UNDERSTANDING LASUNA AS RASAYANA – A CRITICAL REVIEW

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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. Lasuna is a most potent herb used in many conditions mainly used as a Rasayana in Vatavadyadi, Amavata etc. 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 pharmaceautics. Many Acharyas used this potent herb in many formulations like Lashoonadi vati, Lashooa ksheera paka etc. Rejuvenation therapy enhances the energy and the person’s mental and physical capabilities. A number of studies suggest that rejuvenation therapy is effective in improving the skin complexion, texture, in modulating the voice and in increasing the sensing capacity of the sense organs. Rasayana is that which provides optimum quality of the bodily tissues due to which it provides both mental and physical health, prevents ageing and disease, thus enables to live for a longer period of youthfulness. In current article importance of Garlic is shown as Rasayana, as its indication and properties of Garlic as per Ayurveda suggest its work as Rasayana.

KEYWORDS: Lasuna, Allium sativum, Rasayana, Indications, Utapatti.

INTRODUCTION

Garlic (Allium sativum) is one of the most traditionally used plants as a spice and herb. Garlic has been approved scientifically: anti atherosclerosis, anti microbial, hypolipidemic, anti thrombosis, anti hypertension, anti diabetes and etc.1 Ayurveda is a science not only deals with diseased, but also with Swhasta condition. Rasayana chikitsa 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. Lasuna has more than 45 species which are used as medicine in different parts of the globe. Lasuna is used extensively used as medicine all over the world. Lasuna or Garlic, as it is more commonly known, is a potent herb helpful in preventing Hypercholesterolemia. In Caraka Samhita2 it is explained Guru paki and Vrushya, and it acts on Krimi, Gulma, Vatavikara. According to Ashtanga Sangrahakara3 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. Sushruta4 also tell about its Vrushya guna tells its indication in Jeerna jwara, Kushta, Arsha, Gulma and it is Balavardhaka also. In Caraka Samhita5 and Susruta Samhita, Lashoona is mainly advocated in Vataja disorders, and its Vrushya also.6

Ayurveda, the discipline of existence, explained the two types of Bhuesaja viz. Svasthasya Urjaskara and Athurasya Roganuth. Among them Rasayana karma comes under Svasthasys Urjaskara. (ca.ch1-1/4)
Vipaka – Madhura

Madhura, Tikta, and Katusara are Balavana gradually. It is Sneha yukta, so it’s having Bruhmana effect also.

Botanical description: A bulbous herb, 60 cm high. Leaves – long, flat, acute, sheathing the lower half of stem. Flowering scape slender, smooth, shining; spathes long, beaked, flowers – small, white, prolonged into leafy points.

Nutritive composition: The drug contains carbohydrates (arabinose, galactose), vitamins (folic acid, niacin, thiamine, Vit. C), amino acids (arginine, asparagic acid, methionine), enzymes (allinase), volatile compounds (allylalcohol, allylthiol, allylpropyl disulphide), prostaglandins A_2, D_2, E_2, and E_2 Mn 23.5%, Vit B_6 17.5%, Vit C 14.7%, tryptohan 6.2%, selenium 7.5%, Ca 5.1%. P 4.5%, Vit b 14%, Cu 4%, protein 3.6%.

Lashuna Bheda

There are two types of Lashuna explained according to Kashyap samhita.13

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)

In Nighantas14 two types of Lashoona is mentioned one is Lasuna (Allium sativum) and the other one is Maha kanda (Gnjana (Allium ascaloncium Lin).)


Person should go under Shodhana first, before consuming Lasuna. Best Rutu for collection is Vasantha rutu. Outer cover is removed and kept in Madiradi dravya’s for overnight. On next day Kalka is removed and is squeezed for Swaras, then mixed in 3 parts of Sura, Madya, Taila and Dadimanda or Kanji. It can be also taken with Taila Ghrita, Majja, Ksheera, or Mamsasara according to Roganusara. Keval Lashuna swarasa is taken it does Kantanadi shuddhi, Surarahita Lshuna rasa matra is 1 Kudawa and Kalka matra is 1 Pala.

If Pitta prakopa takes place by using Lasuna Rasayana for longer duration again Mrudu Virecana should be administered.

In case of complication (AHU 39/120)

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

Lashuna rasayana Varjya (AHU. 39/127)

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

Indication (Ka.sam.Lashunakalpa /37-38)

It is indicated in all Vataroga, mainly in Asthichyuti, Asthibhagna, Asthitgatavata. It shows its efficacy in Arthavasambandhi roga, Veerya sambandhi roga, Bhrama, Kasa, Kustha, Krimi, Gulta, Kilasa, Kandu, vispota, Vaivarnya, Timira, Murtakriccha, Ashmir, Jeernajwara, Susha, Vatatarka.

The person who consume this become Drida, Medhavi, Deerghayu and Sundra, Santanyukta, It promotes Shukravridhi and Madhunashakti vruddhi.

The drug is used as ‘Rasayana’ (meaning circulation of “Rasa”- the nutrient in Sanskrit). The ancient Indian physician, Kashyapa described that, Lashuna is born from nectar hence the Rasayana property. Rasayana properties are, increased life span, promotion of intelligence, improved memory, freedom from diseases, strengthens the teeth, flesh, nails, beard and hair. The drug clears the channels (Srotas), produces Sukra (sperm and spermatic fluid) produce Sonita (ovum and ovarian hormones) and nourishes the breast.

In Caraka samhita, the drug has been indicated in skin diseases (Kustha, Kilasa), Vataja disorder (neurological disorder), and it increases the sperm count and sperm motility (Vrusya).

Vaghbhat15 considered Lasuna as the best among the Vatavaha dravyas. He emphasized the role of Lashuna as a Rasayana in the treatment of vat Avaranas.

Pathya – Apathya

Pathya: Shali, Shastika Anna, Dadi, Takra, Yusha Pana, Shukta Pana, Mudagna, Manda Sevana.


Other Updravya’s

During Lashuna sevana kala if Sneha and Sheeta Upachara is taken then Jalodara will manifest. The other Upadravas are Grahanhi, Kamla, Shoola, Atisara, Amdana, Harillas, Chardi, Arochaka, Hikka, Visuchika, Swasa. (Ka.sam. Lasunakalpa)

Uses of Lasuna

Vatavyadi (neurological disorder): Oil cooked in Lashoona juice was reportedly cures vata20, the drug is best remedy for Vataja disorder21 additionally the drug is used as a Rasayana to cure all types of Avarana except Pitta and Rakta22 Amavata (Rheumatoid arthritis)- alcoholic preparation of Lashoona (Rasona sura) is indicated in Rheumatoid condition.23 Paste of Lashoona promotes lactation.24 As Rasayana - paste of Lashoona mixed with ghee and honey taken for a period of one year provides health and longevity25. Disorders of female genital tract the juice of Lashoona should be taken in the morning26. Lashoona processed with milk indicated in...
Gulma, Vatarakta, fever, cardiac disorder, abscesses and oedema.27

Classical Preparations of Rasona

Lashuna yoga, Lashunadya taila, Lashuna ksheerpaka, Rasona kalka, Rasona sarpi, Rasona pinda, Lashunadi vati.

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 build up (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 aver 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 Shodhana and 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 Hridyam, Rasyana help us to lead healthy life. There are many other Rasyana’s explained in our classics and Lasuna can also adopted as Rasyana as regular use in daily diet.

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