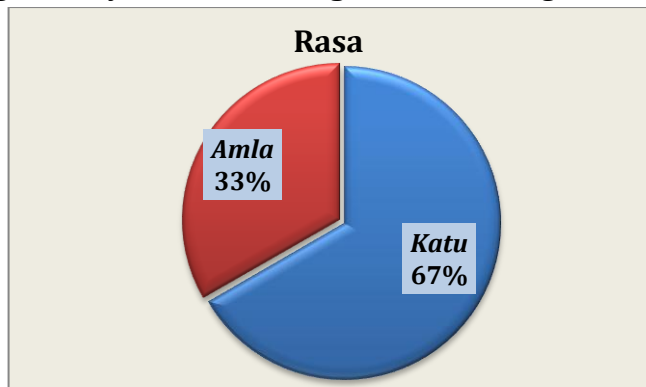


Figure 1 - 67% of *Rasa* in this formulation are *Katu Rasa* pacifies the *Kapha Dosh* and *Srotoshodhana* and 33% *Amla Rasa* pacifies *Vata*.

Fig 2: Analysis of Guna of ingredients of Hingwadi Agada

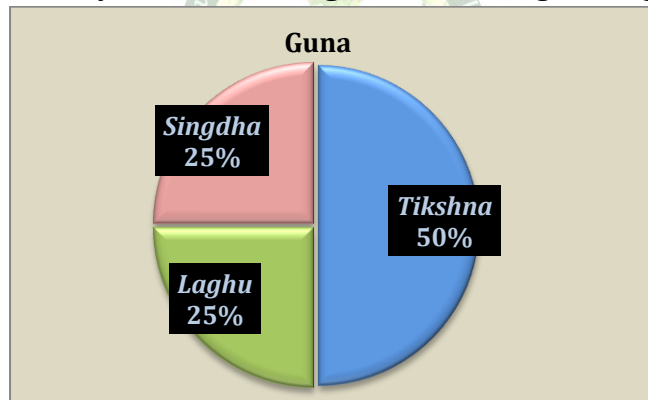


Figure 2- *Tikshna* being the highest % of the *Guna* in this formulation that is 50%, *Laghu* is 25% and *Snigdha* is 25% respectively. *Dravyas* have *Tikshna* and *Laghu guna* which helps to act fast and *Snigdha Guna* of the ingredients helps to counteract the poison.

Fig 3: Analysis of Virya of ingredients of Hingwadi Agada

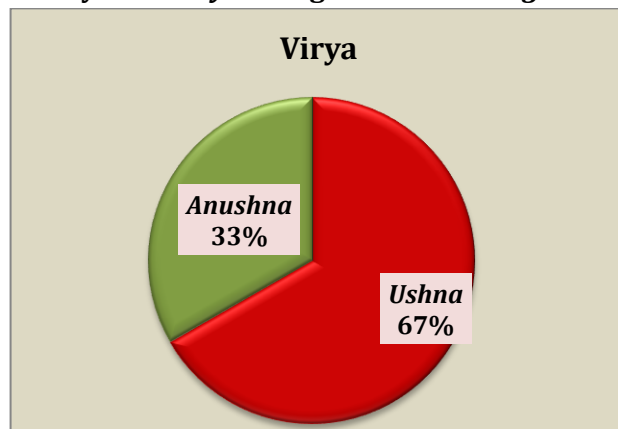


Figure 3 - Based on *Virya* the formulation has 67% of *Ushna Virya* and 33% accounts of *Anushna*, which dose the *Vatahara* and *Kapha Vilayana* and enhances the circulation and counteracts the *Visha*.

Fig 4: Analysis of Vipaka of ingredients of Hingwadi Agada

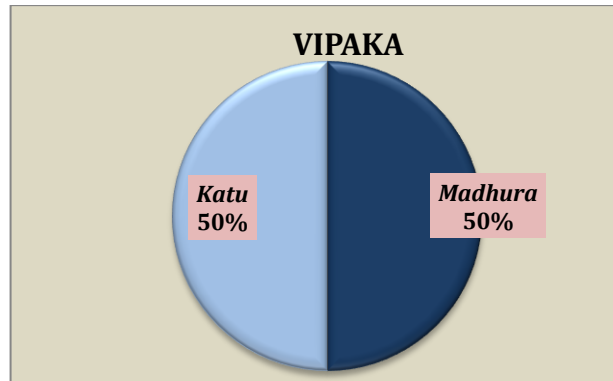


Figure 4 - Based on the *Vipaka* in this formulation, 50% of ingredients have *Katu Vipaka* that pacifies *Kapha dosha* and 50% of the drugs have *Madhura Vipaka* that pacifies *Pitta* and *Vata Dosha*.

Fig 5: Analysis of Doshakarma of ingredients of Hingwadi Agada

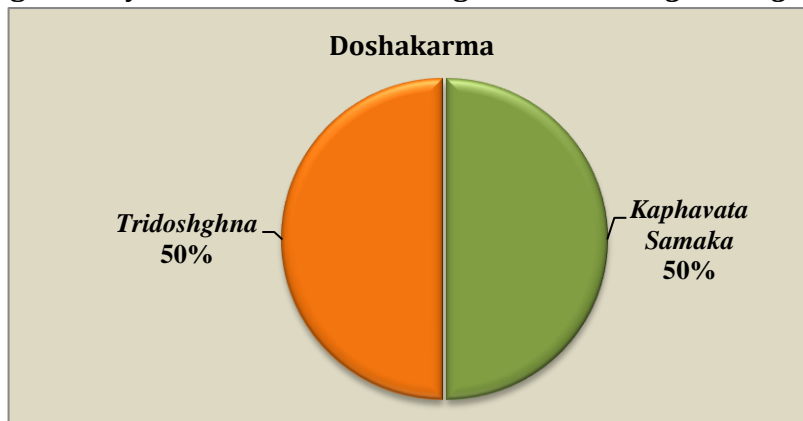


Figure 5 - 50% of the drugs have of *Tridoshaghna* and 50% are of *Kaphavata* properties which help in counteracting the ill effects caused because of *Visha*

Fig 6: Analysis of Karma of ingredients of Hingwadi Agada

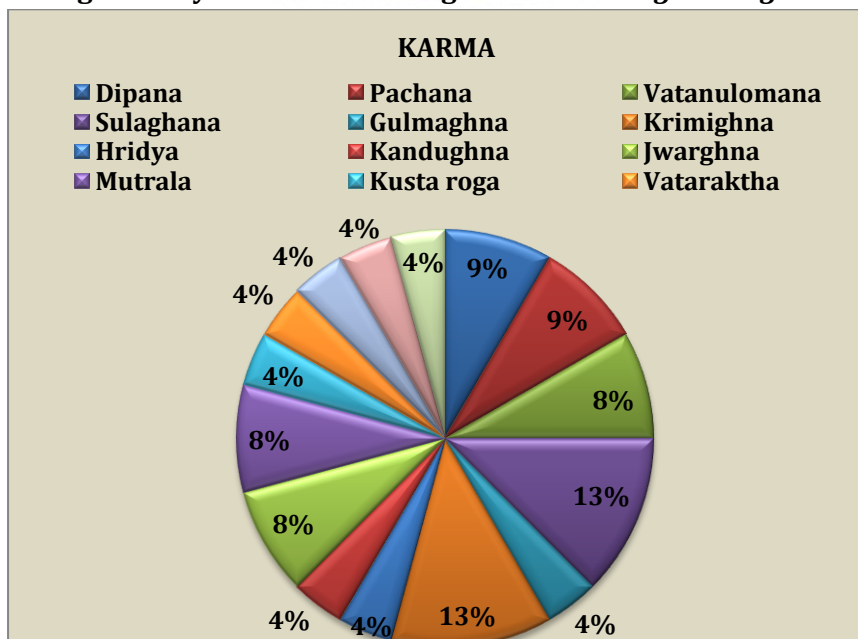


Figure 6 – Formulation presents with 9% *Dipana*, 9% *Pachana*, 8% *Vatanumloana*, 13% *Sulaghna*, 4% *Gulmaghna*, 13% *Krimighna*, 4% *Hridya*, 4% *Kandughna*, 8% *Jwaraghna*, 8% *Mutrala*, *Vataraktha*, *Kusta Roga*, *Rasayana*, *Pandu Roga*, *Kamalanashaka* each.

Table 4: Lakshana's of Vrischika Visha Damsha and ingredients of Hingwadi Agada working on the particular symptoms

Lakshana^[13]	Ingredients that combat the Lakshana
<i>Agnivat Daha</i>	<i>Hingu</i>
<i>Urdhva arohana</i>	<i>Hingu, Mathulunga</i>
<i>Atiruk, Toda, Sphutana</i>	<i>Hingu, Mathulunga</i>
<i>Krishna Raktha Agmana</i>	<i>Mathulunga</i>
<i>Syava</i>	<i>Haratala</i>
<i>Daha</i>	<i>Mathulunga</i>
<i>Murcha</i>	<i>Hingu, Haratala, Mathulunga</i>
<i>Sphota</i>	<i>Haratala</i>
<i>Bhranthi</i>	<i>Hingu, Haratala, Mathulunga</i>
<i>Jwara</i>	<i>Hingu, Mathulunga</i>

DISCUSSION

The formulation of *Hingwadi Agada*, as outlined by Acharya Vagbhatta in the *Kitalutaprathishedha Adhyaya*, includes *Hingu*, *Haratala*, and *Mathulunga Swarasa* for *Bhavana*.

Extensive research has been undertaken to evaluate the therapeutic potential of *Hingu*, revealing its anti-inflammatory^[14], antispasmodic^[15], and antioxidant properties^[16]. Similarly, *Haratala* has been studied for its antimicrobial^[18], antifungal, and antibacterial activities^[19]. Additionally, *Mathulunga Swarasa* has demonstrated significant antioxidant and haematinic effects in various studies^[20].

Vrischika visha vitiates the *Tridoshas*, particularly *Pitta* and *Vata*, the formulation does the *Tridoshashamaka* which helps in neutralizing the scorpion venom, reducing its harmful effects and preventing the progression of symptoms.

The Formulation have the properties of *Sulaghna*, *Vedanasthapana*, *Krimighna* and *Vatanumloana* which are main symptoms of *Vrischika Damsha* and help reduce the local and systemic inflammation caused by the scorpion venom.

CONCLUSION

Vrischika Visha is a condition that needs emergency management. The diagnosis of *Vrischika Visha* in Ayurveda is unlike other systems of medicine. Acharya Vagbhatta mentioned in *Ashtanga Hridaya* that poison has entered the body vitiates the *Rakta Dhatu* first then enters into *Kapha Dosha*, *Pitta Dosha* and lastly enters *Vata Dosha* then invades the *Hridaya* to death of the body. Thus, to overcome this condition without side effects and complications, by this review of literature *Hingwadi Agada* may be found to be one of the effective formulations mentioned by Acharya Vagbhatta in *Ashtanga Hridaya* in the treatment of *Vrischika Visha* helps to remove the effect of Scorpion Venom. All the above-mentioned herbo-mineral ingredients are easily available and cost-effective.

Hence further detailed experimental and clinical researches are needed for a better understanding of efficacy also to explore the mode of action of this formulation and for better application in the field of scorpion bite management.

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