

## A Critical Review on Garlic (*Rason i. e. Allium sativum*) as a *rasayan* to keep and restore healthy status.

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### Abstract:

Ayurvedic science has always propagated the use of garlic as effective treatment against a wide variety of illnesses. In fact, before antibiotics swept the world market, *Rason* (*Allium sativum*) was used for treating Infectious diseases, as disinfectant and healing agent for cuts and traumatic wounds on the battlefield. In this review article efforts have been made to study Ayurved herbal Drug Garlic Critically. This review may help us learn more about the therapeutic benefits of garlic and make better future plans for experimental and clinical research. Although it has been demonstrated that garlic may have significant clinical potential, either on its own or as adjuvant therapy in a variety of disorders, more rigorous experiments and studies are required to confirm the positive effects.

**Keywords:** *Garlic, Ayurveda, Sulphur compounds, clove, Rason (Allium sativum)*

### Introduction:

The word Garlic is formed by two old words - 'Gar' meaning spear and 'Leac' meaning herb. Garlic is an *erectifiennial* herb of the onion family, normally grown as an annual. It has irregular roots, condensed, flattened stem and narrow, flat leaves. The bulk consists of 6 to 35 bulbs called cloves, enclosed in a thick whitish, glistening and transparent covering.

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Ancient Egyptians fed garlic to their helpless slaves to ensure the latter's good health and continued strength for many long hours of often back breaking Labour, particularly in the building of the pyramids. Models of garlic were

recovered from excavated tombs, and there is documented evidence revealing that garlic was used as a potent means by which the Egyptians purified their homes against their evil forces. In this review article, efforts have been made to study medicinal importance and properties of Garlic critically.

### **Aim:**

To Study Garlic (*Rason i. e. Allium sativum*) as a *rasayan* to keep and restore healthy status.

### **Material-**

- Classical literature of Ayurveda as well as Modern medical science.
- Ayurvedic journals and Published Articles.

**Methods:** This is purely a literary Study wherein explored literature was critically analyzed and interpreted.

### **Review of Literature:**

#### **Literature Review from Modern perspective: <sup>[1]</sup>**

- An analysis of garlic shows it to contain moisture 62.0 %, Protein 6.3%, Fat 0.1%, Mineral 1.0%. Fiber 0.8% and Carbohydrates 29.8% per 100 grams of edible portion. Its mineral and vitamin contents are calcium, Phosphorus, Iron, Thiamine riboflavin, Niacin and Vitamin C. It also contains trace iodine, Sulphur and chloride. Its calorific value is 145.
- The bulbs yield an essential oil containing allyl propyl disulphide, diallyl disulphide and

two other Sulphur compounds. They also contain antiseptic and hypotensive principles-*allicin*, *allisatin I* and *allisatin II*.

- Allicin contained in garlic gives it the antibiotic properties, its odor and its antimicrobial character. This is part of the volatile oil allyl Sulphide on which depends its medical properties. In an antibiotic test in the U.S.S.R. allicin of the raw garlic has been found to be even more powerful than penicillin. Garlic has the broadest spectrum of any anti microbial known substance.

### **Effects of Garlic over body Chemistry:<sup>[1]</sup>**

1. It has been established by researchers that it lowers blood cholesterol, improves HDL/LDL ratio, improves blood circulation, prevents blood clotting and reduces the body's production of fats.
2. Second effect is antiseptic, antibiotic and antifungal. These are attributed to the volatile oil allyl sulfide which is not more than 2% of the garlic weight.
3. Garlic vapors have been known to halt germs at a distance of 25 cm germ killing power and remain potent in the bloodstream for about 12 hours. Researchers have established that when the garlic extract is administered the bacteria withered, became unproductive and died.

### Literature Review from Ayurvedic Samhitas:

According to Bhavprakash Nighatu:

रसोनो बृंहणो वृष्यः स्निग्धोष्णाः पाचनः सरः ।

रसे पाके च कटु कस्तीक्ष्णो मधुरको मतः ।

भग्नसन्धान कृतकण्ठयो गुरुः  
पितास्त्रवृद्धिदः ।

बलवर्ण करो मेघवर्ण करो मेघाहितो नेत्र्यो  
रसायनः ॥२२॥"

~ भावप्रकाश निघण्टू

हृद्रोग जीर्ण ज्वर कुक्षिशूल-  
विबन्धगुल्मारुचिकास शोफान् ।

दुर्नाम कुष्ठा नल सादजन्तु समीरण श्वास  
कफांश्च हन्ति ॥२३॥  
~ भावप्रकाश निघण्टू

In herbal medicine, *Rason* (*Allium sativum*) has been traditionally used for Asthma, Deafness, Leprosy, Bronchial congestion, Sciatica, Arteriosclerosis, fever, worms and Liver-gall bladder trouble. Garlic is good for the heart, a food for the hair, a stimulant to appetite, a strength-giving food, useful in Leucoderma, Leprosy and Piles. Garlic juice has a most beneficial effect on the entire system. The unpleasant odor in garlic is due to its Sulphur content. The ethers in garlic juice are so potent and penetrating that they help dissolve accumulation of mucus in the sinus cavities, bronchial tubes and Lungs. They help in the expulsion of poisons from the body through pores of the skin. [2]

मांसं काश्य लशुनः प्रभञ्जनं ।

**Rheumatism :** In Russia, *Rason* (*Allium sativum*) is used extensively in the treatment of Rheumatism. In Britain *Rason* (*Allium sativum*) is recommended for rheumatic affections. *Rason* (*Allium sativum*) anti-inflammatory property accounts for its effectiveness in the treatment of arthritis and Rheumatism. In Ayurveda it is generally given with milk (Kshirpak), in the management of Rheumatism. [1]

**Heart Attack :** A West German Doctor claims that garlic may prevent heart attack. It helps normalize dietary fat levels and thus assists in the natural healthy condition of artery walls and the heart. Garlic helps to break up cholesterol in the blood vessels, thereby preventing any hardening of arteries which lead to high B.P. and heart attack. So have fresh garlic daily & keep your heart healthy. [3]

**Asthma :** Three cloves of *Rason* (*Allium sativum*) boiled in milk, can be used every night with excellent results in asthma. [4]

**Digestive Disorders:** *Rason* (*Allium sativum*) is one of the beneficial herbs for the digestive system. It stimulates peristalsis or movements of intestine and secretions of the digestive juices. It has excellent remedy for infectious diseases and inflammations of the stomach and intestine. It is also good in treating various forms of diarrhea, colitis, dysentery and many other intestinal disorders. Garlic has the ability to destroy normal bacteria in the intestines without affecting the beneficial organisms which aid digestion. [5]

**Cancer:** *Rason* (*Allium sativum*) preparations, including extracts and juice have been used successfully the treatment of the cancer in both animal and human studies (mirron M.K. Kaul, 1986). A study report suggests that mice were injected with cancer cells, some out of them were treated with garlic extract and some were not. The mice which were not given garlic died within 16 days while the one treated, lived for 6 months. In Russian studies, garlic preparations have been found to treat tumour growth not only in animals, but also in human beings. Dr. Tariq Abdullah, a US researcher and staff physician of the Akbar clinic & Re- search Institute in Panama city, Florida said recently that he and his colleagues found that white blood cells from six patients who were given garlic destroyed 139 percent more tumor cells in a lab dish than did cells from people who did not eat garlic (PTI report, Times of India, 1987).[4]

### Bony Disorders-

*Rason* (*Allium sativum*) is very effective in the bone disorders like Osteomyelitis, Arthritis, Fracture, for union of fractures. Keeping in view the innumerable benefits of garlic, it would be wise to include it in the daily diet. In fact, have garlic daily and keep the body healthy and create a disease free society. [5]

### Discussion and Conclusion –

This review may help us learn more about the therapeutic benefits of garlic and make better future plans for experimental and clinical research. Although it has been demonstrated that garlic may have significant clinical potential, either on its own or as adjuvant therapy in a variety of disorders, more rigorous experiments and studies are required to confirm the positive effects.

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