

Nutritional Value of Garlic with Health Benefits

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SUMMARY

Garlic is nature's most multipurpose medicinal plants and it mostly used for flavoring agent in cooking, but it has also been employed in both ancient and modern accounts as a medicine, being used to both prevent and treat a broad variety of ailments and diseases. It possesses the properties as antiviral, antibacterial and antifungal.

INTRODUCTION

Garlic (*Allium Sativum*) can rightfully be called one of nature's wonderful plants with healing power. The most profitable species of the *Allium* genus and a significant vegetable crop world-wide is garlic (*Allium sativum* L.). Garlic's medicinal value has been known since 3000 B.C., when it was used primarily for the treatment of cardiac disorders, arthritic disease, lung complaints, abdominal growths (particularly uterine), infections of the lungs, skin diseases, signs of ageing, vomiting, headaches, bites, worms, wounds, mouth ulcers, and tumours. Other ancient civilizations that used the garlic included the Egyptians, Babylonians, Greeks, Indians, Romans, and Chinese (Rahman et. al. 2007).



It has anti-tumour effects and can suppress and destroy germs and fungus and reduce blood pressure, blood cholesterol, and blood sugar levels. In addition, it may boost the body's immune system to stave off illness and maintain health.

Nutritional Values

Garlic can be utilised in medications because it has a lot of biologically active ingredients. this plant may have a number of potential pharmacological actions against a number of serious diseases and disorders. Garlic is considered as a functional spice because of its diverse array of nutritional constituents, phytochemicals, and fiber. It contains high levels of potassium, phosphorus zinc, and sulfur, moderate levels of selenium, calcium, magnesium, manganese, iron, and low levels of sodium, vitamin A and C and B-complex. The garlic has sulfur-containing compounds such as alliin, allicin, ajoene, allylpropyl disulfide, and enzymes such as allinase, peroxidase, myrosinase), and other compounds, such as β -phellandrene, phellandrene, citral, linalool, and geraniol. (Ansary *et.al.*, 2020)

Health benefits

Spices are typically used to enhance the flavour, colour, and perfume of food, they are also utilised medicinally for their potential to prevent a variety of acute and chronic illnesses. The various bioactive components of spices, including their alkaloids, tannins, vitamins, phenolic diterpenes, flavonoids, polyphenols, and other sulfur-containing compounds, are what give them their therapeutic properties, which include anti-

inflammatory, anti-carcinogenic, anti-tumorigenic, anti-cancer, and antioxidant properties. They also have properties that lower blood sugar and cholesterol (Ansary et al. 2020). It helps to reduce the high blood pressure or hypertension, act as natural blood thinner, natural immunity booster. It also reduces the cholesterol level, prevent the diabetics and inhabit the growth of cancer cell. The main adverse effect commonly associated with garlic intake is breath odor, especially when raw forms of the herb are used. Nausea and vomiting are other major adverse effects and care should be taken in consuming high quantities (Gebreyohannes, *et.al.* 2013). Also, garlic can protect the liver cells from some toxic agents such as acetaminophen-induced hepatotoxicity (Bayan *et.al.* 2014).

CONCLUSION

Garlic may have notable clinical potential in itself or as supplementary treatments in a variety of illnesses. The consumption of garlic in diet for it has medicinal ability to treat and reduce symptoms of disease.

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