



**ORIGINAL RESEARCH PAPER**

**Ayurveda**

**RASONA (ALLIUM SATIVUM LINN.) AS PER AYURVEDA**

**KEY WORDS:** Rasona, Allium sativum, Ayurveda

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**ABSTRACT**

Rasona that is 'garlic' consists of bulb of *Allium sativum* Linn. (fam. Liliaceae) is a perennial bulbous plant, cultivated as important condiment crop in the country. Rasona is used in indigestion, fever, urinary tract disorder, leukoderma and hemorrhoids. The drug is potent for opening of channels because of its pungent and piercing qualities. 'Rasayana' term is being given to Rasona in Kaidev Nighantu as it can promote tissue rejuvenation. The drug is compact with many vitamins like folic acid, niacin, riboflavin, thiamin and vit c. This article will emphasis on description of drug in various ayurvedic text.

**INTRODUCTION**

Rasona is one of the most traditionally used plant as a spice and herb. Rasona has been using for a variety of reasons which most of them has been approved scientifically anti atherosclerosis, antimicrobial, hypolipidemic, anti-thrombosis, antihypertension, antidiabetic.

Rasona is used extensively as medicine all over the world. Rasona or garlic, as it is more commonly known is a potent herb helpful in preventing hypercholesterolemia. In Charak Samhita it is explained Gurupaki and Vrushya and it acts on Krimi, Gulma, Vatavikara. According to Ashtanga Sangraha Rasona leaves are alkaline and sweet, while middle part is sweet and smeary, bulb is sharp, hot, Katu in Rasa and Vipaka. Sushruta has mentioned about its Vrushya Guna and its indication in Jeerna Jwara, Kushta, Arsha, Gulma.

**Botanical Name** – *Allium sativum* Linn.

**Family** – Liliaceae

**Vernacular Names-**

Hindi – Lahasuna, English – Garlic, Marathi – Lasuna

**Sanskrit Synonyms<sup>1</sup>**

Mlechagandha, Uragandha- having strong pungent odor Mahoushadha – Great medicine having immense health benefits

Rasona – Garlic has all the five tastes, except sour.

Vatari – Balances Vata Dosha

Sheetamardhaka – relieves cold

Deerghapatraka – Long leaves

Bhutagna – It destroys evil organisms.

**Morphology**

A Scapigerous foetid perennial herb with underground compound bulbs covered over by outer white thin scales and with simple, smooth, round stem, surrounded at the bottom by tubular leaf sheath; leaves simple, long, flat, linear; flower small, white in rounded umbels mixed with small bulbils, the entire umbel enclosed in a teardrop shaped membranous spathe, flowers usually sterile<sup>2</sup>.

**Chemical Constituents**

Alliin, Vitamins (Folic acid, Niacin, Riboflavin, Thiamine, Vit C); Carbohydrates (Arabinose, Galactose); Amino acids (Arginine, Asparagic acid, Methionine); Allinase, Allyl alcohol, Allyl thiol, Thioglycosides, Prostaglandins A<sub>2</sub>, D<sub>2</sub>, E<sub>2</sub>, Allyl methyl selenide.

**Properties<sup>3</sup>**

**Table No. 1**

Rasa	Madhura, Lavana, Katu, Tikta, Kashaya
Gunas	Snigdha, Guru, Tikshna, Sara

Virya	Ushna
Vipaka	Katu
Karma	Kaphavatahara, Vrishya, Brahana, Netrya

**Important Preparation-**

Lasunadi vati, Rasona pinda, Lasuna kalpa, Lasuna kshira, Lasunadi Ghruta.

**Classification**

**Charaka**

Lashuna is Snigdha in Guna, Katu and Guru in Rasa and Ushna in Virya (Sutrasthana 27). it mentioned that Lashuna significantly works on Krimiroga, Kushtha, Kilasa, Vatavikara and Gulma<sup>4</sup>.

**Sushruta**

Sushruta Samhita, Sutrasthana 46 Shakvarga mentioned that Rasona managing Vata and Kapha imbalances in the body. It enhances Agni and improve appetite and relieve indigestion. It also had wound healing properties<sup>5</sup>.

**Ashtang Hridya**

In the Ashtang Hridya, Sutrasthana 3, Rasona is esteemed as a Rasayana<sup>6</sup> and Ashtang Hridya, Uttarsthana 39 mentioned that best Ritu for consuming Rasona as a Rasayana is Hemanta and Shishira Ritu<sup>7</sup>.

**Dhanawantari Nighantu**

Dhanawantari Nighantu, mentioned types of Rasona are Mahakanda, Granjana or Deerghpatraka in Karveeradi Varga. Also mentioned that Rasona as Vajikaraka, Medhya<sup>8</sup>.

**Kaidev Nighantu**

Rasona is being mentioned in Aushadhi Varga, with following properties viz: Vajikaraka, Medhya, Keshya, Sandhanakaraka. It is potent drug for treatment of fever, skin disease, diabetes, piles and heart diseases<sup>9</sup>.

**Bhavprakasha**

Bhavprakasha has mentioned Rasona in Haritkyadi Varga. Various part of plant exhibits different taste like it is Katu in root region, Tikta in leaves, Kashaya in stem, Lavana in stem tip, Madhura in seeds. Pathya and Apathya for Rasona is specifically described<sup>10</sup>.

**Raj Nighantu**

Rasona is mentioned in Moolakadi Varga. Nighantu has described three types of Rasona with their properties they are as follows:

- Shweta Rasona – it is Ushna, Katu, Pichhila, Snigdha, Guru and Madhura in Rasa.
- Granjan Rasona – its tuber is Madhura and Katu in Rasa, while stem is Kashaya, leaves are Tikta and seeds are Lavana in Rasa.

- Rakta Rasona – it is Kapha-Vatashamaka, and is useful in urine blockage, inflammation, skin disorders, worm infestation and heart disease<sup>11</sup>.

**Priya Nighantu**

Dr. P.V Sharma has described Rasona in Shatapushpadi Varga. it is well known Rasayana and renowned Vatahara drug<sup>12</sup>.

**Kashyapa Samhita**

Acharya Kashyapa has mentioned Rasona in separate Adhayaya as Rasona Kalpa, in which various formulations are described regarding fertility. It also describes diseases in which Rasona is indicated and contraindicated<sup>13</sup>.

**Table no. 2**

Indication in Diseases	Contraindication in Diseases
Vata Vyadhi, Kustha Roga, Kasa, Krimi, Kandu, Timir, Jwara, Ashmari, Mutrakrichha, Bhagandar, Vatarakta, Pradar, Pleeharoga.	Kaphaj and Pittaj Roga, Kamla, Atisara, Arsha, Mukha Roga, Vibandha, Trishna, Chhardi, Hikka, Swasa, Virikta.

**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, its said that the 1 mg of allicin has a potency of 15 standard units of penicillin.

**The Physiological Effects of Garlic**

Garlic lowers the blood pressure and 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. It 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, anti-viral and anti-oxidant properties and is a great source of selenium.

**DISCUSSION**

Rasona is used in regular diet but if it is not used properly it can be harmful. It is ushna in nature, so in pitta prakriti patient and ushna kala it can be used carefully. Use of processed garlic should be preferred over raw garlic in practical application. Rasona is beneficial from small child to aged people. One such compound is called allin. Crushing or chopping garlic may also promote enzyme reaction and allow other compounds to from. These compounds may be effective in many ways including pain relief, anti-worm, anti-bacterial, anti-fungal and anti-cancer properties. Rasona has many application in Ayurveda from use in various medicines to processing of Parada (Mercury).

**CONCLUSION**

Garlic, from crushed to capsules, is consumed throughout the world. This article demonstrated some of the benefits of garlic for its potential uses in preventing different diseases. Today with the ever-growing resistant organisms, taking of garlic extract remains a powerful antimicrobial agent. More studies are needed to refine the use and improvement of the efficacy of this important medicinal plant.

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