

Lasuna

(*Allium sativum*)



Lasuna, commonly known as garlic, is a species in the onion genus with a history of human use of over 7,000 years. Garlic is native to central Asia.¹ It was known to Ancient Egyptians, and has been used for both culinary and medicinal purposes.² Hippocrates, Galen, Pliny the Elder, and Dioscorides all mention the use of garlic for many conditions, including parasites, respiratory problems, poor digestion, and low energy.

Today, *Lasuna* has found new respect from the modern scientific community for use in serious illness as well. *Lasuna* as a medicinal food has an impressive range of benefits. *Lasuna* contain substances that discourage platelets from sticking together and prevent blood clots, helping to naturally thin the blood. They also lower total cholesterol and triglycerides, another type of blood fat, all the while increasing HDL, "good cholesterol". Garlic contains *allicin*, a most impressive broad-spectrum antimicrobial as well as over thirty other medicinal compounds.

Lasuna is easy to grow and can be grown year-round in mild climates. *Lasuna* is grown globally, but China is by far the largest producer of garlic, accounting for over 81% of world output. India (4.6%) and South Korea (1.4%) follow, with Egypt (1.2%) on fourth place.³

Active contents :

Volatile Oil contains Allyl Disulphide and Diallyl Disulphide. It also contains Allin, Allicin, Mucilage and Albumin.⁴

Herb actions:

Anti-hyperlipidemic: *Lasuna* is known to correct the cholesterol level in hyperlipidemia, thereby reduces plasma lipids, cholesterol biosynthesis and atherosclerosis. Allicin is the main active content responsible to lower serum and total lipids levels in the liver, phospholipids, triglycerides and total cholesterol. A European trial, comparing garlic with a commercial lipid-lowering drug (bezafibrate, a fibric acid derivative not available in the United States) found them to be equally effective in decreasing lipids to a statistically significant extent.⁵

Thrombolytic: Platelet aggregation is responsible for formation of Thrombus in the blood. This platelet aggregation is inhibited by active contents of *Lasuna* like adenosine, alliin and allicin with increased serum fibrinolytic activity. Due to these properties, *Lasuna* has become first choice in conditions like peripheral vascular disease, coronary atherosclerosis, ischemic heart disease and other vascular diseases. Atherosclerotic plaque volume reduction in humans also has been noted in two trials comparing garlic treatment with placebo.^{6,7,8}

Anti-hypertensive: The antihypertensive effects of garlic have been studied and trials showed a statistically significant reduction in diastolic and systolic blood pressure in patients treated with garlic compared with placebo. Vasodilation relaxes the blood vessels so that blood moves easily through them, and, subsequently, the pressure exerted by the blood on the artery walls is reduced. Cardiac output is decreased due to less frequent contractions of heart muscles and this is due to blocking of calcium channels. Blood pressure is reduced due to this property of *Lasuna*.

Digestive : This is also effective in the treatment of dyspepsia, gas and flatulence as it stimulates the secretion of gastric juices and peristaltic movement.

Indications: Hyperlipidemia, Coronary atherosclerosis, Dyspepsia, Flatulence.

Contraindications: None

Dose: 1 Capsule two to three times a day or as advised by the Physician.

Composition: Each capsule contains 250 mg standardized extract of *Lasuna* (*Allium sativum*).

References:

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5. Holzgartner H, Schmidt U, Kuhn U. Comparison of the efficacy and tolerance of a garlic\ preparation vs. bezafibrate. *Arzneimittelforschung*. 1992;42:1473–7.
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8. Siegel G, Klussendorf D. The anti-atherosclerotic effect of *Allium sativum*: statistics re-evaluation. *Atherosclerosis*. 2002;150:437–8.