



### Natural Treatment for Garlic

*Allium sativum*: Commonly known as garlic. Garlic is widely used around the world for its pungent flavor as a seasoning or condiment. Garlic is a fundamental component in many or most dishes of various regions, including eastern Asia, South Asia, Southeast Asia, the Middle East, northern Africa, southern Europe, and parts of South and Central America. The flavor varies in intensity and aroma with the different cooking methods.



#### Medicinal Value:

- Garlic (*Allium sativum*) yields allicin, an antibiotic and antifungal compound (phytoncide).
- It also contains the sulfur-containing compounds alliin, ajoene, diallylsulfide, dithiin, S-allylcysteine, and enzymes, B vitamins, proteins, minerals, saponins, flavonoids, and Maillard reaction products, which are not sulfur-containing compounds.
- Herein, allixin and/or its analogs may be expected useful compounds for cancer prevention or chemotherapy agents for other diseases.
- The composition of the bulbs is approximately 84.09% water, 13.38% organic matter, and 1.53% inorganic matter, while the leaves are 87.14% water, 11.27% organic matter, and 1.59% inorganic matter.

#### Homemade remedies:

- Garlic has a capacity to increase the sweating and boost the power to our body. It helps to exclude the urine from our body. And also increase mother's milk. Garlic is also claimed to help prevent heart disease (including atherosclerosis, high cholesterol, and high blood pressure) and cancer.
- If you get muscle sprain, take some garlic cloves and add salt. Crush it. Then apply on your sprain place and do the massage, relieved from sprain.
- Take one garlic pieces, 7 nos of pepper and 9 nos of chili leaves. If eat it twice a day, cold fever is reducing. .
- The person who have troubling with toothache, take 2 or 3 garlic pieces, peel their skin and keep it sometime in your painful tooth.
- Take 4 garlic cloves, crush it. Add milk, honey and sugar candy. Mix it. Then drink it 3hours once. Your dysentery problem will be reducing.
- If you have gas trouble, take 1 or 2 garlic cloves, pepper and some asafoetida. Make powder it and eat it.
- If you have high BP, drink the "Garlic milk" at every day night. Garlic milk means, Take some garlic cloves, boil with milk and mashed it well. Then drink it. If you drink it often your high BP is reduces. If you cure the "Asthma" problem, eat garlic cloves with *Solanum trilobatum*



## Granny Therapy

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(Thuthuvalai).

- Its cure the joint pain, bilious and migraine
- It purifies the blood. And give the strength to our brain.

**Side effect:**

- Raw garlic is very strong, so eating too much could produce problems. Use common sense and don't overdo it.

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