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## The Role of Lashuna Kalpana in Vatavyadhi: An Ayurvedic and Modern Perspective Bhoyare C.R.

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### Abstract:

Lashuna (garlic, *Allium sativum*) holds a significant place in Ayurvedic medicine, particularly in the management of Vatavyadhi – a diverse group of disorders primarily caused by vitiated Vata dosha. This review explores the traditional Ayurvedic understanding of Lashuna's therapeutic utility, its mythological origins, and specific classical formulations (Lashuna Kalpanas) for Vatavyadhi. Furthermore, it integrates a modern pharmacological perspective, correlating the traditional claims with contemporary scientific evidence regarding garlic's anti-inflammatory, analgesic, neuroprotective, and immunomodulatory properties. The article details the composition, administration, and indications of key Lashuna Kalpanas like Lashuna Kalpa, Lashuna Kshira Paka, and Rasona Sura, and discusses how modern research validates and expands upon these ancient insights, highlighting the potential for integrated approaches in managing Vata-related disorders.

**Keywords:** Lashuna, *Allium sativum*, Vata-related disorders

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**INTRODUCTION:**

Vatavyadhi, a broad spectrum of diseases characterized by derangements of Vata dosha, represents a major challenge in clinical practice within Ayurveda. These conditions manifest as various neurological, musculoskeletal, and systemic disorders, often presenting with pain, stiffness, paralysis, and functional impairment. A critical understanding of the Doshas, their locations, and characteristics is paramount for effective diagnosis and treatment. Ayurvedic principles assert that only Vata is responsible for the transmission of vitiated Doshas to different organs of the body, as Kapha, Pitta, and the Dhatus (bodily tissues) are inherently immobile. Wherever Vata carries these vitiated entities, they cause diseases, much like how wind causes rain in a particular area. Therefore, a thorough understanding of Vata Vyadhi, including its pathology, types, and prognostic factors, is essential for both academic insight and clinical success before initiating any treatment. From ancient times, *Lashuna* (garlic, *Allium sativum*) has been revered in Ayurvedic texts for its profound therapeutic effects, especially its ability to pacify Vata. Its unique properties, including its pungent taste (Katu Rasa), hot potency (Ushna Virya), and unctuousness (Snigdha Guna), make it a potent remedy for cold, pain, and Vata-dominant conditions.<sup>1</sup>

Beyond its culinary use, Lashuna is described as a rejuvenator and a powerful medicinal agent. This article delves into the traditional Ayurvedic understanding of Lashuna's role in Vatavyadhi, exploring its mythological origins, recommended times and modes of administration, and specific classical formulations known as Lashuna Kalpanas. Concurrently, it aims to bridge the gap between ancient wisdom and contemporary science by examining modern pharmacological research on garlic and its

active compounds, seeking to provide a comprehensive perspective on its efficacy in managing Vata-related disorders<sup>2</sup>

**Materials and Methods**

The traditional Ayurvedic perspective on Lashuna's utility is deeply rooted in its observed therapeutic effects and a rich mythological narrative surrounding its origin. Its application is guided by specific indications, seasonal considerations, and meticulous preparation methods to optimize its efficacy and minimize potential adverse effects.

**Traditional Indications for Lashuna:**

Lashuna is particularly recommended for individuals whose bodies are afflicted by:

1. **Cold wind and frostbite:** Indicating its warming and Vata-pacifying properties.
2. **Broken, twisted, and painful bones:** Highlighting its role in musculoskeletal trauma and pain management.
3. **Diseases caused by Vayu (Vata):** A general indication for all Vata-dominant disorders.

**Mythological Study about the Origin of**

**Lashuna:** According to a mythological account, Lashuna originated from drops of 'Amrita' (ambrosia) that fell to the earth when Lord Vishnu severed the head of Rahu, a demon who had stolen the divine nectar. Due to its association with the demon's blood, traditional texts mention that 'dvijas' (Brahmanas, Kshatriyas, and Vaishyas) typically avoid its consumption. However, its direct origin from Amrita underscores its potent rejuvenating (Rasayana) and medicinal qualities, making it a commonly cultivated and utilized drug.<sup>3</sup>

**Time of Intake<sup>4</sup>:** Lashuna is advised for habitual intake during:



- **Winter season:** When cold and Vata are naturally aggravated.
- **Spring season:** When Kapha dosha is typically aggravated.
- **Onset of rains:** When Vayu (Vata) tends to afflict human beings. It can be used in all seasons, but in summer, it should be consumed only in small quantities due to its hot potency.

**Mode of Administration<sup>5</sup>:** To mitigate its strong odor and make it acceptable for consumption by all, including Brahmanas, Lashuna can be soaked and triturated with milk, curd, or sour liquids for three nights.

This process is believed to purify it and reduce its pungent qualities.

#### **Lashuna Kalpanas (Formulations):**

Ayurvedic texts describe complex formulations of Lashuna, designed to enhance its therapeutic effects and target specific conditions.

#### **Lasuna Matra<sup>6</sup>**

Kashyapa Samhita in Kalpa sthana explain three different Matra.

1. Avara matra - 4 Pala
2. Madhyama matra - 6 Pala
3. Uttama matra - 8 Pal

#### **1. Lashuna Kalpa:**

##### **Composition of Lasuna Kalpa: <sup>7</sup>**

Sr. No.	Ingredient	Quantity (Pala)	Botanical Name / Remarks	Property / Action
1	Rasona (Garlic)	100	<i>Allium sativum</i>	Deepana, Pachana, Vata-Kapha hara, Rasayana
2	Dehusked Tila (Sesame seeds)	50	-	Snigdha, Brimhana, Balya
3	Cow's milk buttermilk	25	-	Grahi, Vata-Kapha hara
4	Dhanya (Coriander)	1	<i>Coriandrum sativum</i>	Deepana, Pachana, Tridosha hara
5	Trikatu (dry ginger, black pepper, long pepper)	1	-	Deepana, Pachana, Srotoshodhana
6	Cavya	1	<i>Piper retrofractum</i>	Deepana, Pachana, Vata-Kapha hara
7	Chitraka	1	<i>Plumbago zeylanica</i>	Deepana, Pachana, Amahara
8	Gaja Pippali	1	<i>Scindapsus officinalis</i>	Deepana, Pachana, Vatahara
9	Ajamoda	1	<i>Apium graveolens</i> (Celery seed)	Deepana, Vatahara
10	Tvak	1	Cinnamon	Deepana, Pachana, Hridayya
11	Ela	1	Cardamom	Vata-Kapha hara, Hridayya
12	Granthi	1	Long pepper root	Deepana, Vatahara
13	Sugar	8	-	Madhura, Balya, Pittahara
14	Goat-milk ghee	5	-	Snigdha, Brimhana, Vatahara

15	Black Ajaji (Cumin)	4	-	Deepana, Vatahara	Pachana,
16	Madhuka	4	<i>Glycyrrhiza glabra</i>	Madhura, Rasayana	Pittahara,
17	Guda (Jaggery)	4	-	Brimhana, Snigdha, Balya	
18	Ardraka (Fresh ginger)	4	-	Deepana, Vatahara	Pachana,
19	Ghee	8	-	Snigdha, Vatahara	Brimhana,
20	Sesame oil	8	-	Snigdha, Vatahara, Balya	
21	Sukta (Vinegar)	19	-	Amla, Pachana, Kapha hara	
22	Siddharthaka (White mustard)	4	-	Deepana, Kapha-Vata hara	Pachana,
23	Rashika (Black mustard)	4	-	Deepana, Kapha-Vata hara	Pachana,
24	Hingu (Asafoetida)	1	-	Deepana, Vatahara	
25	Five varieties of salt	1	Combined weight	Deepana, Pachana, Kapha hara	

**Preparation:** All these ingredients are thoroughly mixed and kept inside a strong jar, which is then stored within a heap of grains for twelve days.

**Administration:** After twelve days, the recipe is administered to the patient in the morning, according to their strength. Immediately after intake, the patient should consume Sura (a type of alcoholic drink), Sauviraka (a sour fermented drink), or Takra (buttermilk). After its digestion, appropriate food should be given, excluding curd and pastries.

## 2. Lashuna Kshira Paka (Garlic Milk Preparation):<sup>8</sup>

**Composition:** Four palas of cleaned and dried Lashuna are added to eight times their quantity of milk and water.

**Preparation:** This mixture is boiled until only the milk remains.

**Administration:** Administered to patients suffering from specific ailments. This recipe can be given even to ladies and children with interruptions, as it is a potent and rejuvenating drug. The dose for a recipe form is one Kudava, and if administered alone, it is half Kudava, regulated by the patient's 'satmya' (wholesomeness), strength of doshas, and 'koshta' (bowel nature).

## 3. Rasona Sura (Garlic Alcoholic Drink):<sup>9</sup>

**Composition:** One Prastha of Lashuna juice is mixed with thirty-two Prasthas of sesame oil and eight palas of Kinva (fermenting agent) paste. Four Prasthas of this paste are gradually added and processed.

**Preparation:** The mixture is allowed to ferment for one fortnight.

**Administration:** The resulting alcoholic drink is then used by patients suffering from Vata disorders.

**Classical Lasuna Kalpa (Garlic formulations) and Their Indications<sup>10</sup>**

Indication / Disease	Preparation/Formulation	Utility / Action
Vatavyadhi (Neurological disorders)	Oil cooked in Lashoona juice	Best remedy for Vataja disorders; reportedly cures Vata
Amavata (Rheumatoid arthritis)	Rasona Sura (alcoholic preparation of Lasuna)	Indicated in rheumatoid conditions
Avarana (obstruction conditions)	General use of Lashoona	Cures all types of Avarana except those caused by Pitta and Rakta
Rasayana (Rejuvenation)	Paste of Lasuna + ghee + honey (taken for 1 year)	Promotes health and longevity
Promotes lactation	Paste of Lasuna	Acts as galactagogue
Female genital tract disorders	Juice of Lasuna taken in morning	Indicated for various yonivyapad
Gulma, Vatarakta, fever, cardiac disorders, abscesses, oedema	Lasuna processed with milk	Useful in these conditions

**Role in Vatavyadhi<sup>11</sup>:**

The therapeutic applications of Lashuna Kalpanas are extensive, particularly in the context of Vatavyadhi, and also extend to other systemic disorders due to Lashuna's broad-spectrum effects.

**General Benefits of Lashuna:** Lashuna is beneficial for:

- Alleviating conditions caused by cold wind and frostbite.
- Promoting healing and reducing pain in broken, twisted, and painful bones.
- Curing various diseases caused by Vayu (Vata).

**Specific Indications of Lashuna Kalpa:**

Regular use of Lashuna Kalpa for one month is claimed to cure a vast array of diseases,

demonstrating its potent and comprehensive therapeutic action:

- **Vata-related diseases:** All eighty varieties of diseases caused by Vayu.
- **Pitta-related diseases:** Forty varieties of diseases caused by Pitta.
- **Kapha-related diseases:** Twenty varieties of diseases caused by Kapha.
- **Prameha:** Twenty varieties of obstinate urinary disorders, including diabetes.
- **Udara:** Eight varieties of obstinate abdominal diseases, including ascites.
- **Gulma:** Five varieties of phantom tumors.
- **Kushtha:** Eighteen varieties of obstinate skin diseases, including leprosy.
- **Yakshma (Tuberculosis):** Indicating its immune-boosting and tissue-rejuvenating properties.
- **Jvara (Fever):** Eight varieties of fever.
- Oedema and pain in the female genital tract.

- Healing of dislocated and broken joints and bones.
- Promotes strength and complexion.
- Aphrodisiac properties.
- Cardiac tonic.
- **Promotes Ojas** (vital essence, responsible for immunity and vitality).

**Specific Indications of Lashuna Kshira**

**Paka:** This milder preparation is effective in:

- Pain in arms.
- Udavarta (upward movement of wind in the abdomen).
- Gridhrasi (sciatica).
- Vishama Jvara (irregular fever).
- Heart diseases.
- Abscess.
- Consumption (likely referring to wasting diseases or tuberculosis). These conditions are reported to be cured immediately by this recipe.

**Specific Indications of Rasona Sura:** This fermented preparation is specifically used for:

- Patients suffering from **Vatika diseases**.

**Prohibitions (Pathya-Apathya):** When consuming Rasona Kalpa, patients should strictly avoid:

- Excessive intake of water.
- Preparations of sugarcane juice.
- Fish.
- Alcoholic drinks (except for the Rasona Sura itself, or specific post-intake recommendations).
- Walking long distances.
- Exposure to wind and sun.
- Excessive talking.
- Sleep during daytime.
- Remaining awake at night.
- Pastries.
- Sexual intercourse.
- Curd.

To counteract the foul smell of garlic in the mouth, chewing Kushtha (*Saussurea costus*), Elavaluka (a type of cardamom), Ela (cardamom), Yashtimadhu (*Glycyrrhiza glabra*), Dhanya (coriander), and Musta (*Cyperus rotundus*) is recommended.

**DISCUSSION:**

The traditional Ayurvedic understanding of Lashuna's role in Vatavyadhi is profound and multifaceted, aligning remarkably with several aspects of modern pharmacological research.

**Ayurvedic Interpretation:** From an Ayurvedic perspective, Lashuna's efficacy in Vatavyadhi stems primarily from its *Ushna Virya* (hot potency), *Katu Rasa* (pungent taste), and *Snigdha Guna* (unctuous quality). Vata dosha is characterized by cold, dry, light, and mobile qualities. Lashuna's hot and unctuous properties directly counteract Vata's cold and dry attributes, making it an ideal Vata-pacifier. Its pungent taste also helps in clearing channels (Srotoshodhana) and improving digestion (Deepana, Pachana), which are crucial for preventing Ama (toxins) formation, a common precursor in many Vatavyadhis like Ama Vata (rheumatism). The complex formulations, such as Lashuna Kalpa, combine Lashuna with other Vata-pacifying, anti-inflammatory, and nourishing herbs (e.g., Trikatu, Triphala, Ghee, Oils, various salts), creating synergistic effects that address multiple facets of Vata pathology, including pain, inflammation, tissue degeneration, and impaired circulation. The inclusion of ingredients like sugar and jaggery, and the use of milk and ghee, provide a nourishing and unctuous base that further balances Vata's dryness and supports tissue building (Brumhana). The specific processing methods, like fermentation in Rasona Sura or boiling with milk in Lashuna Kshira Paka, are designed to enhance bioavailability, modify properties,

and make the preparations more palatable and effective. The broad claims of Lashuna Kalpa curing diseases of all three doshas (Vata, Pitta, Kapha), various organ systems, and even promoting Ojas, suggest its action as a powerful adaptogen and rejuvenator, addressing systemic imbalances rather than just symptomatic relief.

**Modern Perspective:**<sup>12</sup> Modern science has extensively studied *Allium sativum* (garlic), validating many of its traditional uses through the identification of various bioactive compounds, primarily organosulfur compounds like allicin, ajoene, diallyl sulfides, and S-allylcysteine (SAC). These compounds exhibit a wide range of pharmacological activities that directly correlate with the Ayurvedic indications for Vatavyadhi:

1. **Anti-inflammatory and Analgesic Effects:** Garlic's sulfur compounds, particularly allicin, are known to inhibit inflammatory markers (e.g., TNF- $\alpha$ , IL-6, CRP) and pathways (e.g., NF- $\kappa$ B), thereby reducing pain and swelling. This directly supports its use in painful conditions like sciatica (*Gridhrasi*), rheumatism (*Ama Vata*), and general body pain, as seen in Lashuna Kshira Paka for arm pain. Its traditional topical application (implied by its warming nature) also aligns with modern understanding of its local anti-inflammatory action.
2. **Neuroprotective Effects:** Allicin and SAC have demonstrated neuroprotective properties through antioxidant, anti-inflammatory, and anti-apoptotic mechanisms. They can protect neurons from damage, reduce neuroinflammation, and improve cognitive function. This provides a modern scientific basis for Lashuna's efficacy in neurological Vatavyadhis like facial paralysis (*Ardita*) and other conditions

affecting the nervous system (e.g., *Opatantraka*).

3. **Musculoskeletal Health:** Research suggests garlic can support musculoskeletal health by reducing oxidative stress that contributes to conditions like osteoporosis and by inhibiting inflammatory proteins that damage cartilage, which is relevant for joint pain and swelling (*Kroshtuka Shirsha*). Its traditional use for broken bones and painful joints finds resonance in these findings.
4. **Immunomodulatory and Anti-microbial:** Garlic is well-known for its immune-boosting and broad-spectrum antimicrobial properties. This can explain its traditional use in conditions like tuberculosis (*Yakshma*) and various fevers (*Vishama Jvara*), where immune support and combating underlying infections are crucial.
5. **Cardiovascular Benefits:** Garlic's ability to improve circulation, lower blood pressure, and reduce cholesterol levels aligns with its traditional classification as a cardiac tonic and its use in heart diseases. Improved circulation can also indirectly benefit Vata disorders by ensuring better nutrient and oxygen supply to affected tissues.
6. **Digestive and Metabolic Effects:** Garlic's carminative and digestive properties are well-established, aiding in the management of abdominal diseases (*Jathara, Gulma*) by improving digestion and reducing gas and bloating, which are often Vata-related symptoms. Its potential role in diabetes (*Prameha*) also aligns with modern research on its blood sugar-regulating effects.

**Bridging the Gap:** The traditional Ayurvedic formulations of Lashuna, with their complex polyherbal compositions and specific



processing techniques, offer a rich area for modern pharmacological investigation. While modern research often focuses on isolated compounds, Ayurveda emphasizes the synergistic effect of whole herbs and their combinations. Future studies could explore the bioavailability and efficacy of these traditional Kalpanas using modern analytical methods, potentially leading to the development of new, effective, and holistic therapies for Vatavyadhi. The dietary and lifestyle prohibitions also highlight an early understanding of drug-diet interactions and the importance of a holistic approach to health, which is gaining renewed interest in modern integrative medicine.

### CONCLUSION:

Lashuna Kalpanas represents a cornerstone of Ayurvedic treatment for Vatavyadhi, offering a comprehensive approach to managing Vata-related disorders. The traditional texts meticulously detail Lashuna's properties, its mythological significance, and the intricate preparation and administration of formulations like Lashuna Kalpa, Lashuna Kshira Paka, and Rasona Sura. These preparations are indicated for a wide array of conditions, from neurological paralysis and musculoskeletal pain to systemic fevers and metabolic disorders, underscoring garlic's broad therapeutic spectrum.

From a modern scientific perspective, the pharmacological properties of garlic, particularly its anti-inflammatory, analgesic, neuroprotective, and immunomodulatory effects, provide compelling validation for many of these traditional claims. The active organosulfur compounds in garlic offer a scientific basis for its efficacy in alleviating pain, reducing inflammation, protecting nervous tissue, and supporting overall health. The synergy between Ayurvedic wisdom and modern scientific inquiry holds immense potential for unlocking further

therapeutic benefits of Lashuna, paving the way for integrated healthcare strategies that combine ancient knowledge with contemporary evidence-based practices for the effective management of Vatavyadhi.

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