A REVIEW ARTICLE ON LASUNA (ALLIUMSATIVUM)

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ABSTRACT

The Medicinal use of Garlic is not new to the world today. Garlic plays important role in daily diet and also helps in maintaining good health that’s why it is widely suggested by physicians. The essential chemical components of Garlic are helpful in daily routine for making physic fit and it acts over Hypercholesterolemia. The wide range of Garlic, health benefits come mainly from its main ingredient, Allicine. This widely researched component of garlic is highly therapeutic and is used in various drugs and pharmaceutics. In current article importance of Garlic is shown as Rasyana, as its indication and properties of Garlic as per Ayurvedasuggest its work as Rasayana.

KEYWORDS: Lashuna Bheda, Indications, Utapatti, Vidhi.

INTRODUCTION

Ayurveda is a science not only deals with diseased, but also with Swastha condition. Rasayanachikitsa play a big role in maintains the human health. Different methods and types of Rasayana mentioned in our classics for maintaining the channel of body. Lasunahas more than 45 species which are used as medicine in different parts of the globe. Lashuna is used extensively used as medicine all over the world. Lashuna or Garlic, as it is more commonly known, is a potent herb helpful in preventing Hypercholesterolemia. In Caraka Samhita1 it is expalied Guru paki and Vrushya, and it acts on Krimi, Gulma, Vatavikara. According to Ashtanga Sangrahakara2 Lasuna leaves are alkaline and sweet, while middle part is sweet and smeary; the bulb is sharp, hot, katu in taste and vipaka and its laxative. Sushruta3 also tell about its Vrushyaguna tells its indication in Jeernajwara, kushta, arsha, gulma and it is
Balavardhaka also.

**Latin Name**: Allium sativum Linn.

**English Name/Common Name**: Garlic

**Sanskrit/Indian Name**: Lashuna, Rasona, Ugragandha,

**Lashuna utpatti**[^4]: From the kantha of Vishnu a drop of Amrita fall on the earth from this only Lashunautpatti takenplace.

**According to Kashyap Samhita**[^5]

When wife of Indra did not achieve conception even for hundred years, then indra made her to eat this nectar. Then Indra told to Saci, you will become endowed with somany Children. This Nectar will also become Rasayana (rejuvenating substance) on Earth. Due to defect of place, will have bad smell and will not be used by Brahmanas. On Earth the name of this nectar will become Lasuna. In this way this is born.

**Properties of Lashuna**[^6]

**Rasa**: Lashuna is having pancharasa. Except Lavana Rasa.

Different parts have different Rasa like Patra is having Kashaya Rasa; Pushpanala is having Lavana and Tiktapradhana Rasa.

**Vipaka**: Madhura

Madhura, Tikta, and Katurasa are Balavana gradually. It is Snehayukta, so it’s having Bruhmana effect also.

**Lashuna Bheda**: There are two types of Lashuna explained according to Kashyap samhita[^7]

1. Girija
2. Kshetraja

Out of these two types Girija is said to be Amrita Samana. In its absence second one i.e Kshetraja should be taken. (Ka. sam. kal. Lashunakalpana)


- Person should go under Shodhana first, before consuming Lasuna
- Best rutu for collection is vasantharutu.
- Outer cover is removed and kept in Madiradidravya’s for overnight.
• On next day kalka is removed and is squeezed for swarasa., then mixed in 3 parts of sura, madya, taila and dadimanda or kanji.
• It can be also taken with tailaghritamajja, ksheera, or mamsarasa according to roganusara.
• KevalL ashunaswarasa is taken it does Kantanadishuddhi.
• SurarahitaLshuna rasa matra is l kudawa and kalkamatra is l pala. In case of complication[9] (AHU39/120).

During administration of Lashuna if Shoola and Vedana occur then Swedana should be done, and if Vamana and Murccha occur then SheetambuSeka should be performed. After relieving from above mentioned symptoms, remaining Lashuna can be taken again.

According to KashyapaLashuna Matra[10] (Ka.sam.kal,Lashunakalpna/37-38)
KashyapaSamhita in Kalpasthana explain three different Matra
• Avaramatra - 4 pala
• Madhyamamatra- 6 pala
• Uttamamatra - 8 pala Lashunarasyayana Varjya(AHU. 39/127).

Except in pitta and RaktaLashunasevana should be avoided. Where as in all Avarnajanya Vataroga or Shuddha Vatavikara there is no other better medicine as Lashuna Rasayana

Indication (Ka.sam.Lashunakalpna/37-38)
It is indicated in all Vataroga, mainly in Asthichyuti, Asthibhagna, Asthigatavata. It shows its efficacy in Arthavasambandhiroga, Veeryasambandhiroga, Bhrama, Kasa, Kustha, Krimi, Gulma, Kilasa, Kandu, visphota, Vaivarnya, Timira, Mutrakriccha, Ashmri, Jeernajwara, Sosha, Vatarakta.

The person who consume this become Drida, Medhavi, Deerghayu and Sundara, Santanyukta, It promotes Shukravridhi and Maithunashaktivrudhi.

Pathya–Apathya
Pathya: Shali, Shastika Anna, Dadi, Takra, Yusha Pana, Shukta Pana, Mudaga, Manda Sevana.
Other Updravya’s

During Lashunasevanakala if Sneha and SheetaUpachara is taken then Jalodara will manifest. The other upadravas are Grahani, Kamla, Shoola, Atisara, Admana, Hrillasa, Chardi, Arochaka, Hikka, Visuchika, Swasa.(Ka.sam. lasunakalpa)

CLASSICAL PREPARATIONS OF RASONA

Lashuna yoga, Lashunadyataila, Lashunaksheerpaka, Rasonakalka, Rasonasarpi, Rasona, panda, Lashunadivati.

Other facts about Garlic

Garlic promotes the actual well-being of the heart and immune systems with antioxidant properties Helps to maintain healthy blood circulation. One of garlic’s most potent health benefits that includes the ability to enhance the body's immune cell activity. The active component in garlic is in fact, the sulfur compound called Allicin. Allicin is the chemical produced when garlic is chopped and chewed, or bruised. Allicin inhibit the more ability of germs to grow and reproduce. In fact, it's said that the 1 milligram of Allicin has a potency of 15 standard units of penicillin.

The Physiological Effects of Garlic

Garlic lowers the blood pressure. Garlic lowers the LDL Cholesterol Garlic helps to reduce atherosclerotic buildup (plaque) within the arterial system. One recent study shows this effect to be reasonably greater in women than men. Garlic lowers or helps to get regulate blood sugar. Garlic helps to avert blood clots from forming, thus reducing the overall possibility of strokes and thromboses (It may not be good for hemophilia). Garlic helps to prevent the cancer, especially of the digestive system, prevents for certain tumors from growing larger and reduces the size of certain tumors. Garlic helps to remove the heavy metals such as lead and mercury from the body.

Raw Garlic is a potent and natural antibiotic and, while far less strong than modern antibiotics, can still kill some strains of bacteria that have then become immune or resistant to modern antibiotics. Garlic has the anti-fungal and anti-viral properties. Garlic has anti-oxidant properties and is a great source of selenium.
CONCLUSION

Ayurvedic science not only deals with diseased condition. Swastha condition can be achieved by taking proper Shodhanaand Rasyanas. These Rasyana can be chosen in daily diet of either patient or Swastha. Proper methods of application of different Rasyana plays important role in eradication of disease and maintaining Swastha.

Other Samhitas also focus on Rasona or Lasuna but not as detailed explanation done by Kashyapa Samhita and Ashtanga Hridayam.

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