

## Health Benefits of Onion(A-Review)



## Chemistry

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### ABSTRACT

*Diet plays a important role in various human diseases, such as cardiovascular and other metabolic diseases, atherosclerosis, hyperlipidemia thrombosis, hypertension and diabetes (Banerjee and Maulik, 2002). Some medicinal plants provide valuable therapeutic agents ( Augusti, K.T., 1996) in both modern medicine and in traditional system onion is one of them which has many health benefits.*

Onions are low in calories without fat and cholesterol, they onion contains carbohydrate, fiber, sugar, protein and vitamin C, vitamin B-6 and manganese. Onions also contain small amounts of calcium, iron, folate, magnesium, phosphorus, potassium, anthocyanin, antioxidants flavonoid quercetin (Mogren et al., 2007) and kaempferol ((Bilyke et al., 1984). Organosulfur compounds present in onion helps to lower blood pressure and cholesterol level, also high intake of flavonoid rich foods have been shown to reduce the risk of cardiovascular disease.

Onion has a wide range of health benefits and when eaten (especially raw) on a regular basis Onion has ability to improve the flavour of other foods (Randle, 1997). Onion has, antithrombotic, antiplatelet, antiasthmatic, antibiotic anti-carcinogenic abilities (Griffiths et al., 2002

Researchers have shown onion exhibits Antibacterial, antidermatophytic and antitoxigenic activities (Zohri et al., 1995). It is helpful in preventing various cancers such as **Colon cancer, Prostate cancer**, Esophageal and stomach cancer. Organosulfur compounds present in onion inhibit tumor growth and mutagenesis and prevention of free radical formation.

**Regular consumption of onion Improves sleep quality and well being.** Folate, found in onions, prevents an excess of homocysteine from forming in the body. Excess homocysteine interferes with the production of the feel-good hormones serotonin, dopamine, and norepinephrine, which regulate mood, sleep and appetite.

Onion contains adequate vitamin C which is needed for the building and maintenance of collagen, which provides structure to skin and hair, used to stimulate hair growth, and even used to reduce unwanted skin blemishes.

Onion has a positive effect on the circulatory system. It acts as a diuretic to reduce swelling. It lowers blood cholesterol levels and preventing the formation of blood clots. Used to treat diabetes. Onion juice is used to prevent bacterial and fungal infections. It can be applied to wounds and stings on the skin, used to remove

warts. Baked onion is used to draw pus from abscesses.

Onion contains thiosulphinate, a compound that is effective in killing many common bacteria, including Salmonella typhi, Pseudomonas aeruginosa, and Escherichia coli.

Onion is one of the most important aphrodisiac foods. It increases libido and strengthens the reproductive organs. Also it can be helpful in treating Urinary disorders; it can provide considerable relief for burning sensation during urination,

Mixture of onion juice and honey can relieve sore throat and cough symptoms.

Onion juice reduces the pain caused due to honeybee bite. Fresh onion juice or paste can be used for external applications for insect bites and scorpion stings. Onions are often used to prevent tooth decay and Chewing raw onions for 2 to 3 minutes can kill the germs present in the oral cavity

**Negative effects of onion-** when taken raw (uncooked) onion produces bad breath and bad taste in mouth. In diabetic people hypoglycemia occurs due to use of onion along with anti-diabetic medicines.

### CONCLUSION

The onion bulb is having anthelmintic, antiseptic, anti-inflammatory, carminative antispasmodic, diuretic, expectorant, hypoglycaemic, hypotensive, properties. When used regularly it offsets tendencies towards angina, arteriosclerosis and heart attack. The onion has ability to relieve congestion especially in lungs and bronchial tract. The diabetic persons should not take onion on regular basis along with anti-diabetic medicines to avoid hyperglycemia.

### REFERENCE

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