Hingoli in India for digestion?
Posted by justly - 2008/08/11 09:25

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I have gas problem. After every meal, i feel my gas is not passing naturally.

Someone told me to try 'hingoli' which is used extensively in India.

Can someone tell me what this hingoli is made up of?

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Re:Hingoli in India for digestion?
Posted by Ichabod - 2008/08/12 02:43

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Hi,
This is an Ayurvedic preparation, made by an Indian firm called Dabur India Ltd. It is used for digestion.
The ingredients they claim are :

Asafoetida
Black Pepper
Cumin
Ginger extract
Lemon extract

Hope this is what you were looking for.

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Re:Hingoli in India for digestion?
Posted by jitters.IN.RAIN - 2008/08/29 07:32

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Well, this topic is interesting. At amazon.com, hingoli tablets are available.

www.amazon.com/Dabur-Hingoli-100-tablets/dp/B000JWM7LO

I think in India, hingoli is very popular....after every meal, indians take hingoli to avoid digestion and gastric problems. The best thing about hingoli is no side effects. It is ayurvedic medicine and hence no side effects.

Since last 18 months, i have been taking hingoli regulary- 4 tablets a day with water. I think it has improved my digestion.

They have more digestive products like hajmola and pudina hara but i find hingoli the best.

Just one thing- If you are starting to take hingoli, it has a extremely strong taste. I can not bother to stand hingoli taste. So i gulp 4 hingoli tablets with water every afternoon !

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Re:Hingoli in India for digestion?

Posted by janker - 2008/11/07 07:05

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Hi, I fail to understand why one has to take medication for digestion for so long. If one has indigestion, you should take it for a couple of days till you are OK. If this medication is so popular in India, is digestive problems endemic in India?

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