

HING (*Ferula foetida* Regel): A potent Unani Herb with its descriptive parameters of Pharmacognosy and Pharmacology

Sandhya S. Pawal¹, Priyanka R. Pawar², Ratika Shelar³

³Assistant Professor, Department of Pharmacognosy.

^{1,2}Students, JBVP'S Vidya Niketan College of Pharmacy, Lakhewadi, Indapur, Pune, Maharashtra, India

Abstract: *Asafoetida (Ferula asafetida Linn.), commonly known as hing, is an oleo- gum-resin obtained from several Ferula species native to Central asia^{1,2}. In Unani medicine, it is described as a diuretic, antidiabetic, emmenagogue, digestive aid, and antispasmodic, and is used for respiratory disorders, gastrointestinal complaints, menstrual irregularities, infertility, and infections^{3,4}. Its strong odor and taste derive from active constituents such as resins, gums, and essential oils. Modern studies highlight antimicrobial, hepatoprotective, neuroprotective, and anxiolytic properties, supporting its traditional applications. Asafoetida thus holds value as both a Unani medicinal plant and a functional food additive. Hyperpigmentation occurs when the skin makes too much melanin, leading to dark spots. Melanocytes generate two types of melanin : pheomelanin (yellow-red) and eumelanin(brown-black).*

Keywords: Hing, *Ferula foetida*, Unani

