

A review on the *Rasayana* effect of *Lasuna* (*Allium Sativum*)

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ABSTRACT-

Background- *Rasayana* is one of the eight branches of *Ashtanga Ayurveda* (8 branches of *Ayurveda*). Almost all *Ayurved* treats, including the oldest of all, various *Samhita*, has given due importance to the concept of “*Rasayana*”. *Rasayana chikitsa* delivers more emphasis on the preventive aspect of the individual. *Rasayana* is a concept that focuses on disease prevention, immune process modulation, strengthening, and increasing an individual's life span to live a disease-free, healthy life for a more extended period. This study is planned to assess the efficacy of the *ayurvedic* formulation *Lasuna Rasayana* is incredibly suggested in *charak samhita* for disorders of *Vatavyadhi* and *Aamvata*. A detailed explanation of *Lasuna* is given in *Kashyap samhita &Ashtanga hridaya*. *Lasuna* is a significant *Rasayana dravya* and a widely used *Ayurvedic* medicine. Garlic's fundamental chemical components are beneficial in daily life for maintaining physical fitness and acting against hypercholesterolemia. Garlic's wide variety of health benefits stems primarily from its active component Allicin.

Several Acharyas employed this powerful herb in various formulations, including *Lashoonadi Vati* and *Lashoona ksheera paka*. Garlic's value is highlighted in this article as a *Rasayana*, as its indications and qualities in *Ayurveda* suggest its role as a *Rasayana*.

Material and Methods- The study used *Ayurvedic* scriptures, modern medicine, journals, and research publications from Google Scholar, Pubmed, and other sources.

Conclusion- *Lasuna* is a significant *Rasayana dravya* and a widely used *Ayurvedic* medicine. Except for *Lavana Rasa*, *Lasuna* pharmacodynamics include *pancharasa*. Different parts have *pradhana Rasa*, *Madhura vipak*, *Madhura*, *Tikta*, and *Katurasa*, gradually becoming *Balvan*. Because it is *Sneha yukta*, it also has a *Brihmana* effect.

KEYWORDS- *Lasuna*, *Allium sativum*, *Lasuna Rasayana*, Rejuvenation, *Utpatti*.

Introduction

Rasayana is the technical term for "excellence of *rasa*" (the nourishing fluid created shortly after digestion). *Rasa's* literal definition is "essence of something." Anything we put into our bodies, whether food or medicine, is first resynthesized into *Rasa dhatu*. It is our body's fundamental plasma tissue. *Rasa* is tissues for further biochemical metamorphosis, while *Ayana* is the process by which *Rasa* is tissues for further biochemical growth. *Rasakriya* is the term for this *Rasayana* therapy promotes physical, mental, and interior aspects. It avoids ageing issues, restores youthfulness, boosts body and mind power, boosts body immunity, and manages tension and life's stressors. It includes a variety of rejuvenation techniques. *Rasayana*, also known as *Jarachikitsa*, is one of *Ashtanga Ayurveda's* eight branches (8 branches of Ayurveda). Almost every *Ayurvedic* treatment, including the oldest of them all, the *Charak Samhita*, emphasizes the concept of "*Rasayana*".

Definition of *Rasayana*

Rasayana is the treatment that delays the ageing process, increases life span, memory, and strength, and can pacify diseases by enriching the immune system (*Rogapaharansamarth*). *Rasayana* helps to protect the human body from infection and degeneration. It allows you to keep your manhood or youthful vitality till you're well into your older years. It aims to achieve the optimum quality of body constituents (*dhatu*).^(1,2)

Types of *Rasayana*^(3,4,5,6)

1. *Kamyā Rasayana*: It is aimed to attain desirable specific benefits such as long life, great intelligence, wealth, etc.
2. *Naimittika Rasayana*: It is a therapy aimed at treating specific diseases.
3. *Ajasrikam*: This therapy is advised to follow daily, and the person is habituated to the substance.
4. *Samshodhana*: Attaining *Rasayana* effect through purification therapies.
5. *Samshamana*: Attaining the *Rasayana* effect by pacifying the aggravated *dosha* or disease.

Acharya Vagbhat explained similar to *Acharya Charak*, the only difference like no age restrictions. *Purva karma* should be administered before *Rasayana*.

6. *Medhayuskamiya Rasayana* - Medhayuskamiya Rasayana strengthens memory, revitalizes mental powers, and increases lifespan.

7. *Achara Rasayana*

Lasuna explained in various Samhitas and its characteristics-

Caraka Samhita -It acts on *Krimi, Gulma, and Vatavikara* and is described as *Guru paki* and *Vrushya*. In *Caraka Samhita Lasuna* is mainly advocated in *Vataja* disorders, and it is *Vrushya* also. ^(7,8)

Sushruta Samhita- In *Sushruta Samhita, Lasuna* is mainly advocated in *Vataja* disorders. *Acharya Sushruta* also tells about its *Vrushya* guna also has indications in *Jeerna jwara, Kushta, Arsha, Gulma, and Balavardhaka*. ⁽⁹⁾

Ashtanga Hriday – *Acharya Vagbhata* considered *Lasuna* the best *Vata* pacifier and cures all diseases of *Vata Dosha*. He emphasized that *Lasuna* is the best remedy for *Vatajavyadhi*. *Lasuna Rasayana* is a *rejuvenator* for all obstructions except those caused by *Pitta Dosha* and *Rakta dosha*.

Lasuna Utpatti, according to Vagbhat - The nectar obtained by churning the sea was stolen by *Rahu* and devoured; deity *Vishnu* immediately killed him, and the drops of nectar fell over the Earth and created *Lasuna*. Because it is born from the body of *Rakshasa*, the *Brahmanas* do not consume it. Because it is formed of nectar, it is the greatest *Rasayana*. ⁽¹⁰⁾

Ashtanga Sangraha-kara- *Lasuna* leaves are alkaline and sweet, with a precious and smeary middle portion; the bulb is sharp, hot, and laxative (*Katu in Vipak*). ⁽¹¹⁾

Kashyap Samhita -In a separate chapter titled "*Lasunakalpaadhyaya*", *Acharya Kashyap* described several other healing properties. ⁽¹²⁾

According to *Kashyap Samhita*-When *Indra's* wife failed to conceive for a hundred years, he forced her to drink this nectar. Then *Indra* assured *Saci* that he would be blessed with numerous children. On Earth, this nectar will become a *Rasayana* (rejuvenating substance). Due to a flaw in the location, it will stink and not be used by *Brahmanas*. This nectar will be known as *Lasuna* on Earth. This is how it begins.

Classical indication of *lasuna* given by *Kashyap-Shukrashonitagarbhanama Jananama, Na Patanti Stana, Na Chainama Gramyadharmadhva Gramyadharmadhva Gramyadharmadhva Gramyadharmadhva Gram Moolanama Kati Shroni Anga Na Jaatu*

Vasaga, Na Jaatu Bandhya Bhavati na Jaatvapriyadarshana na Jaatvapriyadarshana na Jaatvapriya Lasunanyaupyunjeeta Puspareto. It is used in clinical problems such as delayed ageing, menstrual disorders, reproductive system diseases, infertility, ovum, hormones, and sperms. ⁽¹²⁾

Guna karma according to Raja Nighantu: Katu, Picchila, Snigdha, Guru, Madhura Rasayuktha, Adhika balaprada, Veeryavardhaka, Medhya, Netrahitakara, Bhagna sandhana, Adhika teekshna. He mentions it as *GRUNJAN*

Kanda- Madhura and katu rasa

Types of *Lasuna* in various classics

<i>Kashyap samhita</i>	<i>Kaiyyadeva Nighantu</i>	<i>Raja nighantu Ratnakara</i>
<i>Girija</i>	<i>Grunjanaka</i>	<i>Shwetha Rasona</i>
<i>Kshetraja</i>	<i>Mahakanda</i>	<i>Grunjana</i>
	<i>Garjara</i>	<i>Raktha rasona</i>

Lasuna's Ayurvedic Pharmacological Properties

<i>Rasa</i>	Amla Varjita Pancha Rasa, mainly Tikta and Madhura
<i>Guna</i>	Snigdha, Tikshna, Pichchila, Guru, Sara
<i>Virya</i>	Ushna
<i>Vipika</i>	Katu (Bhavaprakash) Madhura (Kashyapa Samhita)

<i>Parts of Lasuna</i>	<i>Rasa According to Bhavprakash^[13]</i>	<i>Rasa According to Kashyapa Samhita^[14]</i>
<i>Moola</i>	<i>Katu</i>	-
<i>Patra</i>	<i>Tikta</i>	<i>Kashaya</i>
<i>Naala</i>	<i>Kashaya</i>	<i>Lavana, Tikta</i>
<i>Naalagra</i>	<i>Lavana</i>	-

<i>Beeja</i>	<i>Madhura</i>	<i>Katu</i>
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***Lasuna* explain as a *Rasayana* described in various *Samhitas*; the preparation method, and its indication**

Charak Samhita-

Identification of *Lasuna* As Per The Classics:

It looks like *kukkutanda samana* in *greeshma rutu* with *shithila panna*. It is collected by *putavidhi*, and *bandhana* is done for *guptha dharana* by *buddhiman purusha*.⁽¹⁵⁾

Vargeekarana:-

Lashuna belongs to Haritha Varga

SR.NO.	AUTHOR	VARGA
1	<i>Bhavamishra</i>	<i>Haritakyadivarga</i>
2	<i>Bapalal</i>	<i>Lashunadi varga</i>
3	<i>Charaka</i>	<i>Shirovirechanavarga</i> <i>Haritavarga, Bahirparimarjanavarga, KatuSkanda</i>
4	<i>Dhanwanthari</i>	<i>Karaveeradi varga</i>
5	<i>Kaiyyadeva</i>	<i>Aashachi varga</i>
6	<i>Madanapala</i>	<i>Shaka varga</i>
7	<i>Narahari pandith</i>	<i>Karaveeradi varga</i>
8	<i>Raja vallabha</i>	<i>Hingwadinam gana</i>
9	<i>Shodala</i>	<i>Karaveeradi varga</i>
10	<i>Sushrutha</i>	<i>Shirovirechan, Shaka varga, katurasavarga dravya</i>
11	<i>Vagbhata</i>	<i>Shaka varga</i>
12	<i>Raja Nighantu</i>	<i>Moolakadi varga</i>
13	<i>Priya Nighantu</i>	<i>Shatapushpadi varga</i>
14	<i>Amarakosha</i>	<i>Vanoushadi varga</i>
15	<i>Prayogatmaka</i>	<i>Abhinava Rasonadi varga.</i>

Lasuna Rasayana vidhi:***Purvakarma***

When *Lasuna* is administered as *Rasayana*, *Snehana* (oleation) and *Swedana* (sudation) should come before *Shodhana*. It will be *Nishphala* if it is offered without *shodhana*. For 3,5 or 7 days, do *shodhana* and *peyadi krama Yavanna*(barley) until *Purana sakrut* reaches *shudhi* (purity).

Rasayana vidhi

Lasuna is taken from the *Himalayas* and *Sukadesha* in *Vasantha ritu* (spring season) and preserved in *Madiradi* (wine) overnight. It is taken out the next day, ground, and juice extracted. This *Lasuna swarasa* is consumed in a prescribed dose with one-third of *Ksheera* (milk). The amount of *swarasa* is said to be two *pala* (68gm) (juice). For *Kandanalasudhi*, juice combined with milk should be served for *Gandusha* (gargling) before consuming *swarasa*.

Paschatkarma

After the *swarasa* has been digested, old *Sali* rice with *yusha* or milk or *jangala mamasarasa* can be given as nutrition. *Aranaalam*, *Phalambu*, or *Parisiktham* are all examples of wine blended with water. One *Virechana* should be taken after the *Rasayana* therapy to keep *Pitta kopa* under control. *Sabhakta* (with food) or *Prakbhakta* (without food) (before food). *Lasuna* can be offered as *Utkrishta matra* for one month or six months or as *Hinamatra* for one *paksha*.

Lashuna seven Vidhi - Before ingesting *Lasuna*, one should first go through *Shodhana*. *Vasantha rutu* is the best *rutu* for collecting. The outer cover is removed and stored overnight in *Madiradi dravyas*. The following day, *Kalka* is released and squeezed for *Swarasa*, and three portions of *Sura*, *Madya*, *Taila*, and *Dadimanda* or *Kanji* are combined. *Roganusara* can also be combined with *Taila*, *Ghrita*, *Majja*, *Ksheera*, or *Mamsarasa*. When *Keval Lashuna swarasa* is consumed, *Kantanadi shuddhi* occurs. 1 *Kudawa* is *Surarahita Lasuna rasa matra*, and 1 *Pala* is *Kalka matra*. If *Pitta prakopa* occurs after using *Lasuna Rasayana* for a more extended period, *Mrudu Virechana*

should be used again.

In the occurrence of a complication, *Swedana* should be performed if *Shoola* and *Vedana* occur during *Lasuna* administration, and *Sheetambu Seka* should be performed if *Vamana* and *Murccha* occur. After the symptoms mentioned earlier have subsided, the remaining *Lasuna* can be retaken.

Lasuna Matra- Three separate *Matra* are explained in the *Kashyapa Samhita* in *Kalpa sthana*.

- 4 Pala Avara matra
- 6 Pala Madhyama matra
- 4 Pala Avara matra

In *Sita kala* (cold season), the optimal dose is 4 Pala (50 numbers), 6 Pala (60 numbers) in *Hemanta*, and 8-19 Pala (100 numbers) in *Sisira*. The treatment should last for at least 15 days and up to six months.

Indications -

Charaka samhita - Skin illnesses (*Kustha*, *Kilasa*), Vataj disorder (neurological disorder), and increased sperm count and motility are indications of the medicine. ⁽¹⁶⁾

Kashyap samhita-It appears in all *Vataroga*, mainly in *Asthichyuti*, *Asthibhagna*, and *Asthigatavata*. *Arthavasambandhi roga*, *Veerya sambandhi roga*, *Bhrama*, *Kasa*, *Kustha*, *Krimi*, *Gulma*, *Kilasa*, *Kandu*, *visphota*, *Vaivarnya*, *Timira*, *Mutrakriccha*, *Ashmri*, *Jeernajwara*, *Shosha*, *Vatarakta Drida*, *Medhavi*, *Deerghayu*, *Sundara*, and *Santanyukta* are the people who consume this. *Shukravridhi* and *Maithunashakti vrudhi* are promoted.⁽¹⁷⁾

Ashtanga hridaya- According to *vagbhat* classical indication of *lasuna* is *Balya*, *Vrishya*, *Rasayana*, *Vatakaphagna*. *Lasuna* was considered the greatest of the *Vatahara dravyas* by *Vagbhata*. *Lasuna's* importance as a *Rasayana* in the treatment of *vata Avaranas* was underlined by him.⁽¹⁸⁾

Objectives: To find out the *Lasuna* effect as *Rasayana*

Methods: The study included classical Ayurvedic literature, journals, and research

publications from Google Scholar, Pubmed, and other sources.

Inclusion- In this study, we took only those studies which have *Lasuna* as a leading drug.

Toxicity study, Animal study, Single group studies, Comparative studies.

Studies were taken within 20 years.

Exclusion- We excluded those studies in which *Lasuna* does not have the main ingredient.

Studies excluded before 20 years.

Observation and result:

Sr.No.	Year of publication	Name of Author	Title	Key Finding
1.	2015	Priyanka Sharma	<i>Rasona Rasayana</i>	<i>Rasona</i> should be used as a <i>Rasayana</i> in daily life to prevent and control hyperlipidemia. The characteristics of <i>Vatahara</i> and <i>Kaphamedohara</i> are notably beneficial in hyperlipidemia. <i>Rasona</i> balances <i>Dhatvagni</i> , improves nutrition through <i>Srotoshodhana</i> , and has <i>Rasayana</i> effects on the body.
2.	2016	Nayana N., Ratnaprava Mishra, Mahesh Kundago and James Chacko	“ <i>Lasuna rasayana</i> - An Ayurvedic Rejuvenating Therapy”.	<i>Lasuna</i> can heal disease at the <i>Dhatu</i> level via neutralizing Vata through its <i>Guru Snigdha Guna</i> and <i>Ushna Veerya</i> . It also aids in the elimination of <i>Avarana Vyadhis</i> . To balance out the spiciness and heat of Garlic, <i>Lasuna swarasa</i> is served with milk. Garlic increases total lipids, triglycerides, and phospholipids in the liver while decreasing free fatty

				acids. As a result, it protects the human body.
3.	2016	Tribhuvan Pareek ¹ , Sandeep Singh Tiwari, Nitin Juneja	Understanding <i>Lasuna</i> as a <i>Rasayana</i> – A critical review.	Garlic's antioxidant capabilities help maintain the health of the heart and immune systems and Assist in keeping adequate blood circulation. Garlic's ability to improve the function of the body's immune cells is one of its most potent health advantages.
4.	2021	Preeti Agarwal, Kalpna Sharma, Anjali Verma, Hem Prakash	A Review on <i>Lasuna</i> (Garlic): A Boon for Women	<i>Lasuna</i> is a multifunctional female body drug. Its <i>Panchabhautik</i> and chemical constitutions are advantageous to females throughout their lives, From puberty to menopause, and throughout life, in maintaining reproductive processes and enabling a smooth postmenopausal transition.
5	2021	Vinod Kumar Joshi and Apurva Joshi	Garlic in Traditional Indian Medicine (Ayurveda) for Health and Healing	The word <i>Lasuna</i> comes from Greek and means "disease destroyer." The properties-based action and therapeutic benefits of Garlic- <i>Lasuna</i> in Ayurveda speak for themselves. The genus <i>Allium</i> appears to be named after one of the essential qualities of <i>Lasuna</i> , which is mentioned in both Ayurvedic scriptures.

Discussion-

Antihyperlipidemic action - Garlic has a hypocholesterolemic impact through three mechanisms: inhibition of hepatic cholesterol manufacture, increased cholesterol turnover to bile acids, and gastrointestinal excretion. Garlic raises blood levels of catalase and glutathione peroxidase, two antioxidant enzymes. It also lowers plasma malondialdehyde levels, which helps prevent heart diseases and gives safety to oxidants in the ecosystem. Atherosclerosis is caused by the buildup of intracellular and extracellular lipids. In atherosclerotic cells, garlic powder extract suppresses the formation of cholesteryl esters and triglycerides and the activity of acyl-CoA cholesterol acyl transferase.

Antihypertensive Effect - The hypotensive property of Garlic may be responsible for the increased relaxing impact on muscle tissue. Liquid garlic extract and its constituent components, such as Allicin, stimulate K^+ channels, generating membrane hyperpolarization and, as a result, a reduction in Ca^{2+} inward prevailing into the vascular endothelial cell, leading to vasodilation due to a decrease in intracellular Ca^{2+} . Garlic components can modify carcinogen metabolism by boosting the activity of detoxifying enzymatic systems, enhancing the carcinogen polarity and enabling its removal from the body, or blocking the activation of procarcinogens by cytochrome.

Antimicrobial Activity - Allicin inhibits thiol-containing enzymes in microorganisms, resulting in antimicrobial activity. Garlic destroys Staphylococcus, Salmonella, Vibrio, Mycobacteria, and Proteus protozoan parasites like Entamoeba histolytic and Giardia lamblia, and gram-negative, gram-positive, and acid-fast bacteria.

Garlic's hypoglycemic effect may be related to increased insulin sensitivity and prolongation of the insulin action of plasma by enhancing pancreatic insulin production from current β -cells or its dissociation from binding insulin. Effect on Inflammation Garlic's anti-inflammatory properties is primarily due to its ability to hinder the cytoskeleton's construction and disassembly processes. ⁽¹⁹⁾

2) *Rasayana* is an Ayurvedic branch that aids in improving the quality of a healthy human lifestyle. The *Shodhana* performed before the administration of *Rasayana* will aid in the elimination of *Dosha* from the *shakhas*. *Lasuna*, through its *Guru Snigdha Guna* and *Ushna Veerya*, aids in the pacification of *Vata* and can cure sickness at the *Dhatu*

level. Even aids in the elimination of *Avarana Vyadhis*. To balance out the bitterness and heat of Garlic, *Lasuna swarasa* is served with milk. It is especially harmful to persons with *Pitta* body types and blood issues, as the *Tikshna Guna* of *Lasuna* can produce *Pittakopa*.⁽²⁰⁾

3) Garlic has antihypertensive properties. Garlic reduces LDL cholesterol. Garlic aids in the reduction of plaque buildup in the arteries. According to one recent study, women had a more substantial effect than males. Garlic lowers blood sugar or aids in its regulation. Garlic inhibits the formation of blood clots, reducing the risk of strokes and thromboses (It may not be suitable for haemophilia). Garlic inhibits cancer, particularly cancer of the digestive system, and lowers the size of certain tumours by preventing them from becoming more significant. Heavy metals like lead and mercury are removed from the body with the help of Garlic. Garlic is a powerful natural antibiotic, though not as strong as modern antibiotics. While significantly weaker than current antibiotics, they can kill some bacteria types that have evolved immune or resistant to them. Antifungal and antiviral activities are found in Garlic. Garlic is high in selenium and has anti-oxidant properties.⁽²¹⁾

4) *Lasuna's* Mode of Action in Various Female Infertility Factors: Garlic is commonly recognized as one of the best natural fertility boosters. It has aphrodisiac properties. It could help with a variety of infertility issues.

Tubal Factor: In *Aavaranjanya Vyadhi*, *Lasuna* is beneficial. Due to its *Teekshna*, *Ushna*, and *Vatakaphahar* qualities, this will dissolve the impediment. As a result, it could be beneficial in tubal obstruction-related infertility.

Uterine Factor: *Lasuna* has *Balya*, *Brimhana*, and *Rasayana* qualities that assist control normal menstrual flow. As a result, it improves appropriate proliferation and uterine receptivity, allowing for proper conception and implantation.

Ovulation Factor: *Lasuna* has properties such as *Deepana*, *Pachana*, *Vatanulomaka*, and *Ushna* that help with ovulation.

Lasuna's Emmenagogue Activity in Dysmenorrhea: It should be taken in dysmenorrhea because of its *Ushna Virya* and *Katu, Tikta Rasas*, that allow the flow of vaginal bleeding to be easy and mild. Garlic has spasmolytic actions.

Lasuna's Action in Menstruation Abnormalities: *Lasuna* is renowned for its *Ushna*, *Teekshna*, and *Pitta Vardhaka* properties, including its *Ushna and Teekshna* attributes. These attributes activate *Agni*, which promotes the digestion of *Ama*, the development of *Ahara Rasa*, and the subsequent formation of the *Rasa Dhatu*, from which the *Artava* emerges, and is very effective in cases of menstrual irregularities. Garlic's ingredients help with menstruation diseases like dysmenorrhea, premenstrual syndrome, and P.M.S. Benefits of *Lasuna* in Menopause: It moreover improves *Rajonivruti*. *Lasuna's* Actions, including *Rasayana and Balya*, were strongly advisable in *Jaravastha* for avoiding lengthy ill-health problems. Garlic and garlic derivatives like alliin, allyl cysteine, allyl disulfide, and Allicin have been shown to provide antioxidant defence against free radical damage in the body. As a result, garlic consumption during menopause is beneficial since it minimizes oxidative stress and improves postmenopausal symptoms. ⁽²²⁾

5) Garlic extract (50–500 mg/ kg) was reported to have an antihypertensive effect in preclinical research. In the isolated rat heart (Langendorff) preparation, dietary intake of garlic powder (1.0%) for ten weeks dramatically reduced the incidence of ventricular arrhythmias after ischaemia and reperfusion. Garlic has been shown to protect experimental rats from doxorubicin and hypocholesterolemic diet-induced heart damage and pulmonary hypertension-induced cardiac hypertrophy. Garlic and its phytoconstituents have been discovered to impede platelet aggregation and increase bleeding and clotting times in experimental animals. Garlic has also been proven to have various bioactivities. Garlic was also effective in treating hypertension patients, with significant reductions in systolic and diastolic blood pressure. ⁽²³⁾

Conclusion -The approach of treatment that is explained utilizing *Rasayana* is a novel concept. Hardly any health sciences are found to have put thrust as massive as *Ayurveda*. It gives an insight into what should the treatment aim at –the establishment of *Dhatu Samya*. Hence treatment of any disease would not be complete without using *Rasayana*. The use of *Rasayana*, specific to that disease, is mentioned in the treatment of each condition, is mentioned in each *Adhyaya* of *Samhitas*, and is broadly explained in separate *Adhyayas* dedicated to it. Garlic increases total lipids, triglycerides, and

phospholipids in the liver while decreasing free fatty acids. As a result, it protects cells in the human body. Garlic improves a person's strength, intelligence, attractiveness, potency, and longevity when used regularly. Rasayana assists us in living a healthy lifestyle. Many more *Rasayanas* are described in our classics, and *Lasuna* can be used as a *Rasayana* in one's everyday diet. *Acharya Kashyapa* made a unique contribution to ladies by introducing the Nectar-like *Rasayana* medication. *Lasuna* is a multifunctional female body drug. It has analgesic, anti-hyperglycemic, and anti-hyper cholesterol properties. Garlic had a more substantial effect on cholesterol and triglycerides—anti-inflammatory properties. The common substances we eat and drink, such as water, meat, vegetables, sugar, and so on, provide energy to maintain life. However, *Rasayana* assists us in living a healthy lifestyle. Other additional *Rasayanas* described in our texts must be implemented, and the therapeutic use of *Lasuna Rasayana* is only the beginning.

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