



ISSN 2456-3110

Vol 6 · Issue 6

Nov-Dec 2021

Journal of
**Ayurveda and Integrated
Medical Sciences**

www.jaims.in

JAIMS

An International Journal for Researches in Ayurveda and Allied Sciences



Maharshi Charaka
Ayurveda

Indexed

Role of *Lashuna* in Cardiovascular Health

Madhuri Achary¹, Anju Thomas²

¹First Year Post Graduate Scholar, Department of Shareera Rachana, Shri Dharmasthala Manjunatheshwara College of Ayurveda, Kuthpady, Udupi, Karnataka, India.

²Associate Professor, Department of Shareera Rachana, Shri Dharmasthala Manjunatheshwara College of Ayurveda, Kuthpady, Udupi, Karnataka, India.

ABSTRACT

Cardiovascular disease is an umbrella term it involves various forms of heart disease. Globally cardiovascular disease accounts for high mortality rate, the majority of this in the form of coronary heart disease & Cerebro vascular disease. Rapid economic development and change in life style in the past few years which also increases the risk of cardiovascular disease. In Ayurveda *Hrudroga* is explained, description of it is very brief and need more clarification. Following proper diet and life style modification is very important in this condition. Acharyas explains number of *Dravyas* for the management of *Hrudroga*, among them *Lashuna* (*Allium sativum*) can be used as both preventive as well as curative purpose. So, it can be a boon in case of cardiovascular diseases. It can be used as regular food and medicine. Following proper diet and regimen also has a great impact over action of *Lashuna*, and helps in maintaining the health.

Key words: Cardiovascular disease, *Hrudroga*, *Lashuna*, *Allium sativum*

INTRODUCTION

Cardiovascular system supply blood through vessels from heart and to all parts of the body, carries nutrients and oxygen to tissues and removes carbon dioxide and other waste. Globally Cardiovascular diseases accounts for 32% of mortality, the majority of this in the form of coronary heart disease & cerebrovascular disease. Rapid economic development and increasing urbanization of life style in the past few years, risk of these diseases increased among Indians in the recent years. Prevention of this is done by

healthy diet and lifestyle modifications.

In Ayurveda, Acharyas consider *Hrudaya* as the seat of *Prana*, *Ojas*, *Rasa*, *Manas* and is considered as one among *Trimarma*. Sushruta further explained it as one among *Siramarma*, *Uromarma* and *Sadyopranahara Marma*.^[1] Any physical or psychological trauma to the *Hrudaya* leads to deformity or death. It is formed by *Prasadabhaga* of *Shonitha* and *Kapha* ^[2] *Ahara* under the action of *Jataragni* converted into *Rasa*, which in turn converted to *Rakta* and so on. Being the *Sthana* for *Rasa*; any improper diet leads to vitiation of *Rasa* and produces *Hridroga*.

Acharyas explains number of *Dravyas* for the management of *Hrudroga*, among them *Lashuna* can be used as both preventive as well as curative purpose. So, it can be a boon in case of cardiovascular diseases.

Address for correspondence:

Dr. Madhuri Achary

First Year Post Graduate Scholar, Department of Shareera Rachana, Shri Dharmasthala Manjunatheshwara College of Ayurveda, Kuthpady, Udupi, Karnataka, India.

E-mail: madhuriacharya25596@gmail.com

Submission Date: 18/11/2021 Accepted Date: 22/12/2021

Access this article online

Quick Response Code



Website: www.jaims.in

Published by Maharshi Charaka
Ayurveda Organization, Vijayapur,
Karnataka (Regd) under the license
CC-by-NC-SA

AIMS AND OBJECTIVE

To evaluate role of *Lashuna* in cardiovascular health.

MATERIALS AND METHODS

All the available references regarding *Lashuna* and cardiovascular disease are studied comprehensively.

REVIEW OF LITERATURE

Lashuna (Garlic)

It is considered as a best drug in prevention and management of heart disease. It has potent antioxidant properties which eliminate free radicals that trigger imbalance in the normal function of blood vessels and promotes healthy vasodilation. According to mythology, while Garuda snatching away *Amrutha* from Lord *Indra*, a drop of it fell on the earth from which *Lashuna* came into existence.

Botanical name - *Allium sativum*

Family - Lilliaceae

Chemical composition - allicin, allylmethylthio-sulfonate, 1-propenyl allylthiosulfonate, folic acid, niacin, riboflavin, thiamine, vitamin C, amino acids and thioglycoside.

Synonyms

Uragandhi, Yavanesta, Rasonaka, Arista, Mahaushada, Mleccha-kanda, Bhutaghna, Sheetamardaka.^[3] Parts used are *Kanda & Taila*. It is having *Katupradhana Amlavarjitha Shad Rasa [Moola - Katu, Patra - Thiktha, Nala - Kashaya, Nalagra - Lavana, Bija - Madhura]*,^[4] *Snigdha, Guru, Teekshna Guna; Ushna Virya; Katu Vipaka*; *Kaphavathahara* and does *Bramhana, Vrasya, Pachana, Bhagnasandanakara, Kantya, Balya, Varnya, Medhya, Netrahita and Rasayana*.

Therapeutic Uses

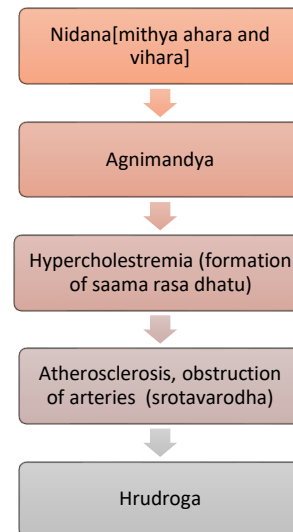
Hrudroga, Jirnajwara, Kukshishula, Vibhanda, Aruchi, Kasa, Shopha, Kusta, Agnimandya, Krimi, Swasa.

Dose - Paste 3-6g; oil 1-2 drops.

DISCUSSION

Action of *Lashuna* based on its property:

- *Mehahara* - *Katu, Thiktha, Kashayarasa* with *Ushnavirya, Katuvipaka* act as *Mehahara*
- *Rasayana* - causes cell and tissue rejuvenation
- In *Avarana* - excluding *Raktha* and *Pitta* conditions, in all other types of *Avarana* it is useful. By its *Katu* and *Thikshna Guna* it helps to clear and open the channels.



Effects of garlic

- In hypercholesteremia - it reduces the serum cholesterol and serum triglyceride, there by helps to prevent or reduce occurrence of atherosclerosis. It gives direct antiatherogenic and antiatherosclerotic effect on arterial wall.^[5]
- Fibrinolytic activity - In diabetes, Hypertension, hypercholestremia etc. there may be disturbance in "coagulation- fibrinolytic system" which leads to development of thrombosis and ischemia. Garlic increases Fibrinolytic activity.^[6]
- Hypertension - it acts as vasodilator there by helps in reducing blood pressure.^[7]
- Diabetes - it acts as anti-diabetic agent by increasing the pancreatic secretion of insulin from the beta cells.^[8]
- Platelet aggregation - It reduces the formation of thromboxane, inhibits phospholipase activity and lipoxygenase, and thereby helps in inhibition of platelet aggregation.^[9]

Diet and regimen

Ahara

Charaka in *Vimanastana* has explained about *Ashta Ahara Vidhivishesa Ayatananie*- i.e., *Prakriti* (Nature of food particles), *Karana* (Method of processing) *Samyoga* (combination), *Rashi* (quality), *Desha* (habitat), *Kala* (time), *Upayogasamstha* (dietetic rule)

& *Upayoktha* (habit of the individual).^[10] These factors should be understood properly and to be followed.

Even though an individual is taking most wholesome / nutritious food, while having food he should follow some rules and regulations. Charaka explained *Aharavidhidhana* that is rules for taking food like; food should be *Ushna* (warm), *Snighda* (unctuous), *Matravath* (proper quantity), *Jirnaeashniyat* (Intake of food after digestion of previous food), *Viryavirudham* (having no contradictory potencies), *Eshtadesha* *Eshtasarvopakarana* (in proper place with all accessories), *Natidrutham* (not in hurry), *Nativilambitham* (not too slow), *Ajalpan Ahasan Tanmanabhunjita* (without talking - without laughing and with proper concentration), and *Atmanam Abhi Samikshya Samyak* (intake with self-confidence). Taking food with proper rules and regulation is also an important factor in maintaining cardiovascular health.^[11]

Examples of *Ahara* for cardiovascular health;

- Garlic - 2-4 garlic cloves in daily diet.
- *Amladravya* - Sour foods are naturally Cardio protective. Charaka explained 10 *Hridya Dravya*, all are having *Amlarasa*, which is rich in vitamin C and are antioxidants. Some *Amladravya* keeps the blood thin and prevents atherosclerosis.
- Having more vegetables and fruits- high fiber diet reduces the risk of cardiovascular diseases.

Vihara

Swasthavritta, Sadvritta should be followed for healthy body and mind. As per *Acharyas* stress is causative factors for *Hidroga*, so regular practices of *Yoga* regulates heart rate, controls Hypertension, reduces stress and prevent chronic heart disease. Regular exercise gives strength to heart muscle, control triglyceride and LDL. *Snehabyanga, Sweda* and *Basti* improves circulation. Smoking, alcohol and coffee should be avoided.

- Alcohol consumption - Increases blood pressure, weakens heart muscle and increases triglycerides.

- Smoking - it will increase the formation of plaque in blood vessels.
- Coffee - Increases Blood pressure, LDL Cholesterol, and Triglyceride. Hence consumption should be limited.

Along with *Lashuna, Nidana Parivarjana* and other *Ahara* and *Vihara*, helps to maintain cardiovascular health and management of cardiovascular disease.

Preparations for intake

Lashuna Ksheera: Dehusked and dried *Lashuna* 160gm is boiled in four times milk and 4 times of water and reduced to milk quantity.

Lashunakalka: 3-6 grams of *Kalka* mixed with ghee and honey acts as *Rasayana*.

Lashunadi Vati: 1-2 Vati bd dose, it useful to lower cholesterol and in *Visuchika*.

CONCLUSION

Lashuna (Allium sativum) can be regularly used as food or medicine. *Lashuna* in Ayurveda has a great impact on *Hrudaya Roga*. Many researches also proved that garlic has protective and curative effect on cardiovascular system and its disorders. Along with *Lashuna*, following healthy diet, exercise and Yoga is also important and they promote the action of *Lashuna*.

REFERENCES

1. Acharya Yadavji Trikamji, Editor, (1stEd.). Nibandha Sangraha commentary of Dalhana on Sushruta Samhita of Sushruta, Utaaratantra; Hridrogaprathisheda Adhyaya: Chapter 43. Varanasi: Chaukhamba Sanskrit Sansthana, 2010;
2. Vaidya Jadhavji Trikamji, editor. Commentary Ayurvedadipika of Chakrapanidatta of Charaka samhitha of Charaka, Shareerastana; Garbhavyakaranashareera adhyaya: Chapter 4, Varanasi: Choukambha Sanskrit Sansthan; 2001;
3. Raja Nighantu of Pandit Narahari, edited with Dravyaguna Prakashika Hindi Commentary by Dr. Indradeva Tripathi published by Chaukhamba Krishnadas Academy, Varanasi, mulakadivarga7/49-51

4. Bhavaprakasha Nigantu by prof. Krishna Chandra Chuneekar edited by Ganga sahaya pandey published by Chaukhambha Bharathi Academy Varanasi, Re-edition 2018; Haritkyadi varga, page no.127, shloka no.220
5. Orekhov AN, Grunwald j. Effects of garlic on atherosclerosis. Nutrition [https://pubmed.ncbi.nlm.nih.gov/9263259/#:~:text=PMID%3A%209263259,9007\(97\)83010%2D9](https://pubmed.ncbi.nlm.nih.gov/9263259/#:~:text=PMID%3A%209263259,9007(97)83010%2D9)
6. Sanjay K Banerjee and subir K Maulik Effect of garlic on cardiovascular disorders: a review <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC139960/#:~:text=%C2%A010.1186/1475%2D2891%2D1%2D4>
7. Rashid A, Khan HH. The mechanism of hypotensive effect of garlic extract. *J Pak Med Assoc.* 1985;35:357–362
<https://pubmed.ncbi.nlm.nih.gov/3937909/#:~:text=P MID-,%3A%203937909,-Free%20article>
8. Jain RC, Vyas CR. Garlic in alloxan-induced diabetic rabbits. *Am J Clin Nutr.* 1975;28:684–685.
<https://pubmed.ncbi.nlm.nih.gov/1146717/#:~:text=P MID%3A%201146717,10.1093/ajcn/28.7.684>
9. Srivastava KC. Evidence for the mechanism by which garlic inhibitors platelet aggregation. *Prostaglandin Leukot Med.* 1986;22:313–321. [https://pubmed.ncbi.nlm.nih.gov/3088604/#:~:text=PMID%3A%203088604,1746\(86\)90142%2D3](https://pubmed.ncbi.nlm.nih.gov/3088604/#:~:text=PMID%3A%203088604,1746(86)90142%2D3)
10. Vaidya Jadhavjirikamji, editor. Commentary Ayurvedadipika of Chakrapanidatta of Charaka Samhitha of Charaka Vimana; Rasavimanaadhyaya: Chapter 1, veres 21. Varanasi: Choukambha Sanskrit Sansthan; 2001;
11. Vaidya Jadhavji trikamji, editor. Commentary Ayurvedadipika of Chakrapanidatta of Charaka samhitha of Charaka, Vimanasthana; Rasavimanaadhyaya: Chapter 1, Verse 24. Varanasi: Choukambha Sanskrit Sansthan; 2001;

How to cite this article: Madhuri Achary, Anju Thomas. Role of Lashuna in Cardiovascular Health. *J Ayurveda Integr Med Sci* 2021;6:131-134.

Source of Support: Nil, **Conflict of Interest:** None declared.
