

# Garlic

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Garlic helps stop clogging of arteries and reduces stomach related issues

## GEEK TALK

Allium sativum

## BUT WE TALK

Stinking rose, rustic treacle, serpet garlic, rocambole

# GEOGRAPHICAL DISTRIBUTION

This species is native to Central Asia and spread to the Mediterranean region, China and the western hemisphere.

It is cultivated throughout India.

## DID YOU KNOW?

Garlic is a small, but a well-known vegetable that certainly packs a punch both with its pungent aroma and vast health benefits. Used as an herb to spice up a wide variety of meals, garlic has been around for over 7,000 years.

Native to central Asia and very closely related to onions, leeks, and chives, this herb has been both eaten and been used medicinally across the globe throughout its long history.

## CULINARY USES

- Garlic is used as a vegetable and also as a flavor.
- It is used to make pickles and syrups.
- It is used in the garnish along with most of all Indian curries.
- Garlic chutneys are also used in some parts of the world.

## KITCHEN PHARMACY

While it may not thwart off vampires as tales have suggested, garlic certainly does have massive health benefits.

- Garlic is believed to help prevent colon, rectal and stomach cancer and has even been used to help treat

bladder and prostate cancer.

- It is also believed to promote good heart health by reducing risk for heart disease and heart attack and help stop the clogging of arteries.
- It has been linked to reducing both blood pressure and cholesterol and is believed to help prevent tick bites and food poisoning.
- Garlic is even sometimes used to help treat fevers, coughs, headaches, stomachaches, sinus congestion, bronchitis and asthma.

Garlic has many health benefits.

- One of the most important effects is its anti hypercholesterolemic effect.
- It also helps to reduce blood pressure thus reducing the chances of cardiovascular diseases.
- Ayurveda uses garlic as a Rasayana (rejuvenative). There are several Rasayana formulations in Ayurveda with garlic as its major ingredient. Lasuna Rasayana is one of them.

## RECIPES USING THIS INGREDIENT

