

# *Lasuna Rasayana*



- *Introduction*
- स्वस्थस्य ऊर्जस्करं किञ्चित् किञ्चित् आतुरस्य रोगानुत् ॥

(च.चि. 1-1/4)

*Ayurveda, the discipline of existence, explained the two types of Bhesaja viz. Svasthasysa Urjaskara and Athurasya Roganuth. Among them Rasayana karma comes under Svasthasys Urjaskara.*

## RASAYANA

- रसायनं –रसादिधातूनां अयनं अप्यायनम् ॥
- *The term Rasayana consists of two words viz 'Rasa' and 'Ayana'. The word Rasa is used abundantly in various senses*

“अहरहर् गच्छति इति रसः

*The fluid which is always moving from one place to another is named as Rasa.*

*According to the context the term rasa conveys various meanings like*

- *Ahara Rasa [Poshaka Rasa – Nutritive fluid]*
- *Shadrasas [Madhuradi Shadrasas]*
- *Rasa Dhatu [first Dhatu of Saptadhatu]*
- *Mamsarasa*
- *Swarasa*
- *Rasa is also a synonym of mercury.*

*In present context it is appropriate to take the first meaning i.e. Ahara Rasa as it forms the foremost nutritive fluid which forms the Sara bhaga of the Ahara dravya's which is utilized by the bodily elements [Dhatu] for their maintenance of growth.*

*The word meaning of Ayana is 'to go' or 'to move'.*

*In the context of rasayana; Ayana refers to Marga ie, Srothas.*

*The combination of the word Rasa and Ayana conveys Uthkrishtarasadi prapti ,which is nothing but Rasayana.*

- *RASAYANA PARIBHASHA*
- *A procedure by which Rasadi Saptadhatu's are satisfied in all respects through proper nourishment is known as Rasayana.*

*लाभोपयो हो शस्तानां रसादीनां रसायनम् ॥*

*Rasayana is that which helps one to attain longevity along with cheerful healthy status of life, which improves one's intellectual power and has the capacity to alleviate the disease by producing immunity against them.*

*So the Rasayana Aushadhi acts in both ways as a Rejuvenator and as a disease curative measure.*

दीर्घमायुः स्मृतिं मेध आरोग्यं तरुणं वयः ।  
बलवर्णस्वरोदार्य देहेन्द्रियबलं परम् ॥  
वाक् सिद्धिं प्रणतिं कान्तिं लभते च रसायनात् ।  
लाभोपयो हो शस्तानां रसादीनां रसायनम् ॥  
(च,चि-1)

लाभोपायो हि शस्तानां रसादीनां रसायनम् ॥  
(च.चि. 1-1/8)

*Rasayana is that which provides optimum quality of the bodily tissues due to which it provides both mental and physical health, prevents ageing and disease, thus enables to live for a longer period of youthfulness.*



- *Yogya and Ayogya according to age*
- *Literature says that Rasayana has to be given to the poorvavayasi and Madhyama vayasi persons after person is subjected to shodhana procedure.*

*Acharya Gangadhara commenting on the same topic opines that persons who are fit for shodhana are also eligible for Rasayana provided the person should have required bala.*



# *Lasuna*



## *Nirukti*

लशनि खण्डयति रोगान् इति लशुनः ।  
(नि.अ)

*That which destroy the Vyadhi*



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- *Botanical Name - Allium sativum Linn.*
  - *Family - Liliaceae.*
  - *Synonyms - Rasona, Ugragandha, Yavanesta.*
  - *Bheda: 2 types: - Girija and Ksetraja*

*Garlic*

# Rasa Pancaka

- *Guna* - *Snigdha, Teekshna, Guru, Sara.*
  - *Rasa* - *Amlavarjitha Pancha rasa, Katu pradhana.*
  - *Vipaka* - *Katu*
  - *Veerya* - *Usna.*
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- *Samanya Karma: Balya, Brmhana, Rasayana, Vrsya, Netrya, Medhya, Asthi Sandhanakara*
- *Dosha Karma: Kaphavata shamaka*
- *Dhatu Karma: Raktakara*
- *Prayojya anga - Kantha, Taila.*
- *Matra: Kantha Kalka - 3-6gm; Taila - 1-2drops.*

# *Lasuna Rasayana*

पित्तरक्तविनिर्मुक्तसमस्तावरणावृते।  
शुद्धे वा विद्यते वायौ न द्रव्यं लशुनात्परम् ॥  
(अ.हृ.उ.39/127)

*There is no drug better than Lasuna for the treatment of all types of Avarana Vata except from Pitta and Rakta and of all kinds of Suddha Vata.*

“अमृतोद्भूतममृतं लशुनानां रसायनम्”  
(का.क.लशुनाध्याय 18)

*This nectar Lasuna born from nectar is Rasayana*



## *Lasuna Shreshtatha*

*Acarya says,*

साक्षादमृत सम्भूतेग्रार्मणीः स रसायनम् ॥”  
(अ.हृ.उ.39/111-112)

*Rahu stole the nectar obtained by churning the sea and swallowed it, he was immediately beheaded by god Vishnu, thus the drops of nectar fell over earth and became Lasuna, since it is born from the body of Rakshasa, the Brahmanas do not eat it. Since it is born out of nectar, it is a best Rasayana.*

## Indication

“शीतवातहिमदग्धतनूनां स्तब्धभग्नकुटिलव्यथितास्थनाम् ।  
भेषजस्य पवनोपहतानां वक्ष्यते विधिरतो लशुनस्य ॥  
(अ.हृ.उ.39/110-111)

उक्तो लशुनयूषस्तु स्वकल्पे वातनाशनः ॥  
(का.खि.4/64)



# Contra - indication

*Ahara vihara:*

‘आमाम्बुपानेक्षुविकार मत्स्ययानाध्व वातातप भाष्यचिन्ताः  
स्वप्नंदिवा जागरणंनिशासु पिष्टं व्यायं दधि चात्र नेच्छेत्  
(अ.सं.उ.49/207)

प्रियाम्बुगुडदुग्धस्य मांसमद्याम्लविद्विषः ।  
अतितिक्षोरजीर्णं च रसोनो व्यापदे ध्रुवम् ॥  
(अ.हृ.उ.39/128)



# *Contra - indication*

*Rogavastha:*

पाण्डूदर उरःक्षत शोफ तृष्णा पानात्यय छर्दि विषत्रणेषु ।  
पैत्तेविकारे अक्षिगते अतिसारे क्षामेशरीरे च स वर्जनीयः ॥  
(अ.सं.उ.49/211)

# *Time of Administration*

शीलयेल्लशुनं शीते, वसन्तेऽपि कफोल्बणः ।  
घनोदयेऽपि वातार्तः, सदा वा ग्रीष्मलीलया ॥  
स्निग्धशुद्धतनुः शीतमधुरोपस्कृताशयः ।  
तदुत्तंसावतंसाभ्यां चर्चितानुचराजिरः ॥  
(अ.हृ.उ.39/113-114)

# *Prayoga Kala Maryada*

उत्कर्ष मात्र – 1 मास *or* (6 मास)

हीनतर मात्र – 1 पक्ष

(अ.स.उ.49/164)

# *Prayoga Matra*

स्वरस + मदिर – 1 कुडव

केवल मात्र (स्वरस) – 1/2 कुडव

लशुन मज्जा मात्र – 1 पल

(अ.हृ.उ.39/122)

# *Prayoga Matra*

*According to Kashyapa*

चतुष्पली भवेन्मात्रा लशुनानां कनीयसी ।  
षट्पली मध्यमा, श्रेष्ठा पलाष्टौ च दशाथ वा ॥

कनीयसी मात्र : चतुष्पल

मध्यम मात्र : षट्पल

श्रेष्ठ मात्र : अष्ट पल, दश पल

# *Numerical Dose of Lasuna*

*According to Kashyapa*

शतं षष्टिः शतार्धं च मात्राः स्युर्गणितेष्वपि ॥

उत्तम – 100

मध्यम – 60

अवर – 50

# *Time of Administration*

सभक्त / प्राग्भक्त



# *Management after consumption of Lasuna*

*Vedana: Pratatam Swedana.*

*Moorcha, Chardhi: Sheethambu seka over Mukha.*

*Daha: Sheeta Anulepana etc.*

# *Method of Administration*

रसोऽग्नि कल्पो मृदुनौजसा हि संयुष्यमानः सहसैव तस्य ।  
दाहातिसारारति चित्तनाशान् कुर्यादतस्तं त्वरितो न युञ्ज्यात् ॥  
(अ.सं.उ.49/175)

*Common Prescription frequently practiced by many For  
28 days*

<i>Days</i>	<i>Swarasa</i>	<i>Anupana</i>	<i>Total</i>
<i>1<sup>st</sup> Week</i>	<i>12 ml</i>	<i>36 ml</i>	<i>48 ml</i>
<i>2<sup>nd</sup> Week</i>	<i>24 ml</i>	<i>24 ml</i>	<i>48 ml</i>
<i>3<sup>rd</sup> Week</i>	<i>36 ml</i>	<i>12 ml</i>	<i>48 ml</i>
<i>4<sup>th</sup> Week</i>	<i>48 ml</i>	<i>-</i>	<i>48 ml</i>

# *For 16 Days*

<i>Day</i>	<i>1-4 Days</i>	<i>5-8 Days</i>	<i>9-12 Days</i>	<i>13-16 Days</i>
<i>Lasuna</i>	<i>25 gm</i>	<i>50 gm</i>	<i>75 gm</i>	<i>100gm</i>
<i>Anupana</i>	<i>75 ml</i>	<i>50 ml</i>	<i>25 ml</i>	<i>-</i>

# *For 8 days*

<i>Day</i>	<i>1-2 Days</i>	<i>3-4 Days</i>	<i>5-6 Days</i>	<i>7-8 Days</i>
<i>Lasuna</i>	<i>25 gm</i>	<i>50 gm</i>	<i>75 gm</i>	<i>100gm</i>
<i>Anupana</i>	<i>75 ml</i>	<i>50 ml</i>	<i>25 ml</i>	<i>-</i>

# प्रयोगान्ते मृदुविरेचनम्

पित्तकोपभयादन्ते युञ्ज्यान्मृदुविरेचनम् ।  
रसायनगुणानेवं परिपूर्णान् समश्नुते ॥  
(अ.हृ.उ.39/129)

## *Jeerne Bhojanam*

जीर्णशाल्योदनं जीर्णे शंखकुन्देन्दुपाण्डुरम् ।  
भुञ्जीत यूषैः पयसा रसैर्वा धन्वचारिणाम् ॥  
मद्यमेकं पिबेत्तत्र तृट्प्रबन्धे जलान्वितम् ।  
अमद्यपस्त्वारनालं फलाम्बु परिसिक्थकाम् ॥  
(अ.हृ.उ.39/123-124)

# Pharmacognosy

- *Analgesic: - Alcoholic extract given in mice is active.*
- *Anti – Hyperglycemic: Water extract orally decreased 20% glucose in alloxan treated rats. Decoction given intra gastric in rabbit at 4 ml / kg weak activity Vs Glucose induced hyperglycemia*
- *Anti – Hyper cholesterol: Water extract orally at 3.3g/kg anti hyperlipemic in rabbits. Essential oil at 100mg/kg by gastric intubations in rat was active as anti hypercholesterolemic and anti hyperlipemic . Garlic was more potent in lowering Cholesterol and triglycerides.*



- *Anti - Inflammatory: - A concentrate having allicin & aallinase proved effective in treating Rheumatoid Arthritis*
- *Central Nervous System: Alcoholic extracts I/P given in mice and I/V in rabbit had depressant activity.*
- *Cardio Vascular System: Garlic extract at 2 g / kg caused ischemic damage in 8 / 10 rats dosed intra gastrically for 30 days.*

# Research Studies

- *Soman P.R. - Study on Lasuna Rasayana WSR to Pakṣavadha, Govt. Ayurvedic College, Trivandrum, Kerala University- 1992.*
- *Ratnakaran. C – Effect of Lashuna Ksheeram in the healing of Fracture, Govt. Ayurvedic College, Trivandrum, Kerala University- 1989.*
- *Deval Neena – Annavaḥa Ṭ Pureeṣha vaḥa sroto vikṛiti janita pradḥana rogon mein Lashuna Ksheera ka proyoga chikitsatmakā adhyayana, Smt. KGM Punarvasu Ayurvedic College, Mumbai University, Mumbai, 2001.*

# Conclusion

*We are what we eat, the common substance we eat and drink for example Water, Meat, Vegetables, Sugar etc., produce energy to sustain life. But Rasayana help us to lead healthy life. There are many other Rasayana's explained in our classics which has to be adopted and in this regard therapeutic utilization of Lasuna Rasayana is just the beginning.*