

LASHUNA (GARLIC): A WONDER DRUG IN CHILDHOOD DISORDERS – A REVIEW

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ABSTRACT

Kashyapa Samhita the most authoritative book of Ayurvedic clinical practice has many hidden medical secrets which would be of great medical importance in present scenario. *Kashyapa Samhita* although unfortunately available in incomplete form with missing from the main stream twice for centuries together is really a treasure of medical field. One such concept which is explained by him for the benefit of children is *Lashuna Kalpa Adhyaya*. A separate chapter has been attributed to explain the benefit of *Lashuna* or Garlic as *Aahara*, *Aushadhi* and *Rasayana* drug. In this context he explains the indication, contraindications, therapeutic benefit, dose, duration of *Lashuna* as a *Kalpa* has been highlighted. Further the morphological structure, a very typical *Panchamahabautika* constitution, verities are also discussed. As immunity and immunity related disorders are becoming more prevalent in the present day paediatric clinical practice; *Lashuna Kalpa* explained by *Kashyapa* may prove itself a solution when it is judiciously used. In chronic disorders of the childhood also *Lashuna* preparation proves more beneficial as per *Kashyapa's* version. Rightly it referred as Nectar for children which itself highlights its benefits.

Keywords: *Kashyapa Samhita*, *Lashuna*, *Allium sativum*, Garlic and immunity.

INTRODUCTION

Rasona which is also called Garlic in common language has been known for its beneficiary effects since long back although it is considered as unholy due certain religious reasons.¹ Mythological its origin has been attributed to *Indra* who with the desire of getting a son, when his wife fails to conceive after a long time, while drinking the eructation developed by his wife,² and few drops fell on earth and become famous as *Lashuna*. Due to unholy place of

falling it develops bad smell which is also one of the causes for its rejection by few communities. Similarly story of *Rahu* while drinking the *Nectar*,³ few drops fall on earth and story of *Garuda* is also famous with respect to origin of *Lashuna*. Its origin also indicates its *Rasayana* effect, effect on infertility as it is procured from *Amruta (Nectar)* itself.

General Description

Lashuna is botanically called as *Allium sativum* which belongs to family of Liliaceae. Presence of sulphur in Garlic is responsible for the bad, irritating smell, hence also called as *Ugragandha*.⁴ As its *Panchamahabauthika* composition is very typical with all five *Rasas* except the *Amla*, make it very special and it is also called as *Rasona*.⁵ Due to this a very essential components of many of the herb mineral compounds also for different purposes in *Rasa Shastra*. It is also called as *Yavanetha*. In Hindi it is popular as *Lahsuna*, while in English as Garlic. Regionally it identified with different names like, Bel-luli in Kannada, Velluli in Malayalam and Tamil. Different *Samhitas* included this in *Rasayana Kalpa*, *Haritkyadi Varga*, *Aushadhi Varga*, *Rasayana Kalpa*, *Lasunadi Varga*.⁶

The word meaning of *Allium* is Garlic, and *sativa* means one which is cultivated. *Allium sativum* is a scapigerous foetid perennial herb with underground compound bulbs small leaves which are flat, narrow, with bulbs white to pink in color, This contain characteristic aromatic odor, pungent taste, about 1.5-2.5 cms size.⁷ Morphologically its flower Capitates/Umbellate, white all at first enclosed in 1-3 membranous spathes, stellate or campunulate, sep-

als-6, free/connate below, stamens hypogenous or inserted on the perianth, filaments free/connate below, anthers along, ovary 3-gonous, 3-celled, style filiform, stigma minute, cells few ovules capsules small locolcidal, seeds few, compressed testa black, species 325-N-hemisphere.⁸

While considering the Taxonomical Classification of *Lashuna* it is found that it belongs to plant kingdom with Phenerogram division and subdivision of Angiosperms and class Monocotyledons with natural order of Iliaceae.⁹

There are certain verities of Garlic or *Lashuna* which are popular in medical field. According to *Kasyapa Samhita* *Lashuna* is of 2 types as *Girija* (*Allium Ursinum*) and it is said to be *Amruta Samana*. While the second verity is *Kshetraja* (*Allium sativum*) which is commonly used in absence of first one.¹⁰

Again it is divided as three types of *Lashuna* are 3 types as *Grunjanaka*, *Mahakanda* and *Garjara*.¹¹ Further it is also classified as *Shwetha Rasona*, *Grunjana*, *Raktha Rasona*. One more varity by name *Mahaskanda Rasona* is also available in which leaves fall off by its own, botanically referred as *Allium Ascolonicum* linn, and also called as *Gandana*.¹²

Lashuna As *Rasayana* (Rejuvenating Substance) –

On analysis of Properties of *Lashuna* it is clear that why it has been referred as wonder drug.

<i>Rasa</i>	<i>Guna</i>	<i>Virya</i>	<i>Vipaka</i>
<i>Amla Varjitha Pancha Rasa</i> , mainly <i>Tikta</i> and <i>Madhura</i> . ¹³	<i>Snigdha</i> , <i>Tikshna</i> , <i>Pichchhila</i> , <i>Guru</i> , <i>Sara</i> ¹⁴	<i>Ushna</i>	<i>Katu</i> ¹⁵ (<i>Bhavaprakash</i>) <i>Madhura</i> ¹⁶ (<i>KashyapaSamhita</i>)

Different parts have different *Rasa*. Distribution of five *Rasas* in *Lashuna* is also very typical-

Part of <i>Lashuna</i>	<i>Rasa</i> According to <i>Bhavaprakash</i> ¹⁷	According to <i>Kashyapa Samhita</i> ¹⁸
<i>Mula</i> (Root)	<i>Katu</i> (Pungent)	<i>Madhura</i> (Sweet)
<i>Patra</i> (Leaf)	<i>Tikta</i> (Bitter)	<i>Kashaya</i> (Astringent)
<i>Naala</i> (Stem)	<i>Kashaya</i> (Astringent)	<i>Lavana</i> (Saline) and <i>Tikta</i> (Bitter)
<i>Naalagra</i> (tip of the stem)	<i>Lavana</i> (Saline)	-
<i>Beeja</i> (Seed)	<i>Madhura</i> (Sweet)	<i>Katu</i> (Pungent)

Kashyapa being first person who dedicated a separate chapter for explaining the *Lashuna* in the name of *Lashuna Kalpa Adhyaya* where the drug is given

to induce the *Rasayana* effect which also explore the hidden properties this drug. It cures common diseases, increases longevity, appetizer, aphrodisiac and

clarifier of memory, intellect, strength, and age complexion and eye sight along with cleaner of the channels. It enhances the production of *Sukra*, *Sonita*, *Garbha* and produces delicacy and beneficial for hair and best for stability of life. It is *Rasayana*, as it is originated from *Amruta*.¹⁹The teeth, flesh, nails, hair, complexion, age and strength of the born human beings eating *Lasuna* never decline. A female neither becomes infertile nor ugly looking by its regular use. The man becomes stout, intelligent with longevity, handsome and progeny, coitus and retains *Sukra*. Conception will be successful and the child having fragrance of *Nilotpala* and *Padma* is born. The body attains softness, along with pacification of diseases of *Grahani*.²⁰

While explaining the Indication of *Lahsuna* as a *Rasayana Kalpa*, *Kashyapa* very clearly mentioned certain chronic disorders like dislocation, fracture and diseases of bones, all diseases of *Vata*, diseases of menstruations, seminal disorders, giddiness, cough, all types of *Kushthas*, *Krimi*, *Gulma*, *Kilasa*, itching, blisters, discoloration etc. Further its use extends in *Timira*, dyspnoea, night blindness, inadequate diet, chronic fever, burning sensation, tertiary and quartan fever, diseases of channels, stiffness of body, emaciation. It is equally beneficial in bladder stone, dysuria, atony of bladder, fistula in ano, metrorrhagia, and diseases of spleen, *Pangulya*, *Vatasonita* and for increase of intellect, digestive fire and strength.²¹

Mean while *Kashyapa* also mentioned certain Contraindications for *Lashuna* as *Rasayana Kalpa* in *Lashuna Kalpa Adhayaya*. It is contraindicated in disorders of *Kapha* and *Pitta*. It is also contraindicated in progressive emaciation of body, aged, having no digestive fire, puerperal woman, pregnant woman. Its use is also restricted in child, suffering from diseases of *Ama*, fever, diarrhea, jaundice, piles, stiffness of thighs, constipation, diseases of throat and mouth; having received emesis, purgation, nasal instillation and desiccation recently, seized with thirst, vomiting, hiccup, dyspnoea, *Atividaha*, poor and bad natured.²²

As *Lashuna* has been used as *Rasayana Kalpa* it has got fixed Period of use as well as and dose. It should be used in the month of *Pausa* and *Magha* by considering *Agni bala*, *Kostha*, *Desha*, *Kala*, *Pathya* and *Apathya* etc. The initial dose will be 4 *Pala*, 6 *Pala* and 8 *Pala* or 10 *Pala* for minimum, medium and maximum doses. The numerical dose is 100, 60 and 50 *Lashuna Beejas* are also followed for yielding best, medium and low effects of *Rasayana*.²³

Method of Inducing the *Lashuna Rasayana*-

On auspicious day, individual with excessive appetite, free from agitation, living in a place not having direct entry of air, possessing blankets of hide of deer, silk, cotton, kovaya or hairy hide of lion etc. wearing clean clothes, abundantly fumigated with *Aguru*, possessing fumigation material as well as powders and wearing daily sandals, should use *Lashuna*. After receiving the *Lashuna* one should discard the leaves, and seed and the stem should be separated.²⁴ Later, it is cut in to small pieces, and mixed with sufficient *Ghrita*, butter, and recently extracted oil. These cut pieces should be inundated sufficiently in oil and *Ghrita* and when these settle down in spite of inundation should be used. After using good unction for two, three, five, ten or eight days, avoiding worry about own self, day sleeping etc having proper digestion of diet, getting up pleasantly, having recitation of auspicious words by Brahmans, one should eat these in sitting posture and then should always use hot water as a condiment. Even *Ardraka* (Fresh ginger) *Viswabhesaja* (Dry ginger) and *Kesara* of *Matulunga* (Citron), and *Dadima* (Pomegranate) are to be given. Except radish all green vegetable can also be given.²⁵

The one who eats too much fatty substances, to him dry cereals are beneficial and to the person using little fatty substances, good oleaginous substances should be given in the diet. Person suffering from *Kustha* (skin diseases), dyspnoea, *Tama* (feeling as if entering in darkness), cough, *Prameha* (urinary disorders), *Vatakundala*, (atony of urinary bladder), meditating (aliments caused due to constant sitting),

suffering from *Pliha* (spleenomegaly), piles and *Gulma*, (the garlic) should be eaten without water, at the end of eating *Lashuna*, should use soup in diet and drinks.²⁶

One *Pala* (48gm) paste of *Lashuna* (Garlic), two *Pala* paste of *Dadima* (Pomegranate), two *Pala* each of meat, *Ghruta* and oil should be mixed with good quantity of condiments and salt then should be given when hot for eating in a person with strong digestive power. Little quantity of *Sali* and *Shastika* mixed with curd and butter-milk should be given for three days to him, and should *Yusha* is given for drinking.²⁷ This will be followed by scum of cooked *Mudga* (*Phaseolus trilobus*) with *Sukta* (vinegar) for next three days.

Certain non-congenial should be avoided during use of *Lasuna Rasayana Sevana*. Exposure to direct air entry and sunlight, day sleeping is better avoided. One should give up *Viruddha Ahara* and that food which likely cause the burning sensation or *Vidaha*. Even the vegetables, milk and milk products *Abhishyandi* materials, cereals, meats and eatables made with sugar-cane, travelling, coitus, worry, grief, exercise, should be avoided.²⁸

Certain complications are obvious during the consumption of *Lashuna*. During use of *Lashuna*, use of cold things should be given up. Due to use of *Sheeta* and *Snigdha* materials there is risk of development of *Udara Rogas*.²⁹

Treatment of complications should be done by respective treatments like *Vamana*, *Virechana*, *Nasya* etc. He should be given with *Madhura Rasayuktha* mild drugs. The wise person should have wait (for regaining health) and give up haste and agitation.³⁰

DISCUSSION

Lashuna or Garlic which has been rightly mentioned as Nector for the child by Acharya Kashaypa as it has got multi dimensional positive therapeutic effects over the health of the child. Basically *Lashuna* is known for its *Ushna* and *Teeksha* qualities as well as *Pitta Vardhaka* and *Agni Deepaka* qualities. *Katu Rasa* present in it helps for its carminative and di-

gestive function, and combats the *Ama* and enhances the digestive fire. It also clears and cleanses the *Srotus* by removing deep seated *Ama* or toxic metabolic waste products ensuring the anti oxidant, anti autoimmune properties. It is a drug with typical *Pancha Mahabuta* constitution which opens many therapeutic avenues in the treatment. It contains the *Guru* and *Snigdha* in combination with *Teekshna* and *Ushna Guna* which is very typical.³¹ This help to provide both *Vatahara* as well as *Pittakara* action. *Madhura Vipaka* and *Madhura Rasa* helps in inducing the strength promoting effects and contribute to nutritive and promoting activity by yielding *Rasayana* Property. It also helps to maintain the balance between *Teekshna* and *Ushna Guna* and helps to maintain the homeostasis of the body. Further presence of *Guru Guna* along with *Snigdha Guna* not only provide the stability but also counter act the dominant *Ushna* and *Teekshna Guna*. *Madhura Vipaka* of the *Lashuna* also adds to the *Rasayana* property.

As we know in *Rasayana* there will be subsequent nourishment of all the *Dhatus* and *Dhatus* are nourished by *Ahara Rasa* which is prepared by *Panchabhoutika* food. *Pancha Mahabuta* dominance of Individual *Dhatus* is also well known. As *Lashuna* contains all major *Rasas* with in it ,and *Panchabhoutika* dominance of individual *Rasa* (like *Madhura* with *Prithvi & Jala* etc) is a well known fact and *Lashuna* provide essence or micro mineral form of all the *Panchamahbutas* at a time and acts as complete food or balanced food, and contribute for yielding the *Rasayana* effect. *Kapha Vardhana* Property of *Lashuna* due to *Madhura Rasa*, *Madhura Vipaka* and *Rasayana* property help to strengthen the body immune system and providing *Roga Samaka* property.

Further *Lashuna* which is also a rare and rich source of Selenium which is known immune modulator, along with Sulphur and others minerals makes it a perfect immune modulator drug. Selenium is known for its immunomodulatory effects as proved by many research works.³² Sulphur which has got natu-

ral antibiotic helps in restoring the body immunity. Mean while it also contain Phosphate and calcium as it is a tuber. It also acts as antidote in many herbomineral combinations as sulphur is antidote of *Parada*. In children this can be a very useful drug as it can be given in the *Ksheera Paka* form which will be more palatable. As it is referred as *Amrita* for kids by *Kashyapa* and its judicious administration with suitable *Anupana* will be a great contribution in immune deficiency disorders and chronic disorders.

CONCLUSION

Hence it is the unique contribution of *Acharya Kashyapa* by introducing Nectar like *Rasayana* drug *Lashuna* to the mankind. Drug is mythologically related with *Amruta* (Nectar) and also possesses similar qualities, which is quite beneficial in therapeutic administration. *Lashuna* can be used as *Ahara* for getting nutritional effects, as *Aushadhi* to yield therapeutic effects and also as *Rasayana* drug to counter acts challenging disorders in the clinical practice of pediatrics..

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