

**A REVIEW ON HISTORICAL ASPECT OF BALANITES
AEGYPTIACA (L.) DEL. (INGUDI)**

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ABSTRACT :

Even since the dawn of history, mankind has lived, struggled and survived in nature. Dependence of human beings upon plants have been very intimate since times immemorial. Human beings have used plants for foods, shelter, cloths and medicines. Ancient Acaryas and their counterparts in this era tried and still trying their best to keep the man young and virile. Veda's the source of divine knowledge, who has been enlighten the path of complete solace since ages. Ingudi/Hingot (*Balanites aegyptiaca* Linn. Delile) of family Simaroubaceae known as 'Desert Date' is a small evergreen tree, It is traditionally used in the treatment of various ailments. This review summarizes the Historical, aspect of *Balanites aegyptiaca* (L.) Del. (Hingot) Seed.

Key words: Ingudi, *Balanites aegyptiaca*, Desert Date.

INTRODUCTION:Ingudi/Hingot (*Balanites aegyptiaca* Linn. Delile) is a small tree with glabrous or puberulous branches bearing very strong sharp ascending spines and bifoliate leaves of two elliptical or obovate, coracious leaflets. It is distributed in the drier parts of the country in western Rajasthan and peninsular India from south East Punjab to west Bengal and Sikkim¹.

References for the drug Ingudi in Vedas, Puranas and Upanishads:Vishnu Dharmasutra (61/4) and Sankara Dharmasutra (168) enumerated this plant among sauca dravyas. Kalidasa mentioned the presence of number of trees of 'Hingot' where saints exist and also explained its uses in his treatise

Raghuvansa (14.81). Hollow fruit of 'Ingudi' was used as container for collyrium- Kadambari (643).Seeds of 'Hingot' were taken out on breaking the fruits by stones. People living in forest areas used 'Hingot'taila as hair oil and for external application in wounds- Abhigyan Sakuntalam(4.14 and 1.14)². Rajamartanda explained its use in case of vyanga. Mahabharata mentions'Hingot' as one of the species found along the banks of river Sarasvati (Book IX, Chap.36 / 58). We find references in Kalpa sutra, Padini Ashtadyayi,Patanjali Mahabhasya, Varahamihira, Amarakosha and Banabatta. **Samhita kala:**All ancient Acharyas of Ayurveda have referred this drug Hingot for its multiple benefits in therapeutics.

Table 1: Ingudi in Caraka Samhita: Showing Ingudi as an ingredient in Yogas of Charaka³

S.No	Name	Formulation Name	Karma	Reference
1	Ingudi	Lauhadi rasayana	Krimihara	c.ci 1-3/15
2	Ingudi	Sarsapadi taila	Kustha	c.ci 7/119
3	Ingudi	Manashiladi dhuma	Kasa	c.ci 18/69
4	Ingudi	Ingudi-dhuma	Dhumapana	c.ci 18/75

Table 2: Ingudi in Sushruta Samhita: Showing Ingudi as an ingredient in Yogas of Sushruta⁴

S.No	Name	Formulation Name	Karma	Reference
1	Ingudi	Ingudi Taila	Kustha	S.Su.45/118
2	Ingudi	Agargodhika yoga	Romanasaka	S.Ci.1/108
3	Ingudi	Kalayanaka lavana	Krimi,Gulma Prameha,Arsa	S.Ci.4/32
4	Ingudi	Vikankatadi lepa	Kaphaja granthi	S.Ci.18/13
5	Ingudi	Karanjadi Taila	Medaja granthi	S.Ci.18/19
6	Ingudi	Ingudi Taila	Vrana ropana	S.Ci.18/28
7	Ingudi	Panchangi varti	Kapha nasaka	S.Ci.22/55
8	Ingudi	Saladi dhuma	Mukharoga	S.Ci 22/69
9	Ingudi	Karanjadi lepa	Parilehi karnapali	S.Ci. 25/22
10	Ingudi	Ingudi Taila	Dushtavrana	S.Ci 31/5
11	Ingudi	Brihatyadidhuma varti	Kasa	S.Ci 40/4
12	Ingudi	Inguda kalka	Dusika dansa	S.Ka.7/12
13	Ingudi	Vidangadi duma	Kaphaja timira	S.Ut 17/42
14	Ingudi	Ingudi Taila	K-Karnasula	S.Ut.21/31
15	Ingudi	Sarladi varti	K-Pratisyaya	S.Ut 24/33
16	Ingudi	Ingudi Tvaka curna	Sirovirecana,KSiroroga	S.Ut.26/20
17	Ingudi	Raktapittahara yoga	Raktapitta	S.Ut.45/27
18	Ingudi	Mustadidhumvarti	K V kasa	S.Ut 52/23

Table 3: Ingudi in Sushruta Samhita: Showing Ingudi as an ingredient in Yogas of Ashtanga Hriday⁵.

S.No	Name	Formulation Name	Karma	Reference
1	Ingudi	Manashiladi dhuma	K Kasa	A .H. Ci 3/68
2	Ingudi	Kutajadi svedana	Parilehika	A.H. Ut 18/49
3	Ingudi	Vyoshadidhuma varti	Dusta Pinasa	A.H Ut 20/15
4	Ingudi	Ingudadya taila	Kriminasaka	A.H. Ut 24/16

Table 4: Ingudi in Sushruta Samhita: Showing Ingudi as an ingredient in Yogas of Ashtanga Sangrah⁶.

S.No	Name	Formulation Name	Karma	Reference
1	Ingudi	Ingudi taila	Arsa, kusta, krimi	A.S.Su 6/105
2	Ingudi	Manashiladi dhuma	Kasa Cikitsa	A.S.Ci.4/47
3	Ingudi	Ingudi taila	Prameha	A.S.Ci.14/3
4	Ingudi	Mahanila ghrita	Vrana, Updansa	A.S.Ci. 22/4
5	Ingudi	Kosamradi dhuma	Pakva pratisyaya	A.S Ut 24/47
6	Ingudi	Kakadhanadi lepa	Kaphaja granthi	A.S.Ut 35/20
7	Ingudi	Gunjadya taila	Medaja granthi	A.S.Ut 35/32

Table 5: Showing Vernacular Names¹

S.No	Language	Vernacular Name
1	Arabic	Elheglyg, Heghelig
2	Bengal	Hingon
3	Bombay	Hinganbet
4	Canarese	Ingalare, Ingalukke, Ingalarade
5	Cutch	Hinganbet
6	Deccan	Hingan, Hinganbet
7	English	Desert date, Soap berry tree, Thorn tree.
8	French	Dattier du desert
9	Gujarati	Egorea, Hinger
10	Hindi	Hingan, Hingen, Hingol, Hingot
11	Kannada	Ingalore, Ingalakayi
12	Latin	Balanites aegyptiaca. Delile.
13	Malayalam	Nanjunta
14	Marathi	Hingan, Hingane
15	Rajasthani	Hingoto, Hingomi
16	Tamil	Nanjundan, Toruvattu
17	Telugu	Gara, Ingudi, Ringri
18	Urdu	Hingot
19	Uriya	Ingudihala

Table 6: Showing Gunas properties of Hingot acc. to different authors.

Gunas	C. S	S. S	A. H	A. S	Bp. N	K.N	R. N	M. N	N. A	So.N	HD .N	G.R. M	P. N	
Rasa														
1	Madh ura	+	-	-	-	-	+	-	-	+	+	-	+	-
2	Tikta	+	-	-	-	+	+	-	-	+	+	-	+	+
3	Katu	-	+	-	+	-	-	+	-	-	-	-	-	+
Guna														
1	Tikshn	-	+	-	+	-	-	-	-	-	-	-	-	-
2	Snigdh	+	-	-	-	-	+	-	-	-	+	-	+	-
3	Laghu	-	+	-	-	-	-	+	-	-	-	-	-	-
virya														
1	Ush na	+	+	-	-	+	+	+	-	+	+	-	+	+
Vipa ka														
1	Kat u	-	+	-	-	+	+	-	-	+	-	-	+	-
Doshagnata														
1	Kapha	-	+	+	-	-	-	-	-	-	-	+	-	+

2	kaphavata	+	+	-	+	-	+	+	+	+	+	+	+	-
3	Tridosha	-	-	-	-	-	-	-	-	-	-	-	+	-

Table 7: Showing Therapeutic uses of Ingudi acc. to different authors.

Karma	C.S	S.S	A.H	Bp.N	R.N	M.N	So.N	GRM	Sh.N	P.N	DBMP
Sirovirecana	+	+	-	-	-	-	-	-	-	-	+
Kaphanisaraka	-	-	-	-	-	-	-	-	-	-	+
Vranasodhana	-	+	+	-	-	-	-	-	-	-	-
Vranaropana	-	-	-	-	-	-	-	-	-	-	+
Raktasodhaka	-	-	-	-	-	-	-	-	-	-	+
Mriduvirechak	-	+	-	-	-	-	-	-	-	-	-
Jantughna	-	-	-	-	-	-	-	-	-	-	+
Krimighna	-	+	-	-	-	-	-	-	-	-	+
Sukraghna	-	+	-	-	-	-	-	-	-	-	+
Kusthaghna	-	+	-	-	-	-	-	-	-	-	+
Visaghna	-	-	-	-	-	-	-	-	-	-	+
Rasayni	-	-	-	-	+	-	-	-	-	-	-
Svitrighna	-	-	-	+	-	+	-	+	-	+	-
Sulaghna	-	-	-	+	-	+	-	+	-	+	-
Granthaghni	-	-	-	-	-	-	-	-	+	-	-
Kantida	-	-	-	-	-	-	+	-	-	-	-
Kesya	-	-	-	-	-	-	-	-	-	-	+
Dipana	-	-	-	-	-	-	-	-	-	-	+
Sransana	-	-	-	-	-	-	-	-	-	-	+

Table 8: Showing Therapeutic uses of Ingudi acc. to different authors.

Roga	Bp.N	K.N	R.N	M.N	N.A	So.N	SH.N	G.RM	DBMP
Kustha	+	+	-	+	+	-	-	+	+
Krimi	+	+	-	+	-	-	-	+	+
Vrana	+	+	+	+	-	+	+	+	+
Sula	+	+	-	+	-	-	-	+	-
Visha	+	+	-	+	-	-	-	+	-
Svitra	+	+	-	+	-	-	-	+	+
Bhuta roga	+	+	-	+	+	-	-	+	-
Graha	+	+	-	+	+	-	-	+	-
Jantu	-	-	+	-	-	+	+	-	-
Granthi	-	-	-	-	-	+	+	-	-
Agnidagdha	-	-	-	-	-	-	-	-	+
Siroroga	-	-	-	-	-	-	-	-	+
Agnimandya	-	-	-	-	-	-	-	-	+
Udarashul	-	-	-	-	-	-	-	-	+
Vibandha	-	-	-	-	-	-	-	-	+
Raktavikara	-	-	-	-	-	-	-	-	+

Jirnakasa	-	-	-	-	-	-	-	-	-	-	-	+
Svasa	-	-	-	-	-	-	-	-	-	-	-	+
Mutrakricha	-	-	-	-	-	-	-	-	-	-	-	+
Musakavisha	-	-	-	-	-	-	-	-	-	-	-	+

Prayojyanga (Part Used):

Pulp of the fruit is extensively used for medicinal purpose. The other useful parts are Root, Bark, Flower, Fruits, Seeds, Powder, Seed oil, & Kshara

Table 9: Showing useful parts of Ingudi According to different Authors

Prayojyanga	C.S	S.S	A.H	A.S	Bp.N	K.N	R.N	SH.N	N.A	M.N	S.N	G.M
Mula	-	+	-	+	-	-	-	-	-	-	-	-
Tvaka	+	+	+	+	-	-	-	-	-	-	-	-
Pushpa	-	-	-	-	-	-	-	+	-	-	-	-
Phala	+	+	-	+	-	+	+	+	-	+	-	+
Bijachurna	-	-	+	+	-	-	-	-	-	-	-	-
Bijataila	+	+	+	+	-	-	+	-	+	-	-	-
Phalamajja	-	+	-	-	+	+	+	-	+	-	+	+
KÒhara	+	-	-	-	-	-	-	-	-	-	-	-

CONCLUSION: In a nutshell, the present review is indicative of multiple uses of Ingudi in clinical conditions. In India, the first recorded use of plants for human welfare is seen in Veda. The study revealed that almost all parts of Ingudi (*Balanites aegyptiaca* Linn. Delile) have immense medicinal potential; either the seed or seed oil form an essential constituents of many Ayurvedic preparation.

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