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Review Article

CONTRIBUTION OF VAGBHATA IN FIELD OF RASAYANA W.S.R.TO LASUNA (GARLIC) KALPA

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ABSTRACT

The branch of *rasayana* or rejuvenation is one of the eight specialized branches of Ayurveda, which deals with the maintenance of health and cure of disease, the two main objectives of Ayurveda. Ayurveda emphasizes on enhancement and promotion of energy, covering entire aspect of individual with positive approach for life. Rasayana chikitsa is elaborately discussed in all Samhitas with classification, mode of administration and benefits derived from each. Some classical rasayan formulation contain a large number of herbal ingredients with mineral and animal products, but some single herbal medicines are also used as rasayana. Medicinal properties of rasayana are described by Charaka¹ and Susruta² but rasayana properties are described by Vagbhata.

Keywords: Rasayana, Astanga hridaya, Vagbhata, Lasuna, Rasayana.

INTRODUCTION

Charaka Samhita, Sushruta Samhita, Ashtanga Sangraha and Ashtanga Hridayam are the great classics of Ayurveda. All three classics are having some specific contribution in field of rasayana. Rasayana is described elaborately in the four padas of very first chapter of Charaka cikitsasthan. While in Susruta Samhita it is described in 27-29 chapter of Cikitsasthan and in Astangsamgrah and Astanghridaya it does not find place in cikitsasthan and described briefly in one chapter in Uttarasthan. Astangsamgrah and Astanghridaya have omitted the description of the divine rasayana and have incorporated several newer formulations like Shivagutika³ and single drugs of medicinal use like rasayana and palandu as rasayana.

Rasayana kalpa is one of the specific contribution of Vagbhata in the field of rasayana. Use of the Rasayana drugs in increasing dose in a particular way with special anupan and specialized dietary regimen especially for rejuvenation therapy called Kalpa-chikitsa or kaya kalpa. Rasayana is one of best medicine of Ayurveda and called as rasayana because it has panchrasa except amla rasa. It is liked by Yavana (Greeks) so it is also called as Yavanest and also known as bhutaghna as it destroys evil organism. It is potent drug, absorbed in the body quickly.

Mythology about the Origin of lasuna (garlic):

According to Astang Hridaya when Devas and Asuras fought for nectar during churning of the ocean of milk

(Samudramathan), two Asuras were able to get access to nectar and had some quantity in their mouths in stealthy ways. Knowing the Asuras' foul play the God cuffed the heads of those Asuras before they could swallow it and as a result nectar fell down on the earth from their mouth in drops which later grew as garlic; that is why the vegetable has such wonderful medicinal properties. The twice born (Brahmans) do not eat because it is born from the body of demon. Since it is actually born out of nectars it is a best rasayana.^{4,5}

Collection and Extraction of lasuna(garlic) juice:

Its tubers (bulbs of lasuna) obtained at the end of spring season either from the regions of the Himavat of Saka country, should be removed of its husk and soaked in madira (a kind of wine) in the night. Next morning it should be macerated with the same liquid, filtered through cloth. The filtered juice mixed with three times its quantity of either wine, buttermilk, water of curds, or gruel, or oil, ghee, muscle, fat, marrow, milk, meat juice or any decoction of drugs appropriate to the diseases or the filtered juice alone should be consumed⁶.

Dose of lasuna juice and paste (Kalka) for rasayana effect:

Maximum dose of Rasayana (lasuna) juice along with wine, is one kudava (4Pala, 1pala=48gm) and minimum dose is half of it. One pala is the dose of the paste of its marrow which should be consumed before food and along with food also. The person should have his body oiled and purified, partake foods which are cold (in potency) sweet in taste, etc. surrounded by attendants who have adorned themselves with

garlands, ear-rings and unguents, moving quickly nearby. Before administering juice and paste of rasona, gandusa (holding liquids in the mouth) should be done to purify the passage of the throat. For maximum effect rasona juice and paste should be used for one month⁷.

If the person develops pain, frequent fomentations, vomiting and fainting, sprinkling of cold water on the face should be done. The remaining portion of the juice should be consumed after steadiness and relief of exhaustion. To get rid of burning sensation all over the body it is ideal to smear the paste of drugs in cold condition, wear garland of pearls and camphor sprinkled with water. After its digestion, boiled rice of old Sali which is white like the conch shell, jasmine and moon, should be consumed either with soups, milk or juice of meat of animals living in desert like lands. Wine mixed with water only should be consumed to relieve the thirst; those not addicted to wine should drink fermented rice wash, fruit juices and thin gruel.^{8,9}

Other important way of use of lasuna (garlic) as rasayana:

- The rasona paste mixed with equal amount of ghee is put into a pot churned well can be consumed for ten days. It may be also consumed with equal quantity of muscle fat¹⁰.
- Fresh paste of Rasona mixed with ghee or its juice with ghee may be used followed by drinking fruit juice, butter milk, sour beverage, and juice of meat of animals of desert like lands, fermented wash of barley husk or thin gruel with no solid grains or with luke worm water¹¹.
- Paste of rasona added equal amount of sasamum oil and vinegar kept hidden in a heap of barley for one year. Used later by the person who partakes meals with more, of ghee and meat cures diseases caused by vata¹².
- One tula (hundred pala) each of sesame oil, ghee, jaggery and sugar, two tula of husked lasuna, three kudava of tryusana (marich,sotha and pippali) one pala of tvak, are all made into a nice paste, put into a pot smeared inside with ghee and kept hidden in a heap of barley for two years, taken out later and used, this is more effective for treatment of diseases caused by vata¹³.
- One tula of paste of bulbs (of lasuna) is added to twenty pala of takra (buttermilk) and kept for seven days. Next half-tula of black tila washed well and crushed is added to the liquid along with four pala each of honey, ghee and sunthi, and one pala each of ajaji, chavya, dhanyaka, agni the two krsna, granthi, dipyaka and caturjata-powdered nicely, eight pala each of oil, ghee and crushed sarsapa, one aksa each of the five patu, two ksara are also added to the liquid, churned well and kept undisturbed for eleven days, Later on, used in the mornings daily, the person derives all the benefits of rejuvenator therapy and lives long without any disease¹⁴.
- Paste of lasuna one adhaka in quantity is added to one nalvana (drone) of decoction the two panchmula

drugs and kept buried for one year used later it cures all diseases caused by aggravated vata and kapha¹⁵.

- Juice taken out from its bulbs (of lasuna) mixed either with ghee or oil is cooked and used according to one's habituation. This cures even troublesome diseases caused by powerful vata. Its paste mixed with equal quantity of butter should be consumed by the patient of facial palsy¹⁶.
- Dehusked rasona is inserted into a piece of meat which is held by an iron rod and roasted in fire, this meat should be consumed along with different kinds of sauce/pickles etc, or crushed rasona may be consumed with ghee and sukta (vinegar) followed by partaking ordinary meal as much as desired. Soup prepared with kustumburu, jiraka and fried mudga, added with nice powder of sauvarcala, tender shoots of rasona and sauces of many tastes, may be consumed together with soups, milk and meat soup prepared from appropriate drugs in diseases suspected as caused by kapha, pitta and vata respectively¹⁷.
- Person suffering from emaciation should consume rasona along with the powder of asvagandha, he who has loss of voice along with madhuyasti, he who has tumors of the abdomen along with tail (sesame oil) the patient of leprosy with khadira, the patient of worms (intestinal parasites) along with krimighna. Rasona cures consumption when consumed along with meat of carnivorous animals, used with bark of kutaja it cures piles, and with srestha (triphala) it cures diabetes, cough, dyspnoea and indigestion¹⁸.
- One prastha of juice of lasuna, thirty two prastha of tila taila, eight prastha of residue of kinva, eight prastha of pista (flour of rice) and yava and six prastha of mesasingi are boiled together and decoction reduced to one drone. After it cools it is put into a pot smeared inside with fat (ghee or oil) and kept undisturbed for a fortnight. After wards four prastha of pista (rice flour) is again added to it. This sura (beer) should be consumed by patients of diseases of vata origin. A cow which is made to fast for three days is fed with lasuna from the fourth day. The milk, curds, buttermilk and ghee obtained from the cow is ideal/ acceptable even for the Brahmans²⁰.

Precaution during lasuna kalpa therapy:

At the end of lasuna therapy a mild purgative should be administered, for the fear of increase of pitta. This helps to bestow the rejuvenator effects completely. Drinking uncooked water, use of products of sugarcane, fish, riding on animals, walking long distances, exposure to breeze, and sunlight, too much of speech, worry, sleeping during day, keeping awake at night, eating food prepared from flour, copulation and use of curds should be avoided during lasuna therapy^{21,22}. This (rasona) should be avoided in diseases such as anemia, enlargement of the abdomen, injury to chest (lungs), dropsy, thirst, alcoholic intoxication vomiting, poison, wounds, diseases of pitta origin, eye disease, diarrhea and emaciation of the body²³.

CONCLUSION

Rasona is not only valuable spice but due to prophylactic as well as curing effects, it is popular rasayana medicine. It is especially beneficial to those exposed to severe cold and who suffer from stiffness, numbness and crooked position of the body. There is no other better drug than rasuna, for persons suffering from all kinds of avarana vata excepting those by pitta and rakta and diseases caused by suddha vata (vata not associated with other dosas). Rasona Kalpa used properly for long time increases the strength of digestive fire, bestows good voice intellect, beauty, good qualities, desired children and purity of the seed in both man and woman.

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