

## ALICINE USE FOR HEALTH BENEFITS

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### ABSTRACT

Garlic also known as clove garlic part of the liliceae plant family. garlic is widely use as flavouring in cooking garlic is taken to prevent the wide range of aliments and disease One of the principal active substance allacin of fresh garlic extract, garlic is an all rounder treatment for preventing wound infection, cold, cough, lung, tb, hypertension, liver disease. It prevent comman cold and cough allacin is chemical constituent of garlic it is effective remedy for comman cold, cough.

### INTRODUCTION

Garlic is a perennial bulb, throught to be indigenous to central asia, Siberia and west of the Himalayas and has

been grown in England from before 1540. It is now widely cultivated all over the world.

### SYNONYME

Allium, lasan



### BIOLOGICAL SOURCE

Garlic is ripe bulb of allium sativum linn belonging to family liliaceae.

### GEOGRAPHICAL SOURCE

Garlic occur in centrl asia, southern Europe and united states.

It is widely cultivated in india

### CULTIVATION AND COLLECTION

Cultivation of garlic is similar to onion. It is generally grown as an irrigated crop throughout the year.

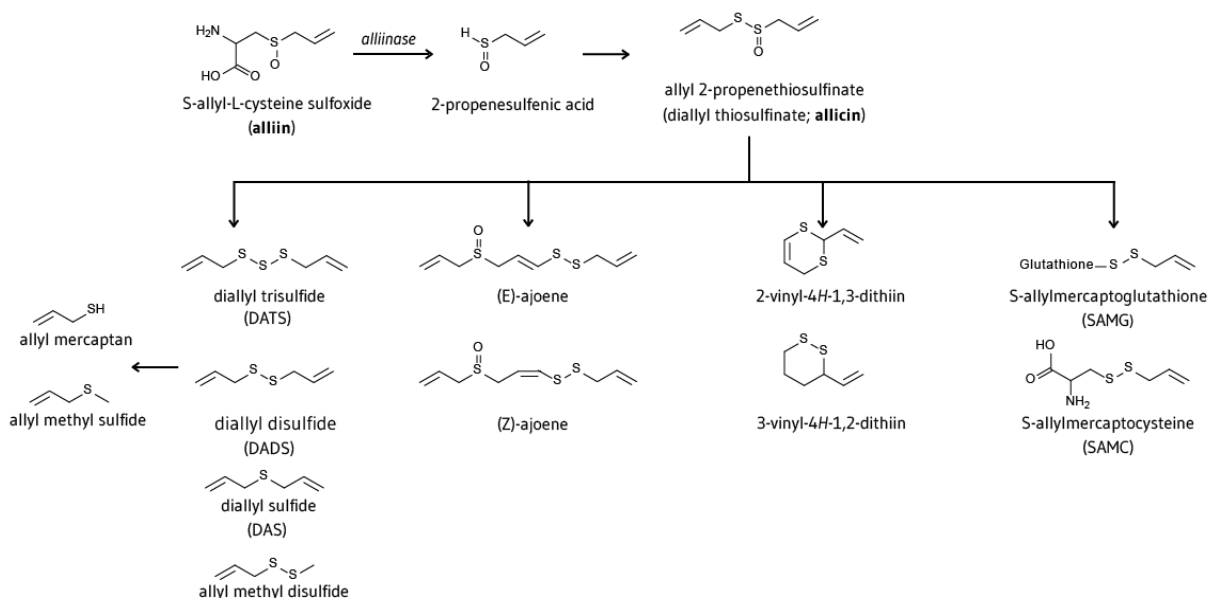
### Chemical Constituent

Allacin, a yellow liquid responsible for odour of garlic, active principle of drug. it is miscible with alcohol, ether, and benzene, other constituent reported in garlic are allin, volatile and fatty oils, mucilage and albumin.

Alliin (released when crushed) an amino acid which gives Garlic its strong odor and is responsible for the powerful pharmacological properties of the plant germanium, Magnesium, selenium, vitamin A, vitamin C, volatile oil of which about 0.5% is composed of

sulfurcontaining compounds, Zinc. It also contain 65% water, 28% carbohydrate, 2.3% organosulphur compound, 2% proteins, 1.2% Free amino acid (mainly arginine), 1.5% fiber, 0.15% lipids, 0.08% phytic acid, 0.07% saponin.

Figure 2. Organosulfur Derivatives of Alliin in the Process of Garlic Product Preparation



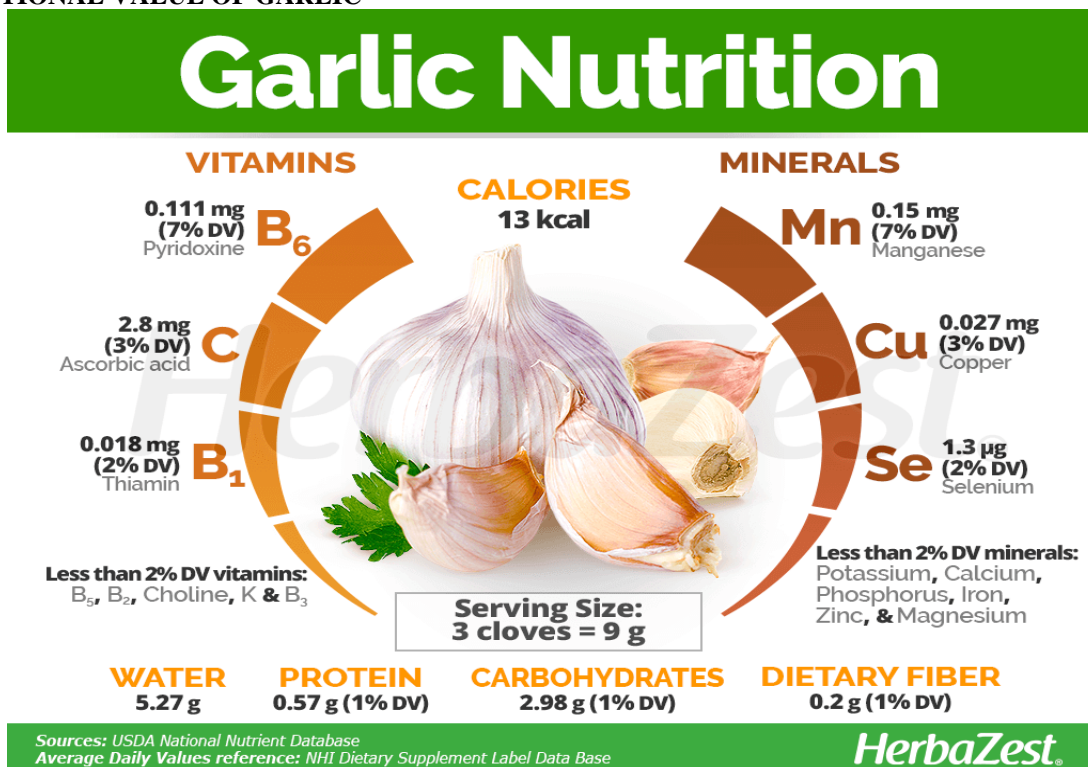
**USES**

Garlic is carminative, expectorant, cough stimulant and used in cough, fever, respiratory disease, whooping of cough and tuberculosis.

**VARIETY**

These are two type of garlic, hard neck, soft neck .had neck variety (allium sativum varophioscorodon). Soft neck variety (allium sativum, var sativum)

**NUTRITIONAL VALUE OF GARLIC**



Garlic and honey have been used in traditional medicine around the world. the main health ingredient in garlic is allicin. it contain oxygen sulphur and other chemical that give garlic antibacterial and disease fighting property .honey is naturally high in antioxidants trusted source called flavonoides and polyphenols. these chemical use to fight in inflammation (redness and swelling) in the body. these can helps to balance the immune system an prevent certain illness. honey also antibacterial trusted source properties.

Garlic is traditionally use to treat cold and cough. it also reported to the boost the immune system and help ease asthma symptoms. arab tradition medicine recomended it is toothache, constipation and infection.

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