

**HIKKA NIGRAHANA MAHAKASHAYA- A CRITICAL REVIEW****Dr. Suman Shakya^{1*}, Dr. Manohar Ram² and Dr. Ramnihor Tapsi Jaiswal³**¹J.R.3, Samhita and Siddhanta Department, RAC Varanasi.²Associate Professor Samhita and Siddhanta Department, RAC Varanasi.³Assistant Professor Samhita and Siddhanta Department, RAC Varanasi.Article Received on
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Corresponding Author*Dr. Suman Shakya**J.R.3, Samhita and Siddhanta
Department, RAC Varanasi.**ABSTRACT**

Hikka Nigrahan Mahakashay denotes group of ten drugs which act on Hikka Roga. Hikka Nigrahan is the Sanskrit name for a group of medicinal plant, classified as relieving hiccup. It can also called as Hikka Nigrahana. The name is derived from the words Hikka, translating to hiccup and Nigrahan, referring to suppressing, holding down. Acharya Charak has described Hikka Nigrahan Mahakashay in Sutra Sthana as 30th Gana of the 50 Mahakashay Gana. Shati, Pushkarmula, Badar, Kantkari, Brihati, Vrakshruha, Abhaya, Pippali, Duralabha, Kulirashrangi are included as ten ingredients under this

category. These ten plants which are effective individually, work together and results in to enhanced output. These plants having Ushna Virya, Katu Vipak and Kaph-Vatshamak properties. This article is an attempt to describe symptoms, pathogenesis and treatments of Hikka Roga through Hikka Nigrahana Mahakashay.

KEYWORDS- Hikka Nigrahana Mahakashay, Nidana, Samprapti, Chikitsa.**INTRODUCTION**

Ayurveda is a science of life elaborately explains many important diseases one such disease among them is Hikka Vyadhi. In Brihatrayee Hikka Vyadhi is mentioned under Pranavaha Srotasa (respiratory system). As compared to the other Vyadhi's Hikka and Swasa Vyadhi are Shighrapranaharaka Vyadhi's.^[1]

In Hikka Vyadhi “*hik hik*” sound is produced; hence it is named as Disease Hikka.^[2]

Vitiated Vata dosha along with Kapha Dosha obstructs the Pranavaha, Udakavaha and Annavaha Srotasa (respiratory system, watery elements & digestive system) and produces different types of Hikka Vyadhi.^[3] Hikka can be correlated in modern science with hiccup. A hiccup is an involuntary contraction (myoclonic jerk) of the diaphragm that may repeat several times per minute.^[4] It is clear that to treat Hikka and Swasa Vyadhi as early as possible is needful to avoid further complications as well as possibility of death of the patients. Ayurvedic classical texts had described different Kalpa as well as Ekala Dravya for the management of Hikka Vyadhi. According to modern medicine management of hiccups many drugs are being used but not particular treatment is known to be especially effective.^[5] But it is observed many times that the disease like hikka is relieved immediately by certain Ayurvedic drugs.

Hikka Nirukti – Etymology

Vayu frequently moving upward, by shaking the liver, spleen and intestines with sound, and coming out of the mouth with a loud sound and causing trouble to life is called Hikka.^[6]

S. no.	According to charak ^[7]	According to susruta ^[8]	According to vagbhatta ^[9]
1.	Mahahikka	Mahati Hikka	Mahati Hikka
2.	Gambhira Hikka	Gambhira Hikka	Gambhira Hikka
3.	Vyapetta Hikka	Yamala Hikka	Yamala Hikka
4.	Kshudra Hikka	Kshudra Hikka	Kshudra Hikka
5.	Annaja Hikka	Annaja Hikka	Bhaktodbhava Hikka

Hikka nidana (Etiological factors)

According to Sushruta Samhita^[10]

Vidahi Bhojana- Foods which cause burning sensation

Guru Bhojana- Foods that are heavy for digestion

Vishtambhi Bhojana- Foods that cause obstruction in body channels.

Ruksha Bhojana- Foods that are dry in nature

Abhishyandi Bhojana- Foods that cause excessive secretion

Sheeta Pana, Sheeta Asana, Sheeta Sthana, Raja Dhoom Atapa Anil, Vyayama, Karmabhaara

According to charaka^[11]

Rajas dhoom vatabhyama – Export dust Smoke and Wind

Sheet shtaanambu sevanata- Use of cold water

Vyayamad Gramyadharma adhva- Exercise, sexual intercourse and long walk beyond one's capacity

Ruksha Anna, Vishama Ashana, Ama Pradosha, Annaha, rooksjhata, Ati Aptarpanata, Dourbalya, Marmanoghata, Shudhi Atiyoga

Hikka can occur as secondary complaints in Jwara Fever), Atisaar (Diarrhoea), Chardi (Vomiting), Pratishyaya (Coryza), Kshata Kshaya, Raktpitta, Udavarta, Visuchika, Alsaka, Pandu.

Hikka Poorvaroop

According to acharya charaka^[11]

- Kanta uru gurutvam – Heaviness of the chest and throat
- Vadanasya kashaya – Appearance of astringent taste in the mouth and
- Kukshi atopa – Gurgling sounds in the abdomen / flatulence

According to acharya sushruta^[12]

- Mukham kashayam – Astringent taste in mouth
- Arati gauravam kantavakshaso – Restlessness, heaviness of throat and chest region
- Atopo jatarasya – Gurgling sounds in the abdomen / flatulence

Hikka Samprapti – Pathogenesis^[13]

Vata along with Kapha, having obstructed the

1. Pranavaha Srotas – Channels carrying vital breath
2. Udakavaha Srotas – Channels carrying watery elements and
3. Annavaha Srotas – Anna-Vaha- Srotas causes hiccup.

Hikka prognosis

According to charaka samhita chikitsa sthana 17/42-44,^[14]

Hikka is curable if

- The patient is not emaciated (No depletion of muscle tissues),
- If he has not lost his will power (Mental stamina) and
- If Dhatus (Tissue elements) and Indriyas (senses) are not impaired, Otherwise, it is fatal.

According to sushruta samhita utara sthana 50/15,^[15]

- Gambhira Hikka and Mahati Hikka are incurable (Asadhya).

According to ashtanga hridaya nidana sthana,^[16]

- Kshudra and Annaja Hikka are curable (Sadhya)
- Mahati and Gambhira Hikka are incurable Hikka (Asadhya).
- Yamala Hikka with all its signs and symptoms is incurable (Asadhya)

Hikka nigrahan mahakashaye

S. No.	Dravya	Latin name	Gunas	Rasa	Virya	Vipaka	Properties
1.	Shati ^[17]	Hedychium spicatum	Laghu, Tikshna	Katu, Tikta, Kashaya	Ushna	Katu	KaphaVata Shamaka
2.	Pooshkarmoola ^[18]	Inula racemosa	Laghu	Tikta	Ushna	Katu	KaphaVata Shamaka
3.	Badara ^[19]	Ziziphus jujuba	Guru, Snigdha	Madhura, Kashaya	Ushna	Madhura	Kapha Vatashamaka
4.	Kantakaari ^[20]	Solanum xanthocarpus	Laghu Ruksha	Tikta	Ushna	Katu	KaphaVata Shamaka
5.	Brihati ^[21]	Solanum indicum	Laghu, Ruksha, tikshna	Tikta	Ushna	Katu	KaphaVata Shamaka
6.	Vriksharooha ^[22]	Dendrophthoe falcata	Laghu Ruksha	Kashaya Tikta	Sheeta	Katu	Kaphapittashamaka
7.	Abhaya ^[23]	Terminalia chebula	Laghu Ruksha	Except Lavana all Rasa are present	Ushna	Madhura	Tridosha Shamaka
8.	Pippali ^[24]	Piper longum	Laghu Snigdha	Madhura, Katu, Tikta	Anushna	Madhura	Tridosha shamaka
9.	Duralabha ^[25]	Fagonia cretica	Laghu snigdha	Kashaya, Tikta, Madhura katu	Ushna	Madhura	Vata Pitta Shamak
10.	Kulirashrunji ^[26]	Rhus succedanea	Laghu Ruksha	Kashaya Tikta	Ushna	Katu	KaphaVata Shamaka

Lifestyle advice, prevention tips

- Avoid excess spicy foods.
- Avoid extremely cold foods, excess ice creams
- Avoid aerated soda drinks, carbonated beverages.
- Avoid exposure to dust and smoke. Wear a mask during travel
- Avoid or lessen alcohol consumption
- If you are residing in a cold place, use warm cloths.

- Try to control emotional stress with Pranayama and meditation.
- Avoid fasting for more than a day.
- Do not overeat.
- Exercise at least for 20 minutes a day and keep the body fit.

CONCLUSION

Hikka Vyadhi is a common condition in our life. It has many causes as described in Ayurvedic textbooks. In Hikka Vyadhi mainly Vata and Kapha dosha are predominant, so ten Dravya of Hikka Nigrahan Mahakashay are best effective to treat Hikka Vyadhi because all drugs having Kapha Vatashamak properties.

Other therapies like panchakarma are also useful for treating Hikka Vyadhi because of predominance Vata Dosha, so Vata Dosha should be treated first by Panchkarma Therapy and later on internal medicines can be started to condition of the patient.

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