ALLIUM ASCALONICUM LINN - AN AYURVEDIC PERSPECTIVE

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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), Grinjanaka 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 (Aphrodiasic) 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 Mahakandha. It is botanically classified as follows;

<table>
<thead>
<tr>
<th>SL. NO.</th>
<th>NIGHANTU</th>
<th>GANAS</th>
</tr>
</thead>
<tbody>
<tr>
<td>1.</td>
<td>Dhanwantari Nighantu</td>
<td>Karaveeradi Varga¹</td>
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<tr>
<td>2.</td>
<td>Kaiyadeva Nighantu</td>
<td>Oushadhi Varga²</td>
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<td>3.</td>
<td>Raj Nighantu</td>
<td>Mulakadi Varga³</td>
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<td>4.</td>
<td>Bhava Prakasha Nighantu</td>
<td>Haritakyadi Varga⁴</td>
</tr>
</tbody>
</table>

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).
PARYAYA NAMAS (Synonyms):
Table No. 2. Showing synonyms of *Ekakalika Lashuna* (*Allium ascalonicum* Linn).

<table>
<thead>
<tr>
<th>Sl. No.</th>
<th>D. N.</th>
<th>K. N.</th>
<th>R. N.</th>
<th>B. P. N.</th>
<th>N. A.</th>
</tr>
</thead>
<tbody>
<tr>
<td>1. Mahakanda</td>
<td>+</td>
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<td>-</td>
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<td>2. Grinjana</td>
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<td>+</td>
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<td>-</td>
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<td>3. Deerghapatraka</td>
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<td>-</td>
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<td>4. Ekakalika Lashuna</td>
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<td>+</td>
<td>+</td>
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<td>5. Ekaputiya Lashuna</td>
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<td>6. Sthulakanda</td>
<td>-</td>
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<tr>
<td>7. Prithupatra</td>
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<td>8. Yavanestha</td>
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VERNACULAR NAMES:
Hindi- Eka Kanda Lahasuna, English- Shallot.

MORPHOLOGY:

![a](image1.png)  
![b](image2.png)  
![c](image3.png)  
![d](image4.png)

a. Plant of *Ekakalika Lashuna,*  
b. Inflorescence of *Ekakika 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 apex.

**TYPES OF LASHUNA:**
Acharya Kashyapa mentioned two types Lashuna as; Girija (which grows in mountains areas) and Kshetraja Lashuna (that is cultivated in plains). 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 grinjanaka.

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

**CHEMICAL COMPOSITION**
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.

**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 naalamapuyupadishanti kashayam | Patrasanchayamushanti cha tikam soorayo lavenamasthi 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.

**According to Kaiyadeva Nighantu:**
Grinjanasya pravaalaani tiktni katukaani cha ||2226|| K. N.

Leaves of Grinjana (Allium ascalonicum Lin) possesses tikta and katu rasa (Bitter and pungent taste).

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**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), dur- naamakusitham (Chronic skin diseases), analasada (decreased digestive enzymes), jantu (microbes/foreign organisms. It will also acts as Grahi (adsorbent), pittala (aggravates bile), arshoghna (anti haemorrhoidal), krimighna (anti microbial), akshiita.
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, teeksha 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
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