

SHORT COMMUNICATION

Lashuna – A Woman's Best Friend

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ABSTRACT

Lashuna holds a significant place in Ayurveda. From *Brihat Trayees* to modern texts it is considered *amruta* (nectar) and has *rasayana* properties. According to *Ashtang Sangraha* it is *sreshtha vatahara*, whereas *Acharya Charaka* describes it as *kapha vata hara*. *Acharya Kashyapa* devoted an entire chapter to *Lashuna* in *Kalpa Sthana*, signifying its importance. *Lashuna* is one of the few drugs with a mythological origin, appearing in the treatment of infertility in Lord Indra's wife Shachi. In Indian households it is widely used for seasoning, pickles, and chutneys. *Acharya Sushruta* stated that daily use of *Lashuna* treats all kinds of *yonirogas*. *Lashuna* is *ushna*, *picchila*, *guru* and *pitta rakta vardhak*, relieving *anartava* and showing outstanding results in gynecological disorders like PCOS, amenorrhea, and infertility. Its anti-inflammatory and antimicrobial actions also benefit pelvic inflammatory disease and vaginal infections. Hence *Lashuna* should be included in a woman's diet in the form of food or medicine according to disease conditions and requirements.

Key Words *Lashuna*, *Streeroga*, *Rasayana*, *Vatahara*

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INTRODUCTION

Post-COVID, people have become more conscious of health and well-being, focusing on prevention, fitness, and mental happiness. Ayurveda plays a crucial role here. Women, often the pillars of society, tend to neglect their health, sometimes avoiding treatment until conditions become chronic. *Lashuna*, used in Ayurvedic formulations and household cooking, is referenced across Ayurvedic texts. *Acharya Kashyapa's Lashuna Kalpadhyaya* describes its *ahara*, *aushadhi*, and *rasayana* benefits. Mythological origins include Indrani receiving nectar from Indra, which fell to earth and became *Lashuna*¹. Another origin is described in *Bhavprakash Nighantu* during *Samudramanthan*².

Among the *Brihat Trayees*, *Vagbhata* quotes *Lashuna* as the most potent drug for *vataroga*, while *Charaka* suggests *Rasona* as the best *vatahara*. *Kashyapa*

describes two varieties – *Girija* and *Kshetraja*. *Lashuna* is not included under classical *ganas*³. This study reviews *Lashuna* in ancient texts and modern science, with a focus on female disorders.

Materials & Methods

Allium sativum Linn. (garlic), known as *Lashuna* or *Rasona* in Sanskrit, belongs to the *Alliaceae* family. It is a bulbous perennial herb with truncated bulbs and several cloves⁴. In Table 1, the pharmacological properties of *Lashuna* are listed according to its *rasa*, *guna*, *virya*, and *vipaka*.

Table 1 Pharmacological Properties (*Rasa Panchaka*)

Rasa	Guna	Virya	Vipaka
Pancha rasa amla varjita	Snigdha, guru, picchila, tikshna, sara	Ushna	Madhura (K.S.), Katu (B.P.)

Pharmacological actions of *Lashuna* are *Vata-kaphahara*, *hridya*, *vrishya*, *brimhana*, *medhya*,

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rasayana, balya, varnya, kanthya, and netrya. In Table 2, the pharmacological activity of garlic (*Allium sativum*) and its related compounds is given.

Table 2 The pharmacological activity of garlic (*Allium sativum*) and its related compounds.

Activities	Bioactive Compound
Antibacterial	Allicin
Antifungal	DADS DATS
Antiviral	Allicin DATS
Antiprotozoal	Allicin DATS
Antioxidant	Ajoene Allicin, DADS, and DATS Alliin DAS
Anti-inflammatory	Allicin DAS Thiocremonone
Anti-cancer	Allicin, alliin, DADS, DAS Z-Ajoene
Immunomodulatory	Allicin
Anti-obesity	Ajoene 1,2-Vinyldithiin
Antidiabetic	Allyl propyl disulfide, allicin, cysteine sulfoxide, and S-allyl cysteine sulfoxide, alliin
Hypolipidemic, hypocholesterolaemic	Different garlic preparations
Anti-Atherosclerotic, antithrombotic	Different garlic preparations
Antihypertensive	Gamma- glutamylcysteine ⁵ .

Classical References

“कृमिकुष्ठकिलासघ्नो वातघ्नो गुल्मनाशनः। स्निग्धोश्चोष्णश्च वृष्यश्च लशुनः कटुको

गुरुः॥ च.सू. 26।176”⁶

“आयुष्यं दीपनं वृष्यं धन्यमारोग्यमग्रिमम्... का. लशुनाध्याय. 15-17”⁷

Indications Specific to Women

“प्रातःप्रातर्निषेवेत रसोनादुद्धृतं रसम्। सु. उ. 38।30”⁸

“न पतन्ति स्तनाः स्त्रीणां नित्यं लशुनसेवनात्। का. लशुनाध्याय.19”⁹

Formulations

1. Lashunadi Vati
2. Lashuna Ksheerapaka
3. Hingutriguna Taila
4. Lashuna Kalpa
5. Lashunadi Ghrita

CONCLUSION

Garlic's bioactive compounds (Allicin, DADS, DATS, Alliin, DAS, Ajoene) demonstrate antibacterial, antifungal, antioxidant, anti-inflammatory, anticancer, immunomodulatory, anti-obesity, antidiabetic, hypolipidemic, and antithrombotic properties. These actions support its use in female disorders such as PCOS, infertility, PID, dysmenorrhea, breast cancer prevention, and miscarriage prevention.

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