

MEDICINAL USES OF RASON (ALLIUM SATIVUM): A REVIEW ARTICLEDr. Vijay Bhushan Sharma*¹ and Dr. Omprakash Sharma²¹PG Scholar Deptt of Dravyaguna, Sriganaganar College of Ayurvedic Science and Hospital, Tantia University, Sriganaganar – 335001, India.²Professor Deptt of Dravyaguna, Sriganaganar College of Ayurvedic Science and Hospital, Tantia University, Sriganaganar – 335001, India.***Corresponding Author: Dr. Vijay Bhushan Sharma**

PG Scholar Deptt of Dravyaguna, Sriganaganar College of Ayurvedic Science and Hospital, Tantia University, Sriganaganar – 335001, India.

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ABSTRACT

Rason used as sources of medicine in many ways in human beings in their day today life. As a result, researchers from various disciplines are now directing their efforts towards discovering the medicinal values of garlic on human health. The main interest of researchers in the medicinal values of Rason is its broad-spectrum therapeutic effect with minimal toxicity. Rason extract has antimicrobial activity against many genera of bacteria, fungi and viruses. Rason contains a higher concentration of sulfur compounds which are responsible for its medicinal effects. The chemical constituents of Rason have also been investigated for treatment of cardiovascular disease, cancer, diabetes, blood pressure, atherosclerosis and hyperlipidaemia and highly praised by several authors. Therefore, this paper is reviewed to inspire and impress the young researchers about the medicinal values of garlic.

KEYWORDS: *Allium sativum*, immunity booster, antibacterial, antifungal, antiviral, anticancer.**INTRODUCTION**

Natural products of animals, plants and microbial sources have been used by man for thousands of years either in the pure forms or crude extracts to treat many diseases. Garlic (*Allium sativum* L.) is one of those plants that were seriously investigated over several years and used for centuries to fight infectious diseases. The taxonomic position of garlic and related genera had been a matter of controversy for long period of time. The most recent classification scheme of garlic was class Liliopsida, subclass Liliidae, superorder Lilianae, order Amaryllidales, family Alliaceae, subfamily Allioideae, tribe Allieae and genus *Allium* which is mainly based on the sequences of nuclear ribosomal DNA.

Potentially Active Chemical Constituents of Garlic

Garlic contains at least 33 sulfur compounds, several enzymes and the minerals germanium, calcium, copper, iron, potassium, magnesium, selenium and zinc; vitamins A, B1 and C, fiber and water. It also contains 17 amino acids to be found in garlic: lysine, histidine, arginine, aspartic acid, threonine, serine, glutamine, proline, glycine, alanine, cysteine, valine, methionine, isoleucine, leucine, tryptophan and phenylalanine. It has a higher concentration of sulfur compounds than any other *Allium* species which are responsible both for garlic's pungent odor and many of its medicinal effects. One of the most biologically active compounds in garlic is allicin (diallyl thiosulfinate or diallyldisulfide). The most abundant

sulfur compound in garlic is alliin (S-allylcysteine sulfoxide), which is present at 10 and 30 mg/g in fresh and dry garlic, respectively. Typical garlic food preparation such as chopping, mincing and crushing disturbs S-allyl cysteine sulfoxide and exposed it to the allinase enzymes, then quickly converted it to diallyl thiosulfinate, which give off garlic's characteristic aroma. The allinase enzyme responsible for diallyl thiosulfinate conversion becomes inactivated below a pH of 3.5 or with heating.

Role of Garlic in Health

Garlic can rightfully be called one of nature's wonderful plants with healing power. It can inhibit and kill bacteria, fungi, lower (blood pressure, blood cholesterol and blood sugar), prevent blood clotting, and contains anti-tumor properties. It can also boost the immune system to fight off potential disease and maintain health. It has the ability to stimulate the lymphatic system which expedites the removal of waste products from the body. It is also considered an effective antioxidant to protect cells against free radical damage. It can help to prevent some forms of cancer, heart disease, strokes and viral infections. Garlic alone can provide us with over two hundred unusual chemicals that have the capability of protecting the human body from a wide variety of diseases. The sulfur containing compounds found in garlic afford the human body with protection by stimulating the production of certain beneficial enzymes.

Treat Cardiovascular Disease

Disorders of the heart and the circulatory system claim more lives than any other diseases. It is the obstruction or clogging of the coronary arteries which causes more deaths than any other factors. The arteries, which supply the heart with blood and oxygen, become increasingly narrower as plaque builds up over time. When blood supply becomes restricted, a certain portion of the heart is deprived of oxygen and leads to heart attack. The two greatest means of heart disease are high blood pressure and high blood serum cholesterol levels; which are directly impacted by the therapeutic action of garlic. The relevant role of garlic in coronary heart disease was done on rabbits and found that even pre-existing atherosclerotic deposits and lesions could actually be reversed if garlic was consistently consumed.

Reduces High Blood Pressure/Hypertension

Garlic has probably been most popularized as a complementary therapy for blood pressure control. A recent *in vitro* study has confirmed that, the vasoactive ability of garlic sulfur compounds whereby red blood cells convert garlic organic polysulfides into hydrogen sulfide, a known endogenous cardio-protective vascular cell signaling molecule. Using 2400 mg garlic tablet containing 31.2 mg allicin has high dose reduced diastolic pressure by 16 mmHg after 5 h of administration.

As Natural Blood Thinner

Platelets and fibrin play great role in blood clotting and higher amount of fibrin in blood can cause heart attack. Garlic constituents can reduce fibrin formation and also help reduce the fibrin existing in the blood even better than aspirin. Ajoene, a sulfur compound found in garlic seems to be responsible for its anti-clotting effect; but ajoene is only viable at room temperature or above, it is not present in raw or freeze-dried garlic. It is believed that the addition of garlic to a diet can help to increase the breakdown of fibrin from 24 to 30% in people.

As Natural Immunity Booster

With the arrival of frightening viral diseases like HIV/AIDS, boosting immunity system is receiving a new attention. Because these types of diseases have no effective cures or treatments, strengthening the body's ability to fight off infection has become even more important. Garlic has abundant sulfur containing amino acids and other compounds that seem to initiate increased activity in the immune system. It is one of the impressive conductors of the body's immune system; which stimulates immune function by making macrophages or killer cells more active. We are constantly beaten by inadequate nutrition, cigarette smoke, physical injury, mental tension and chemical pollution. In light of the enormous pressures, which our immune systems sustain, supplemental nutrients like garlic are clearly needed. Its remarkable content of germanium alone offers excellent immune stimulation. In

addition to germanium, garlic contains thiamine, sulfur, niacin, phosphorous, and selenium.

Preliminary studies in humans, using an alliin standardized garlic powder preparation, have demonstrated positive effects on immunoreactions and phagocytosis. In aged subjects, the administration of 600 mg garlic powder per day for 3 months induced significant ($p < 0.01$) increases in the percentage of phagocytosing peripheral granulocytes and monocytes when tested *ex vivo* for their ability to engulf *Escherichia coli* bacteria. Another human study was conducted with an unrefined garlic extract (5 to 10 g/day) which was given to HIV/AIDS patients. For the seven patients who completed the 12 weeks study, there was a major increase in the natural killer cells activity from a seriously low mean value.

In USA, trials in HIV/AIDS patients have demonstrated the enhancement of natural killer cells activity using garlic extracts; and Chinese studies with viral infections in bone marrow transplant patients have demonstrated a "potent antiviral activity". A double blind placebo controlled survey using a 100% allicin yielding supplement has reported that allicin can reduce the occurrence of the common cold and recovered from symptoms. weeks after treatment beginning. The level of triglycerides had a tendency towards reduction in hypertriglyceridemic patients as well, whereas high density lipoprotein cholesterol was unchanged. After 60 days of supplementation, low-density lipoprotein, serum triglyceride and very low density lipoprotein, were reduced by 21, 37, and 36.7%, respectively.

Prevents Diabetes

A number of animal studies support the effectiveness of garlic in reducing blood glucose in streptozotocin-induced as well as alloxan-induced diabetes mellitus in mice. Most of the studies showed that garlic can reduce blood glucose level in diabetic mice and rabbits. A study was conducted to evaluate oral administration of garlic extract for 14 days on the level of serum glucose, total cholesterol, triglycerides, urea and uric acid, in normal and streptozotocin-induced diabetic mice. The result of the study showed significant decrease ($p < 0.05$) in serum glucose, total cholesterol, triglycerides, urea, uric acid, aspartate amino transferase and alanine amino transferase levels, while increased serum insulin in diabetic mice, but not in normal mice. From a comparison study made between the action of garlic extract and glibenclamide, it was shown that the antidiabetic effect of the garlic was more effective than the glibenclamide.

Anticancer

Of the many favorable actions of garlic, inhibition of the growth of cancer is perhaps the most prominent. It has several synergistic effects that either prevent or possibly may fight cancer. The action of garlic has been attributed to stimulate immune effector cells including T-cell and

natural killer cells. Numerous epidemiological, clinical and laboratory studies have demonstrated that, garlic has a great role in cancer prevention especially in relation to digestive tract cancers. Human population studies have shown that, regular intake of garlic reduces the risk of esophageal, stomach and colon cancer. This was thought to be due to the antioxidant effect of allicin in reducing the formation of carcinogenic compounds in the gastrointestinal tract.

Dermatologic Applications

A study examined 43 persons for their topical use of two different garlic extracts for wart and corn treatment. Of these persons, 15 volunteers utilized a water extract of garlic, while 23 volunteers applied lipid extract to appropriate areas twice a day. Five controls applied only a neutral solvent. All lipid extract volunteers experienced complete resolution of wart and 80% of corn within one to two weeks. The water extract seemed to be less potent, with complete dissolution of smaller warts and corns, and only partial dissolution of larger ones. Controls showed no improvement from baseline. The lipid extract did cause some burning, redness, blistering and skin darkening, which was resolved after conclusion of use.

Antimicrobial

The antimicrobial properties of garlic were first described by Pasteur (1958), and since then, many researches had demonstrated its effectiveness and broad spectrum antimicrobial activity against many species of bacteria, viruses, parasites, protozoan and fungi. Garlic is more effective with least side effects as compared to commercial antibiotics; as a result, they are used as an alternative remedy for treatment of various infections. Out of the many medicinal plants, garlic has an antimicrobial property which protects the host from other pathogens highlighting the importance of search for natural antimicrobial drugs.

Antiviral

Garlic and its sulfur constituents verified antiviral activity against coxsackievirus species, herpes simplex virus types 1 and 2, influenza B, para-influenza virus type 3, vaccinia virus, vesicular stomatitis virus, human immunodeficiency virus type 1 and human rhinovirus type.

2. The order of compounds found in garlic for virucidal activity was, ajoene > allicin > allyl methyl thiosulfonate > methyl allyl thiosulfonate; no activity was found for the polar fractions, alliin, deoxyalliin, diallyl disulfide, or diallyl trisulfide. Several laboratory tests have shown that garlic is an effectual treatment for both the influenza B virus and herpes simplex virus.

Antibacterial

Garlic extract inhibits the growth of Gram positive and Gram negative bacteria, such as *Staphylococcus*, *Streptococcus*, *Micrococcus*, *Enterobacter*, *Escherichia*, *Klebsiella*, *Lactobacillus*, *Pseudomonas*, *Shigella*,

Salmonella, *Proteus*, and *Helicobacter pylori*. Its antibacterial activity is mainly due to the presence of allicin produced by the enzymatic activity of allinase on alliin. Allicin is considered to be the most potent antibacterial agent in crushed garlic extracts, but it can be unstable, breaking down within 16 h at 23°C. However, the use of a water-based extract of allicin stabilizes the allicin molecule due to the hydrogen bonding of water to the reactive oxygen atom in allicin or there may be water soluble components in crushed garlic that destabilize the molecule. The disadvantage of this approach is that allicin can react with water to form diallyl disulphide, which does not exhibit the same level of antibacterial activity of allicin.

Antifungal

Ajoene is an active compound found in garlic which plays a great role as topical antifungal agent (Ledezma and Apitz-Castro, 2006). Garlic has been shown to inhibit growth of fungal diseases as equally as the drug ketoconazole, when tested on the fungi *Malassezia furfur*, *Candida albicans*, *Aspergillus*, *Cryptococcus* and other *Candida* species. A report from a Chinese medical journal delineates the use of intravenous garlic to treat a potentially fatal and rare fungal infection of the brain called *Cryptococcus meningitis*. In the report, the Chinese compared the effectiveness of the garlic with standard medical treatment which involved a very toxic antibiotic called Amphotericin-B. The study revealed that, intravenous garlic was more effective than the drug and was not toxic regardless of its dosage.

Antiparasitic

Many herbalists worldwide recommend garlic as a treatment for intestinal parasites. In some cultures, children infested with helminthes are treated with enemas containing crushed garlic. One of the traditional Chinese medical treatments for intestinal diseases is an alcoholic extract of crushed garlic cloves. Allicin exhibits antiparasitic activity against major human intestinal parasites such as *Entamoeba histolytica*, *Ascaris lumbricoides* and *Giardia lamblia*. *Entamoeba histolytica*, the human intestinal protozoan parasite, is very sensitive to allicin, as only 30 µg/ml of allicin totally inhibits the growth of amoeba cultures. Moreover, researchers have found that at lower concentrations (5µg/ml), allicin inhibited 90% the virulence of trophozoites of *E. histolytica* as determined by their inability to destroy mono-layers of tissue-cultured mammalian cells *in vitro*.

Role of Garlic against Multi-Drug Resistant Bacteria

Garlic is active against microorganisms that are resistant to antibiotics and the combination of garlic extracts with antibiotics leads to partial and total synergism. The emergence of multi-drug resistant strains of Gram negative (*Pseudomonas*, *Klebsiella*, *Enterobacter*, *Acinetobacter*, *Salmonella* species, etc) and Gram positive (*Staphylococcus*, *Enterococcus*, *Streptococcus* species, etc) bacteria is troubling for human and animals. The emergence of epidemic methicillin resistant

Staphylococcus aureus (MRSA) resistant to mupirocin has led many authors to suggest that the use of mupirocin should be controlled more strictly, especially as there is a lack of alternative agents. Consequently, garlic is an alternative agent for the treatment of MRSA and in a great demand.

Antioxidant

Whole garlic and aged garlic extract exhibit direct antioxidant effects and enhance the serum levels of two antioxidant enzymes, catalase and glutathione peroxidase. Garlic extract, allicin is efficiently scavenged exogenously generated hydroxyl radicals in a dose dependent fashion, but their effectiveness was reduced about 10% by heating to 100°C for 20 min. Other garlic constituents, such as S-allyl cysteine, also confirmed significant antioxidant effects. The sulfur compounds found in fresh garlic appear to be nearly 1000 times more potent as antioxidants than crude, aged garlic extract. Garlic (both the homogenate of 10% in physiological saline solution and its supernatant) was able to reduce the radicals present in cigarette smoke.

Adverse Effects of Garlic

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. Although an entire bulb produces little juice, it is potent and can act as a strong emetic, even in small quantities. Although garlic generally poses little in terms of safety issues, there are isolated cases of topical garlic burns and anaphylaxis. Rare garlic allergy has been attributed to the protein allinase, which has induced immunoglobulin E (IgE) mediated hypersensitivity responses from skin prick testing. As a result, the literature has generally cautioned against using garlic while using anticoagulant therapy. There is a reported case of spontaneous spinal or epidural hematoma in an 87 years old man, with associated platelet dysfunction related to excessive garlic ingestion.

CONCLUSION

Garlic, from crushed to capsules, is consumed throughout the world. This review paper demonstrated some of the benefits of garlic for its potential uses in preventing and curing different diseases, and acting as antioxidant for many radicals. Fresh and powdered garlic are popular for food flavor and should continue to be used. Today, with the ever-growing resistant organisms, taking of garlic extract remains a powerful antimicrobial agent. Clearly more studies are needed to refine the use and improvement of the efficacy of this important medicinal plant.

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