

Heeng

June 10, 2025 • vajiramandravi.com



Heeng Latest News

Recently, the first flowering and seed set of Heeng or asafoetida (*Ferula assa-foetida*) heengat Palampur was reported on by CSIR, showing heeng can indeed be successfully cultivated in India.

About Heeng

- It is a perennial plant that **typically takes five years to mature** and start flowering.
- It thrives in **cold, arid environments** suited to the native regions in Iran, Afghanistan, and Central Asia.

Required Climatic conditions for Heeng

- **Soil:** The plant prefers **sandy, well-drained soil** with low moisture.
- **Rainfall:** Ideally requires annual rainfall of 200 mm or less, though it can tolerate up to 300 mm in cultivated regions like the Indian Himalaya.

- **Temperature:** It flourishes in temperatures of 10-20° C, tolerates highs of up to 40° C, and withstands winter lows down to -4° C.
- In **extremely dry and cold weather**, heeng plants typically become dormant to survive.

Extraction of Heeng

- The final product obtained from the plant, asafoetida, is derived from an **oleo-gum resin extracted from the plant's thick, fleshy taproot and rhizome**, which makes up 40-64% of the dried gum.
- Incisions are made in the taproot, allowing the milky latex to exude and harden into a gum-like substance.
- This resin is dried and processed into powder or **crystal form** for culinary and medicinal use.

Heeng Cultivation in India

- **India depended on imports** from **Afghanistan, Iran, and Uzbekistan**, among others.
- Although there are about 130 species of Ferula found in the world, but only Ferula assa-foetida is the economically important species used for the production of asafoetida.
- In India, we **do not have Ferula assa-foetida**, but other species **Ferula jaeschkeana** is reported from the **western Himalaya** (Chamba, HP), and **Ferula narthex** from Kashmir and Ladakh, which are **not the species that yield asafoetida**.

Heeng FAQs

Q1: What are the benefits of Heeng?

Ans: Being a rich source of carbohydrates, hing promotes metabolism. It is extremely beneficial in maintaining digestive health, promoting heart health and in improving brain function

Q2: Which state is famous for Heeng in India?

Ans: Himachal Pradesh

Source: TH

Source: <https://vajiramandravi.com/current-affairs/heeng/>

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