

ALLIUM ASCALONICUM LINN- AN AYURVEDIC PERSPECTIVE**Mehatre Dhulappa**

Lecturer, Dept of Dravya Guna, N K Jabshetty Ayurvedic medical college and P G Centre, Bidar Karnataka, India

ABSTRACT

Allium ascalonicum Linn. Belongs to family *Liliaceae*. It is a type of *Lashuna* (Garlic), which possess only one clove of garlic and resembles like a small onion. In *Ayurveda* it is known as *Ekakalika Lashuna*, *ekaputiya Lashuna* (single clove garlic), *Grinjana* and *Mahakandha Lashuna* (Big clove garlic). It is similar in properties with garlic i.e. *Katu pradhana amla varjita pancharasa* (Except sour taste it possess all five taste in it as pungent, bitter, sweet, salt and astringent). It is extensively used for *vataroga chikitsa* (Nerve disorders) and acts as *vrishya* (Aphrodisiac) and *rasayana* (Rejuvenator).

Keywords: *Ekakalika Lashuna, Mahakandha, Allium Ascalonicum, Vatavyadhi, Rasayana.*

INTRODUCTION:

Ekakalika Lashuna is a one of the most popular earliest known medicinal plants. Its bulb (cloves) used to cure many ailments since ancient period. According to, *Acharya* Pandita Narahari, Kaiyadeva, Dhanawantari and Kashyapa *Allium ascalonicum* Linn is considered as a type of *Lashuna* and called as *Ekakalika Lashuna*, *Grinjanaka* and *Mahakanda*. It is botanically classified as follows;

BOTANICAL CLASSIFICATION:

Kingdom- Plantae (Plants)
Subkingdom- Tracheobionta (Vascular plants)
Superdivision- Spermatophyta (Seed plants)
Division - Magnoliophyta Flowering plants
Class - Liliopsida (Monocotyledons)
Subclass - Liliidae
Order - Liliales
Family - Liliaceae (Lily family)
Genus - *Allium* L. (onion)
Species – *Allium ascalonicum* Linn.

GANAS:Table No. 1. Ganas of *Ekakalika Lashuna* (*Allium ascalonicum* Linn).

SL. NO.	NIGHANTU	GANAS
1.	<i>Dhanwantari Nighantu</i>	<i>Karaveeradi Varga</i> ¹
2.	<i>Kaiyadeva Nighantu</i>	<i>Oushadhi Varga</i> ²
3.	<i>Raj Nighantu</i>	<i>Mulakadi Varga</i> ³
4.	<i>Bhava Prakasha Nighantu</i>	<i>Haritakyadi Varga</i> ⁴

PARYAYA NAMAS (Synonyms):

Table No. 2. Showing synonyms of *Ekakalika Lashuna* (*Allium ascalonicum* Linn).

Sl. No.	D. N.	K. N.	R. N.	B. P. N.	N. A.
1. <i>Mahakanda</i>	+	-	+	-	-
2. <i>Grinjana</i>	+	+	+	-	-
3. <i>Deerghapatraka</i>	+	-	+	-	-
4. <i>Ekakalika Lashuna</i>	-	-	-	+	+
5. <i>Ekaputiya Lashuna</i>	-	-	-	+	+
6. <i>Sthulakanda</i>	-	-	+	-	-
7. <i>Prithupatra</i>	-	-	+	-	-
8. <i>Yavanestha</i>	-	-	+	-	-

D.N.-Dhanwantari Naghantu, K.N.- Kaiyadeva Nighantu, R.N.- Raja Nighantu, B.P.N.- Bhava Prakasha Nighantu, N. A.- Nighantu Adarsha.

VERNACULAR NAMES:

Hindi- Eka Kanda Lahasuna, **English-** Shallot⁵.

MORPHOLOGY :



a

b



c

d

- a. Plant of *Ekakalika Lashuna*,
 b. Inflorescence of *Ekakalika Lashuna*,

- c. *Ekakalika Lashuna* with germinating bud,
 d. *Ekakalika Lashuna*.

It is biennial or perennial herb grows up to 1-3 feet high. It possesses a single onion like tuber, 1-2 inches long, oval in shape. It has alternate phyllotaxy, leaf is simple, linear, flat and unctuous. Hollow resembles like garlic and sheathing the lower half of the stem. It has elongated terminal spike inflorescence stalk of 1-2 feet. It is broader at base and tapering towards apex. It possess cluster of small white flowers at its apex⁶.

TYPES OF LASHUNA:

Acharya Kashyapa mentioned two types *Lashuna* as; *Girija* (which grows in mountains areas) and *Kshetraja Lashuna* (that is cultivated in plains)⁷. *Nighantu* quoted two kinds of *Lashuna* as follows;

1. *Lashuna*- *Allium sativum* Linn.
2. *Mahakanda* – *Allium ascalonicum* Linn. *Mahakandha Lashuna* is otherwise known as *ekakalika lashuna*, *ekaputiya lashuna* and *grnjanaka*⁸.

HABITAT: It grows everywhere in India. It has been cultivated in abundant quantity throughout India.

CHEMICAL COMPOSITION⁹

Strong odour is likely due to sulphur-containing compounds (e.g. S-allyl cysteine sulfoxide), which are believed to account for most of its medicinal properties.

USEFUL PART: *Kanda* (Bulb).

RASA PANCHAKA:

Acharya Bhava Mishra stated that *Ekakalika Lashuna* possess *guna karma* (properties and actions) like *Lashuna*¹⁰.

Rasa - *Katu pradhana amla varjit pancha rasa*.

Guna - *Snigdha, Guru, Tikshna, Sara*.

Veerya - *Ushna*.

Vipaka - *Katu*.

However, *Acharya Pandit Narahari*, explained that *Grinjana* consist following *rasa panchaka* in it.

Grinjanasya madhuram katukandam naalamapyupadishanti kashayam | Patrasanchayamushanti cha tiktam soorayo lavanamasthi vadanti || R. N.

The *kanda* (bulb) of *Allium ascalonicum* Linn consist *madhura* and *katu* rasa (Sweet and pungent taste), *naala* (inflorescence stalk) has *kashaya* (Astringent taste), *patra sanchaya* (Leaves) consist *tikta rasa* (Bitter taste) and *lavana rasa* present in *asthi* of *Grinjana*¹¹.

According to Kaiyadeva Nighantu:

Grinjanasya pravaalaani tiktani katukaani cha ||2226|| K. N.

Leaves of *Grinjana* (*Allium ascalonicum* Lin) possesses *tikta* and *katu* rasa (Bitter and pungent taste). Hence it can be said that *Allium ascalonicum* Linn possesses following *rasapanchaka*¹²;

Rasa: *Katu, tikta, madhuara, kashaya, lavana*.

Guna: *Laghu, teekshna*.

Veerya: *Ushna*

Vipaka: *Katu*.

KARMA:

It will acts as *vata kaphahara* (mitigates *vata* and *kapha*). It will mitigates *Hridroga* (cardiac diseases), *Jeernajwara* (chronic fever), *Kukshishoola* (pain in pelvic region), *vibandha* (constipation), *gulma* (tumour), *aruchi* (anorexia), *krichra shophana* (chronic inflammations), *durnaamakustham* (Chronic skin diseases), *analsada* (decreased digestive enzymes), *jantu* (microbes/foreign organisms. It will also acts as *Grahi* (adsorbent), *pittala* (aggravates bile), *arshoghna* (anti haemorrhoidal), *krimighna* (anti microbial), *akshihita*

(Good for eyes). *Deepana* (Appetizer), *Pachana* (digestant), *bhagnasandhanakara* (helps in union of fractured bones), *kanthya* (good for throat), *raktavardhaka* (increases blood), *varnya* (enhances colour and complexion), *shothaghna* (anti-inflammatory), *balya* (strengthening), *brimhaneeya* (nourishing), *rasayana* (rejuvenator), *vrishya* (aphrodisiac), *netrya* (good for eyes), *shoolaprashamana* (anti spasmodic), *gulmaghna* (Mitigates tumours) *kusthaghna* (Skin diseases), *vrana ropana* (wound healing) *karnya* (Used in ear diseases)^{13, 14}. According to Acharya Bhava Mishra, *Ekakalika Lashuna* mainly acts as *rasayana* (rejuvenative), *vrishya* (Aphrodisiac) and *vata vyadhihar* (mitigates vata) *Arthava shuddhikara* (Purifies menses)¹⁵.

INDICATIONS: It is indicated *Vatavyadhi* (Nerve disorders), *Agni-mandhya* (Indigestion), *Jara* (Senility), *Asthi bhagna* (bone fractures), *Pandu* (Anaemia), *Udarashoola* (Abdominal colic), *Sthoulya* (obesity), *Gulma* (tumour), *Karna roga* (Ear diseases), *vandyatwa* (infertility), *shotha* (oedema), *Vrana* (wounds), *Kustha* (skin diseases), *shiroroga* (diseases of head like headache etc), *kukshiroga* (Pelvic inflammatory diseases)¹⁶.

USES: It is used as *arthavajanana* (emmenagogue), mitigates headache, anti-rheumatic, anti-helminthic, vermifuge, antiseptic, sinusitis, migraines¹⁷, *suryavartha* (A type of headache in which the intensity of pain aggravates along with intensity of sun-rays). Traditionally it is used along with *Nirgundi patra* (Leaves of *Vitex negundo* Linn) to treat *ardhavabhedaka* (Half sided headache).

DISCUSSION:

Ekakalika Lashuna (*Allium ascalonicum* Linn.) is a small herb with many medicinal properties in it. It is easily available annual or perennial herb, grows up to one to three feet height with linear leaf and garlic like aroma. It is having *Katu*, *tikta*, *madhuara*, *kashaya*, *lavana rasa*. *Laghu*, *teekshna guna*. *Ushna veerya*, *Katu vipaka*. According to classics it is good remedy for *vataja vikara* and used as *rasayana* in many disorders. It is used as *arthavajanana* (Emmenagogue), mitigates headache, anti-rheumatic, anti-helminthic, vermifuge, antiseptic. **Recommendation:** It is recommended to carry out sufficient researches on *Allium ascalonicum* Linn with respect to its phytochemical analysis, experimental evaluation and clinical trials along with *Allium sativum* Linn (*Lashuna*).

REFERENCES

1. Mishra Umapati and Oja Zavabhadar, Dhanwantari Nighantu, 2nd ed., Varanasi: Chaukhamba surabharati prakashana 1996:176pp.
2. Sharma P.V, Kaiyadeva Nighantu of Kaiyadeva 1st ed., Varanasi: Choukambha orientalia 1979:226pp.
3. Pandit Narahari, Raj Nighantu. Hindi commentary by Tripathi. Indradeva, 2nd ed., Varanasi: Krishna Das academy Choukhamba press. 1998:198pp.
4. Chunekar. K.C, Bhavaprakasha nighantu of Bhavamishra, (vol-I), 10th ed., Varanasi:Choukhamba orientalia, 1995:134pp.
5. Nadkarni's. K. M, Indian Materia medica, (vol-II), Reprint ed.,

- Mumbai: Popular prakashana, 2005:63pp.
6. Chunekar. K.C, Bhavaprakasha nighantu of Bhavamishra, (vol-I), 10th ed., Varanasi:Choukhamba orientalia, 1995:135pp.
 7. Bishaga Acharya ShriSatyapala's, Kashyapa samhita kalpasthana, Reprint ed., Varanasi: Choukhamba Sanskrit Samsthana, 2006: pp174-181
 8. Chunekar. K.C, Bhavaprakasha nighantu of Bhavamishra, (vol-I), 10th ed., Varanasi:Choukhamba orientalia, 1995:135pp.
 9. Nadkarni's.K.M, Indian Materia medica, (vol-II), Reprint ed., Mumbai: Popular prakashana, 2005:63pp.
 10. Chunekar. K.C, Bhavaprakasha nighantu of Bhavamishra, (vol-I), 9th ed., Varanasi:Choukhamba orientalia, 1995:135pp.
 11. Pandit Narahari, Raj Nighantu. Hindi commentary by Tripathi. Indradeva, 2nd ed., Varanasi: Krishna das academy choukhamba press. 1998:198pp.
 12. Sharma P.V, Kaiyadeva Nighantu of Kaiyadeva 1st ed., Varanasi: Choukambha orientalia 1979:226pp.
 13. Mishra Umapati and Oja Zavabhadar, Dhanwantari Nighantu, 2nd ed., Varanasi: Chaukhamba surabharati prakashana 1996: 176pp.
 14. Nadkarni's. K. M, Indian Materia medica, (vol-I), Reprint ed., Mumbai: Popular prakashana, 2000:63pp.
 15. Chunekar. K.C, Bhavaprakasha nighantu of Bhavamishra, (vol-I), 10th ed., Varanasi:Choukhamba orientalia, 1995:135pp.
 16. Sharma P.V, Kaiyadeva Nighantu of Kaiyadeva 1st ed., Varanasi: Choukambha orientalia 1979:226pp.
 17. Nadkarni's. K. M, Indian Materia medica, (vol-II), Reprint ed., Mumbai: Popular prakashana, 2000:62-63pp.

CORRESPONDING AUTHOR

Dr. Dhulappa Mehatre

Lecturer, Dept of Dravya Guna,
N K Jabshetty Ayurvedic medical
college and P G Centre, Bidar
Karnataka, India

Mob: 09916268631

Email: dhulappam@gmail.com
