

BENIFIT OF LASHUNA RASAYANA IN DIFFERENT VATAVYADHI OR NEUROLOGICAL DISOREDERS.

*Dr.Sameera Meenaz**Dr.G Shrinivasa Acharya,***Dr.Nishanth Pai K

(3rd YEAR PG SCHOLAR,**PROFESSOR,PRINCIPAL &GUIDE,***ASSISTANT PROFESSOR&COGUIDE)

DEPARTMENT OF KAYACHIKITSA & MANASAROGA

Sri Dharmasthala Manjuntheshwara College of Ayurveda and Hospital, Kuthpady, Udupi, 574118.

ABSTRACT: vata vyadhi is one among eighty nanatmja vaydhi. Mainly caused due to obstruction in the channels or srotas. The obstruction is mainly caused due to kapha and medas. This can be compared with atherosclerotic plaque or thrombosis etc. The any neurological pathology caused due to obstruction in blood vessels can be combated with the excellent drug called lashuna(*Allium sativum*). Here is an attempt has been made to review that lashuna as rasayana is having excellent actions on different neurological manufestations.

Key words: vata vyadhi, lashuna rasayna,nanatmaja vyadhi,srotas,kapha, medas.

INTRODUCTION:

Vata dosha which is one among tridosha is responsible for controlling all sorts of movements in the body. It governs breathing, blinking, muscle and tissue movements, and pulsations of heart and so on. It mainly controls the CNS functions in the body. All sorts of impulses which are generating in the CNS to any forms of stimuli are controlled by means of vata dosha. Disease caused by vata in its vitiated condition is called vatavyadhi. Eighty types of nanatmaja vyadhis¹ of vata dosha which includes diseases such as *pakshavadha*, *arditha*, *sarvangavata*, *ekangavata*, *grudrasi*, *hikka*, *dandaka*, *vepathu* and so on which contains the disorders of nervous system, Lashuna(*Allium sativum*) is a unique herb i.e., being used as food, medicine and rasayana. In the context of vatavyadhi, Lashuna is said to be effective in all the types that includes margavaranaaja and dhathukshayaja vatavaydhi.

MATERIALS & METHODS :

LASHUNA IN VATAVYADHI:

Latin name: Allium sativum

Family: Alliaceae

Common names: Garlic, Poor man's treachle, churls treachle

Properties:

Rasa: Katu pradhana amla varjitha sadrasa

Guna : Snigha, Tikshna, Picchila, Guru, Sara.

Veerya: Ushna

Vipaka: Katu

Doshagnata: VataKaphashamaka.

It belongs to Liliaceae family. Its medicinal properties are due to sulphur containing compounds, mineral content, and various enzymes. Most of the sulphur found in whole garlic cloves is of two types found in equal quantities: the S-alkylcysteine sulfoxides and the γ -glutamyl-S-alkylcysteines. The most abundant compound in garlic is alliin (S-allylcysteine sulfoxide), which is present at 10 mg/g in fresh garlic or 30 mg/g dry.³ The aroma of the garlic is due to the chemical compound called thiosulfanates (Allicin) which are formed when Garlic is chopped, minced or crushed, (cysteine sulfoxides are exposed to the allinase enzymes, it converts to thiosulfanates (allicin). Thiosulfanates also include alliin, allyl cysteine and allyl disulfide. Newer research has found some polar compounds of phenolic and steroidal origin, in contrast to thiosulfanates these are odourless and heat stable which holds out various pharmacological properties⁴.

Lashuna and Anti Thrombosis: Allicin and adenosine are the most potent antiplatelet constituents of garlic⁵. Extracts of garlic has showed significant thrombolytic action both in vitro and in vivo. A study conducted suggested that odourless garlic not only activates thrombolytic action but also suppresses the coagulation formation and thus plays a beneficial role in preventing pathological thrombus formation in cardiovascular disorders⁶. A study revealed that mechanism of action in garlic similar to that of clinically used drug Clopidogrel that is by the

inhibition of ADP (Adenosine diphosphate) pathway. The extracts are lipophilic rather than hydrophilic⁷. Thus the extracts of garlic and its several constituents have thrombolytic action.

Lashuna and Anti Hypertensive: A statistical study showed that individuals whose blood pressures are on the lower side are more likely to consume garlic in their diets⁸. The preparations of garlic may be used as an adjunct agent in the treatment of arterial hypertension because of its hypolipemic and antioxidant properties⁹. The above mentioned studies tell that action of garlic is well appreciated in hypo as well as hypertension. In *vivo* and in *vitro* study of Ischemia reperfusion have shown, AGE(aqueous garlic extract) if administered as prophylaxis will restore the blood flow by inhibiting the lipid peroxidation, preventing glutathione depletion and thus preventing the damage caused by the oxygen free radicals¹⁰. A study shown that increased intake of garlic will reduce the risk of mortality in cardiovascular patients or will reduce the incidence of myocardial infarction, stroke and hypertension¹¹. Authors concluded that the total antioxidant status can be significantly improved by treatment with the garlic.

Lashuna and Anti-atherosclerotic: Many studies revealed that compounds of garlic possess anti-atherosclerotic activity. Also numerous animal studies have reported that garlic can have protective action against atherosclerosis¹². Sulphur containing volatile compounds like diallyl disulphide followed by diallyl trisulphide of garlic is the principle compounds responsible for such property¹³. Allicin is another compound that plays an important role in anti-atherosclerotic activity of garlic. In a study of 112 patients (47 men, 65 women) 40- 60 years of age were examined. 56 patients had ischemic heart disease and/ or equal disorders. Another 56 patients were free of any signs of atherosclerosis, but had one or more cardiovascular pathology risk factor. Six month therapy using allicor results in moderate hypolipidemic and antioxidant effect. The dosage of 600 mg per day decreases ten years chance of fatal cardiovascular complications in patients with clinical signs of atherosclerosis, whereas in patients who have no signs of atherosclerosis the complications are decreased with dosage of 300mg per day¹⁴. In one clinical study, researchers found that by the daily consumption of 1 clove of fresh garlic for 6 months resulted in an 80% decrease in serum thromboxane B2 that which is responsible for vasoconstriction and potent

hypertensive agent in middle-aged men. thus the garlic is considered to have a significant action as anti atherosclerosis.

RESULTS & DISCUSSION:

Vata vyadhi is mainly caused as a result of marga avarana in the dhamani or obstruction in the channels and also due dathu kshaya. The pathology is same in almost all the varieties of vata vyadhi, the area involved or the region where the obstruction takes place will specify different disorders mentioned. If the obstruction takes place in hridaya then it is named as myocardial infarction or hridroga, if the obstruction takes place in brain then it is named as cerebrovascular accident or pakshaghata, if the same pathology occurs in limbs then named as peripheral vascular disease or vatraktha and so on. The obstruction is mainly due to kapha meda avarodha or atherosclerotic plug. Lashuna is one such drug which helps in the removal of obstruction in the channel. It is mentioned one among naimittika rasayana and has a significant action on vata vyadhi. As mentioned above it acts as anti thrombolytic agent, acts on hypo as well as hypertension, acts against atherosclerotic plaque, acts on nerve entrapment pathology also. Thus lashuna is considered to be the best drug to combat the different vata vyadhi.

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