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Garlic---Benefits and Uses

* Dr. Sneh Harshinder Sharma

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ABSTRACT

Garlic is an important medicinal herb that is readily available everywhere. It is one of the safest herbs, and as such can be taken often. Garlic has magical and medicinal properties. We can fight with so many diseases with the use of garlic. Such as ulcer, malarial fever, Ear troubles, Asthma, Skin disorder etc. Now even in cancer it is helpful. Apart from this garlic is also used as glue, cosmetics, pet protection and skin diseases

Abstract

Garlic is an important medicinal herb that is readily available everywhere. It is one of the safest herbs, and as such can be taken often. Garlic has magical and medicinal properties. We can fight with so many diseases with the use of garlic. Such as ulcer, malarial fever, Ear troubles, Asthma, Skin disorder etc. Now even in cancer it is helpful. Apart from this garlic is also used as glue, cosmetics, pet protection and skin diseases

History

The common garlic bulb has long been associated with powers of protection from evil and disease. Thought to have originated in ancient Siberia, and indigenous to the South of Europe, especially the South of France and Italy, the medicinal and magical properties of garlic have been known since ancient times. It has been used in the ancient Indian

Ayurvedic healing system and as part of Chinese medicine for thousands of years.



Botanical Name-Allium sativum

The primary compound in whole garlic is alliin. When garlic bulbs are crushed, the cell walls are broken, and an enzyme converts alliin into the potent active compound called allicin (which gives garlic its characteristic odour). Consumers should use standardized garlic products containing a specified concentration of allicin for best results. Otherwise fresh

is best!

Parts Used----Bulb and Laeves

Taste -Acrid, Sweet

Plant Description:

Garlic is a perennial that originally came from central Asia, and is now cultivated throughout the world. It can grow 2 feet high or more. The most important part of this plant for medicinal purposes is the compound bulb. Each bulb is made up of 4 - 20 cloves, and each clove weighs about 1 gram. Garlic supplements can either be made from fresh, dried, aged, or garlic oil, and each may have different effects on the body

Chemical Constituents-

Bulb contains Avolatile oil which contains Allyl disulphide, Allylpropyl disulphide and poly sulphide, Allicin, allicion1 and Allicion 2

Actions

Numerous investigations show that garlic has broad-spectrum antimicrobial activity against bacteria, viruses, fungi, and intestinal parasites. Garlic also has immune-stimulating, anti-inflammatory, antioxidant, and blood vessel dilating activity. Garlic has been shown to reduce blood pressure, blood clotting tendency, cholesterol and triglyceride levels, supporting its use in the prevention and treatment of cardiovascular disease. Research also indicates it has cancer protective activity

Commonly Used for

Abortion, age-related memory problems, AIDS, allergies, amoeba infections, anti-bacterial, antioxidant, antitoxin, anti-viral, aphrodisiac, atrophic gastritis, arthritis, ascariasis (worms in the gut or liver), asthma, athlete's foot, benign breast disease, bile secretion problems, bladder cancer, bloody urine, breast fibromatosis, bronchitis, cholera, claudication (leg pain due to poor blood flow), colds, cough, Cryptococcal meningitis, cytomegalovirus infection, dental pain, digestive aid, diphtheria, diuretic (water pill), dysentery, dysmenorrhea, earache, fatigue, fever, gallstones, hair growth, headache, heart rhythm disorders, hemorrhoids, hepatopulmonary syndrome, HIV, hormonal effects, immune system stimulation, improved digestion, induction of vomiting, inflammation, inflammatory bowel disease, influenza, kidney problems, kidney damage from antibiotics, leukemia, liver cancer, liver health, malaria, mucous thinning, muscle spasms, nephrotic syndrome, obesity, parasites and worms, perspiration, pneumonia, premenstrual syndrome, prostate cancer, psoriasis, Raynaud's disease, ringworm (Tinea corpori, Tinea cruris), sedative, sinus decongestant, snake venom protection, spermicide, stomach ache, stomach acid reduction, stomach lining protection, stress (anxiety), stroke, thrush, toothache, traveler's diarrhea, tuberculosis, vaginal trichomoniasis, ty-

phus, urinary tract infections, vaginal irritation, warts, well-being, whooping cough.

Medicinal Properties-

- Garlic does indeed have scientifically-proven medicinal properties. It contains a substance called Allicin, which has anti-bacterial properties that are equivalent to a weak penicillin. It appears that cooked garlic weakens the anti-bacterial effects considerably, however, so don't count on cooked garlic with meals for much in the way of a curative.
- Garlic appears to have anti-bacterial and anti-viral properties. The list is long when it comes to its uses as a remedy. This list includes wounds, ulcers, skin infections, flu, athlete's foot, some viruses, strep, worms, respiratory ailments, high blood pressure, blood thinning, cancer of the stomach, colic, colds, kidney problems, bladder problems, and ear aches, to name a few. It is believed to cure worms in both people and animals - try giving the dog a clove of garlic daily .
- For most internal problems, eating garlic raw is probably the most potent way to take it. However, due to the obvious lingering odors associated with this, a tincture can be made by soaking 1/4 pound of peeled and separated garlic cloves in 1/2 quart of brandy. Seal tightly and shake every day. Strain and bottle after two weeks of this, and take in drops - 25-30 a day, if desired.
- For cough, flu, and respiratory ailments, make a cough syrup out of garlic. Slice 1 pound of fresh garlic and pour one quart of boiling water over it. Let sit for 12 hours, then add sugar until you reach the consistency of a syrup. Add honey for better taste, if desired.
- For sore throat, make a garlic tea by steeping several cloves of garlic in half a cup of water overnight. Hold your nose and drink it.
- Externally, garlic is a known anti-bacterial and anti-infection agent. An interesting use for ear aches is to slice a garlic clove, heat briefly in a small amount of virgin olive oil, and let cool. Then use a drop of two in the affected ear (strain the mixture
- Make an [Ointment](#) out of garlic (use cloves instead of leaves, stems, or flowers as described in [Ointments](#)) for wounds, cuts, athlete's foot, or any other external skin irritation, fungus, or infection. Also, try a few drops of [Oil](#) on a toothache for pain relief.

Cancer

Garlic may strengthen the immune system, helping the body fight diseases such as cancer. Laboratory studies suggest that garlic may have anti-cancer activity. Studies that follow groups of people over time suggest that people who have more raw or cooked garlic in their diet are less likely to develop certain types of cancer, particularly colon and stomach cancers. In fact, a review of 7 studies researchers found a 30% reduction in risk of colorectal cancer among people who had a high intake of raw or cooked garlic. Dietary garlic may also protect against the development of breast, prostate, and laryngeal (throat) cancers.

- A large-scale study, called the Iowa Women's Health Study, looked at the garlic, fruit, and vegetable consumption in 41,000 middle-aged women. Results showed that women who regularly consumed garlic, fruits, and vegetables had a 35% lower risk of developing colon cancer.
- Garlic may help the immune system function more effectively during times of need such as in cancer. In a study of 50 patients with inoperable colorectal, liver, or pancreatic cancer, immune activity improved after they were given aged garlic extract for 6 months.

Studies also suggest that aged garlic supplementation may reduce the side effects of chemotherapy, including fatigue and anorexia (lack of appetite). Further, results found that aged garlic decreased heart and intestinal damage commonly seen with certain chemotherapy agents.

PREPARATIONS

A syrup of garlic is an invaluable medicine for asthma, hoarseness, coughs, difficulty of breathing and most other disorders of the lungs.

It is made by pouring a quart of hot water upon a pound of the fresh sliced root and allowed to stand in a closed vessel for twelve hours, sugar may be added to make it of consistency of syrup.

vinegar and honey greatly improve this syrup as medicine. A little caraway and sweet fennel seed bruised and boiled for a short time in the vinegar before it is added to the garlic, will cover the pungent smell of the latter.

The freshly expressed juice, diluted with equal quantities of water, or dilute spirit of wine, being inhaled antiseptically has been recorded to treat tuberculosis.

Bruised and mixed with lard, it has proved to relieve whooping-cough if rubbed on the chest and between the shoulder blades.

An infusion of the bruised bulbs given before and after meal, has been considered of good effect in epilepsy.

A clove or two of garlic, pounded with honey and taken two or three nights successively, is good in rheumatism.

Garlic has also been employed with advantage in dropsy, removing the water which may already have collected and preventing its future accumulation.

If sniffed it will revive a hysterical sufferer It makes the eye retina more sensitive and able to bear strong light.

The juice of garlic and milk of garlic made by boiling bruised bulbs in milk is used as a vermifuge.

Wine of garlic made by macerating three or four bulbs in a quart of proof spirit is a good stimulant lotion for baldness of the head.

7 Alternative Uses For Homemade Garlic Bug Spray

When you're done using garlic to ward off bugs, here are some handy tricks on how to use the extra:

1.Acne

Garlic has [blood cleansing](#) and antibiotic properties that can help fight acne.

Dip a piece of gauze into a mixture of garlic and water, and apply it to your face at night. You could also rub extra garlic cloves on your face for complete protection.

2. Fish Bait

Why use worms to catch fish when you can use garlic juice infused marshmallows? Seriously. Just add a bunch of small marshmallows to a garlic and water. After they soak for a while, toss them into the water to attract bass, trout and some other kinds of fish.

3. Glue

garlic can be used as a sticky glue when crushed. Just rub the juice on paper and glass for a quick adhesive.

4. Pet Protection

Garlic juice can keep mosquitoes away from you, and ticks and fleas off of your pets. Some horse owners rub a garlic

juice mixture right onto their pet to keep away parasites. One could even try to buy pet food that contains dehydrated garlic.

5. Cosmetics

Garlic's antibacterial and antioxidant properties can help replenish health to your skin and hair .

Make your own face cleanser by mixing:

- * Your garlic juice mixture
- * Lemon extracts
- * Cider vinegar
- * Lavender flowers

Try a natural scalp and hair lotion by mixing:

- * Your garlic juice mixture
- * Vodka
- * Rosemary

Caution: First apply a diluted solution to the inside of your arm to make sure you're not garlic sensitive and will have an irritated reaction.

6. Cough Syrup Because of garlic's potent antibacterial properties, it can be used to soothe a sore throat. Make your own garlic cough syrup by mixing:

- Garlic cloves
- * 1 cup of water
- * Honey and Sugar (to improve taste)

7. Vampire Protection

Garlic; it's suspicious tested, [Dr. Van Helsing-approved](#) to ward off blood thirsty monsters.

Garlic : the raw truth – the raw garlic may prevent blood clots and keep blood pressure down, but must recipes call for cooked garlic argentinian scientists along with a team from the us department of agricultural decided a look into the benefits of both .they found that when baked or boiled for up to three minutes it is just as healthy as raw. Crushed garlic is even better .it retains some benefits when cooked for up to six minutes. Microwaved garlic however was bad .just a few minutes of microwaving neutralized garlic anticlotting effects .study author phillip simon suspect that lightly souteed garlic also keeps its heart healthy benefits but he did not look at this method.

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