

**Rasona (Lasuna) (*Allium sativum* Linn.)**

**Botanical name-***Allium sativum* Linn.

**Family -** Amaryllidaceae

**Synonyms**

1. Uragandha
2. Sheetmardaka
3. Lashun
4. Bhutaghna
5. Mahaushadha
6. Arishta

**Vernacular Names**

English -Garlic

Hindi -Lasun

**Habitat & Distribution -**

Rasona (Garlic) is cultivated throughout India. *Allium sativum* is chiefly cultivated in Maharashtra, Gujarat and Madhya Pradesh, and in other states of the country to a small extent. Garlic is also cultivated throughout the world including South Europe and Central Asia.

**Botanical Description**

**Morphology**

Erect herb, usually grown as an annual from small bulbs (Cloves), up to 150 cm tall. Real stem is very short, formed at the base of the plant in the form of a disk, with adventitious roots at the base, bulb is solitary, depressed globose to ovoid, upto 7 cm in diameter, whitish, composed of 7 to 15 sessile cloves, each clove consisting of a protective sheath a single thickened storage leaf sheath and a small central bud, pseudo stem formed by sheathing bases of successive leaves.

Leaves-4 to 10, distichously alternate, glabrous, with tubular sheath, blade is linear oblong, upto 30 cm long and 2.5 cm wide, nearly flat, V-shaped in cross-section, acute at apex, smooth or crenulate at margins.

**Inflorescence -** Spherical umbel upto 2.5 cm diameter, on a solid scape up to 150 cm long. Umbels composed of flower and bulbils, initially surrounded by a membranous spathe.

**Flowers -** Usually poorly developed or absent, pedicels are slender, upto 1.5 cm long, tepals are 6 in number and 2 whorls, free, lanceolate, upto 3 mm long, greenish white or pale pink, stamens are six usually rudimentary, ovary is superior.



Fruit-Is abortive and seedless.

**Flowering & Fruiting** - January-April; also depending upon the time of raising the crop.

**Chemical constituents** -

Alliin; Carbohydrates (arabinose, galactose etc); vitamins (folic acid, niacin, riboflavin, thiamine, vit.c); amino acids (arginine, aspar-agic acid, methionine etc.); enzymes (alli-nase); volatile compounds (allyl alcohol, al-lylthiol, allylpropyl disulphide etc.); thioglycosides (scordine, scordinine A<sub>1</sub> A<sub>2</sub> & B etc.); prostaglandins A<sub>2</sub> D<sub>2</sub> E<sub>2</sub> and F<sub>2</sub> allylmethylselenide, ajoene, proteoruboside B.

**Rasadi pancaka**

- Rasa -Katu Madhura Lavana Tikta Kashaya
- Guna -Tikshna Snigdha, Guru, Sara
- Vipaka -Katu
- Virya -Ushna

**Notes**-5 tastes are present in different parts of the plant.

Katu rasa -Mula (Bulb)

- Tikia rasa -Patra (Leaves)
- Kashaya rasa -Nala (Stem)
- Lavana rasa -Nalagra (Tip of stem)
- Madhura rasa -Bija (Seed)

**Useful part**-Mula (Bulb)

**Matra (Dosage)**

- Swarasa (Juice) -10 to 20 ml
- Kalka (Paste) -2105g

**Karma (Action)**

Rasona - Brimhana, Vrishya, Pachana, Bhagnasandhanakara, Kanthya, Balya, Varnya, Netrya, Rasayana, Hridroga hara, Jwaraghna, Shulaghna, Vibandha hara, Ruchikara, Gulmaghna, Kasahara, Shophahara, Arshoghna, Kushthaghna, Jantughna, Shwasahara, Medhya, Hikkani-grahana, Mehaghna, Switranashaka.

**Mahakanda** - Hridrogahara, Jirnajwarahara, Shulahara, Vibandhahara, Gulmaghna, Ruchikara, Shophaghna, Arshoghna, Kushthaghna, Dipana and Jantughna.

Shweta rasona Atibalya, Vrishya, Medhya, Swarya, Varnya, Netrya, Bhagnasandhanakara.

**Rakta Rasona** - Jirna jwarahara, Hridroga nashaka, Shulaghna, Vibandhahara, Ruchikara, Shophahara, Arshoghna, Kushthaghna and Jantughna.

### **Agrya Karma**

लशुनः प्रभञ्जनम् । (अ.ह.उ. 40)

Lashuna (*Allium sativum*) is best in Vaata Vyadhi.

### **Doshakarma (Action on Dosha)**

VataKapha Shamaka, Vatahara due to Ushna virya and Kapha Shamaka because of Ushna virya and Katu vipaka.

### **Rogaghnata (Therapeutic indications)**

Rasona-Karshya, Klaibya, Agnimandya, Bhagna, Dourbalya, Varnya, Netra roga, Hridroga, Jwara, Kukshi Shula, Aruchi, Vibandha, Gulma, Kasa, Shwasa, Shopha, Arshas, Kushtha, Jantuvikara, Hikka and Shwitra.

Mahakanda - Hridroga, Jirnajwara, Shula, Vibandha, Gulma, Aruchi, Shopha, Arshas, Kushtha, Agnimandya and Jantuvikara.

Shweta rasona-Dourbalya, Klaibya, Swarabheda, Vaivarnya, Netra vikara and Bhagna.

Rakta rasona-Jirna jwara, Hridroga, Shula, Vibandha, Aruchi, Shopha, Arshas, Kushtha and Jantu.

### **Amayika prayoga (Therapeutic Uses)**

1. Vishama jwara (Malarial fever) Rasona mixed with oil should be used before meals. (Charaka)
2. Unmada & Apasmara (Insanity and epilepsy) Rasona with oil or Shatavari with milk, juice of Brahmi or Kushtha or Vacha mixed with honey is an excellent remedy in Unmada and Apasmara. (Charaka)
3. Kasa & shwasa (Cough and Asthma) - Juice of Rasona mixed with breast milk should be put into nostrils. (Charaka)
4. Kshaya (Consumption) - To treat Kshaya one should use Rasona with milk. (Sushruta)
5. Vatavyadhi - Used according to the method of Rasayana, Rasona relieves avaranas of doshas except pitta and rakta. (Astangahridaya)
6. Ardita (Facial paralysis) - Rasona should be taken with ghee and oil. (Vangasena)
7. Amavata - Decoction of Rasona, Shunthi and Ingudi is good for Amavata. (Bhavaprakasha)
8. Disorders of female genital tract - Juice of Rasona should be taken in the morning keeping on diet of almost milk or meat soup. (Sharngadhara)
9. Colic One should take Rasona mixed with wine in the morning on empty stomach. It alleviates colic caused by vata and kapha and promotes digestive power. (Vrinda)

**Specific formulations-** Rasonavati, Rasona-pinda, Rasonashtaka, Rasonasura, Lasunadya ghrita, Lasunadi vati, Hingutriguna taila.

### **Varieties**

#### **Dh.Ni.**

1. Rasona - *Allium sativum* Linn.
2. Mahakanda *Allium asacalonicum* Linn.

## **Ra.Ni**

### **4 types**

1. Rasona
2. Shweta rasona
3. Granjana
4. Rakta rasona

### **Grahya Laxana (Genuine Characteristics):**

Bulb is sub-globular, upto 6 cm in diameter, consisting of 8 to 20, ovoid, 3 to 4 sided cloves which are attached to flattened circular woody axis, the axis has numerous thin wiry roots on the underside; each clove is surrounded by papery scale leaves of white or pinkish white colour. It has got very strong odour and tastes pungent.