Case Report

The Significance of Garlic (Allium sativum) on the Livelihood of the Local Community

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Abstract

Allium sativum, frequently recognized as the garlic, is a type in the onion genus, Allium. Its seal connections comprise the onion. It is vegetative propagated from clove. The two widespread subspecies are firm collar and squashy collar garlic. It contains diverse helpful raw resources, vitamins, sulfur compounds, amino acids, and frequent additional substance second-hand for physical condition of human beings. Sulfur-containing compound are oil soluble and water soluble. Allicin, most active an Oily, to some amount yellow water that give garlic its only one of its sort smell. When fresh garlic is chopping or packed down, the enzyme alilase converts allilin in to allicin. Allin is the good number overlowing sulfur composite.

Keywords: Allium sativum; Garlic

Introduction

Natural crop of flora and fauna, vegetation and microbial source contain be second-hand by gentleman for thousands of years either in the pure forms or crude extracts to treat many diseases. Garlic (Allium sativum) is one of person’s vegetation that were gravely investigate in excess of more than a few years and old for centuries to brawl communicable disease [1]. It has been worn for medicinal and as spiritual purpose in the region of the earth. Garlic contains enzymes, minerals and sulfur compound, which are accountable for its overpowering odor and loads of its therapeutic personal property.

Garlic has long been used both for flavoring and for potential benefits of preventing and curing ailments in many cultures. Sulfur hold compound establish in garlic have enough money the person corpus defense by inspiring the manufacture of convinced advantageous enzymes [2]. Scientists are interested in the potential of the organo-sulfur compounds derived from garlic to prevent and extravagance constant disease example cancer and cardiovascular disease [3]. It addition inferior blood cholesterol and blood darling, prevent blood clot, and hold anti-tumor property not in attendance of the loads of medicinal vegetation, garlic is supplementary winning with smallest amount plane property as compare to profitable antibiotics. It has an antimicrobial material goods which protect the crowd from extra pathogens and highlighting the significance of investigate for expected antimicrobial drugs [4-5]. Allicin, the most active organo-sulfur compound, was primary inaccessible and premeditated in the trial [6]. It exhibits antibacterial, antifungal, antiviral and antiprotozoal activity [7]. Allicin is garlic’s protection instrument alongside attack by pests. It also has adverse effects like bad breath, sweat smell and in some people allergy due to allyl methyl sulfide (AMS) and toxicology.

Origin and distribution

Garlic is single of the majority very educated herb and is vegetative propagate as of cloves. By means of a times gone by gentleman for person make utilize of in excess of 7,000 years, garlic is resident to middle Asia. It has extended be a clip in the Mediterranean area, as well as a recurrent excitement in Asia, Africa, and Europe and was recognized to very old Egyptians which has been second-hand for in cooperation cooking and therapeutic reason [8]. Earth garlic farming was greater than previous from 771,000 ha of land in 1989/90 to 1,204,711 ha of land in 2007 with whole manufacture from 6.5 million to 15.68 million tons, and output on or after 8.43 t/ha and 13.02 t/ha [9]. It is full-grown internationally, but China is the largest consumer and producer with approximately 20 million tones grown yearly, secretarial for over 81% of world output. India 4.6% and South Korea 1.4% follow with Egypt 1.2% on fourth place and the United States in ninth place 0.8% [10]. This vegetation 11% of worldwide garlic manufacture in country that every produces a smaller amount than 2% of universal amount produced. A large amount of the garlic manufacture in the United States is centered in Gilroy, California, which calls itself the “garlic capital of the world”. Garlic is the succeeding nearly all extensively sophisticated Allium genus in Ethiopia next to onion. Adet, Ambo, Debre-work, and numerous other areas of Ethiopian high ground bring into being the mass of garlic under the little scale farmers division. The sum region beneath garlic manufacture in 2006/07 reached 9,266 hectares and the manufacture is predictable to be in excess of 683,000 quintals. According to Ethiopian Seed Enterprise seed marketing study indicated difference between demand and supply. The potential size of the certified seed market in the country ranges from 0.75 to 1.0 million quintals per year, while the current size of the penetrated market is about 0.2 million quintals per year. Clearly this shows the formal seed sector cannot ensure farmers easy access to seeds of improved varieties P [11]. Currently, the share of the formal seed system is estimated to be about 10-20% while the rest 80-90% is covered by the informal system. The production of cash crop like garlic, onion and additional spice is prove to be proceeds generate for farmers, in particular for folks who encompass cultivated in limited lands or minute possessor farmers.

Varieties

Garlic’s close relatives include the Onion (Allium cepa), Shallot (Allium ascalonicum), Leek (Allium porrum), and Chive (Allium schoenoprasum). The taxonomic hierarchy of garlic is: Kingdom Plantae, Sub-kingdom Viridiplantae, Super-division Embryophyta, Division

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Tracheophyta, Sub-division Spermatophyta, Class Magnoliopsida, Super-order Lilianae, Order Asparagales, Family Amaryllidaceae, Genus Allium, and Species Allium sativum [12]. A sativum grow in the undomesticated in area where it has turn out to be accept. British wild garlic be associate of the class A. urinaria and the field garlic as Allium ursinum, in North America, Allium vineale known as wild or crow garlic and Allium canadense. Only of the largest part exceptable garlic is monster garlic, is in point of fact a untamed leek, Allium. ampelopsinum, and not true garlic [13] in attendance are two species of Allium sativum, ten chief group of variety, and hundreds of assortment or cultivars. Allium sativum varieties called ophioscorodon or unbending necked garlic; characterized by hard, woody central stalks that extend down to the basal laminate at the bottom of the bulb and sativum varieties are thought to have evolved from hard neck garlic. Soft neck has no woody pseudostem formed from overlapping leaf sheaths and rarely sends up a flower stalk.

Constituents of Garlic

Chemical composition of garlic

Garlic enclose vitamins A, B1 and C as well as fiber and water. Garlic has a highly developed incorporation of sulfur compound than several other Allium species. Sulfur containing compounds are classified as oil soluble and water soluble. Oil soluble sulphur containing compounds include sulfide; such as daily trisulfied, and allyl methyl thiosulfinate at what time fresh garlic is chop or crushed, the enzyme alilase [14] at what time fresh garlic is chop or crushed, the enzyme alilase converts alilin into allicin, which is accountable for the aroma of clean garlic [15]. The allicin generated is very unstable and quickly changes into series of other sulfur contain compounds such as diallyl disulfides and this break down occurs within hours at room hotness and inside notes throughout food preparation [16]. Allicin decomposes in stomach acids to release diallyl sulphide and diallyl disulphide [17] in the most abundant sulfur compound in garlic is alilin (S-allylcysteine sulfoxide), which is present at 10 mg/g in unsullied and 30 mg/g in dry garlic. It is primary odourless, and a precursor of allicin [18].

Nutritional value of raw garlic

In the representative plateful amount of 1-3 cloves or 3-9 g, garlic provides no momentous dietary value with the comfortable of all indispensable nutrients less 10% of the each day value, when spoken per 100 g; garlic contain a quantity of nutrients in rich amount (USDA Nutrient Database) (Table 1).

Importance of Garlic

Culinary uses (something related to food or cooking)

Garlic is in the middle of the majority significant bulb plant which is second-hand as excitement and flavor agent for foods [19]. It is a basic component in a lot of or the majority dishes of a variety of Countries in the earth counting Ethiopia; used for prepare foods, chiefly a number of kind of stew and in manufacture dehydrated food for storage. The savor varies in concentration and aroma with the far removed from food preparation method. It is over and over again balancing with onion, tomato, or ginger, and be also taken raw, boiled or mixing with honey, meat, cheese, butter and with milk or with coffee . Garlic the length of with cinnamons is used as fish and beef additive, and display antimicrobial material goods at temperature as high as 120°C; the amalgamation can also be second-hand to safeguard fried and cavernous fried food [20]. Garlic plant’s bulb is the largest part on a regular basis worn part, which is divided into numerous fleshy sections call cloves, and are second-hand for consumption as raw or cooked and for medicinal purpose. It has a trait strong, spicy flavor that mellows and sweetens significantly with cooking [21]. The foliage and plants are also eat. They are milder in taste than the bulbs and are often consumed while immature and still tender [22]. The immature flower stalks of the firm neck and elephant types are sometimes marketed for uses comparable to asparagus in stir-fries. The flimsy, protective layers of skin over various parts of the plant and the roots emotionally involved to the bulb are the only parts not considered palatable [23]. Garlic powder has a dissimilar flavor from clean garlic. If second-hand as a substitute for fresh garlic, 1/8 tea spoon of garlic fine particles is equivalent to one clove of dirt free garlic.

The green, dry "folds" in the center of the garlic clove are especially pungent, is cause by chemical answer that occurs when the garlic cells are broken. The flavor is most intense shortly after cutting or chopping. This substance reaction cannot occur after garlic is fit for human consumption. This is why roasted garlic is sweet rather than pungent. The odor can be reduced by sucking or ingesting lemon juice, chewing roasted coffee, raw cereal and Tena adam (Ruta chalensis) after the conception of garlic wash the top with entertainment in instalments is 8. Only a partial and imperfect answer to the tang. Studies have exposed sipping milk at the identical time as unbearable garlic can appreciably neutralize bad breath. Mixing garlic with make the most of in the mouth to the lead of swallowing reduced the odor better than drinking milk after that. Plain water, mushroom and basil may also

### Table 1: Nutritional value of raw garlic per 100 g Nutrition.

| Nutrient | Value (mg) |
|----------|------------|
| Energy (kJ) | 623 (149 k cal) |
| Carbohydrates | 63.06 g |
| Sugars | 1 g |
| Dietary fiber | 2.1 g |
| Protein | 6.36 g |
| Vitamins: | |
| Thiamine (B1) | 0.2 mg (17%) |
| Riboflavin (B2) | 0.11 mg (9%) |
| Niacin (B3) | 0.7 mg (5%) |
| Pantothenic acid (B5) | 0.969 mg (12%) |
| Vitamin B6 | 1.235 g (95%) |
| Folate (B9) | 3 ug (1%) |
| Vitamin C | 31.2 mg (38%) |
| Minerals: | |
| Calcium | 181 mg (18%) |
| Iron | 1.7 mg (3%) |
| Magnesium | 25 mg (7%) |
| Manganese | 1.672 mg (80%) |
| Phosphorus | 153 mg (22%) |
| Potassium | 401 mg (9%) |
| Sodium | 17 mg (10%) |
| Zinc | 1.16 mg (12%) |

Source: USDA Nutrient Database.
reduce the odor; the mix of fat and water found in milk, though, was the
good number helpfull [24]. To use garlic; peel with a knife or on the
other hand, split the skin from the individual cloves by placing a clove
with the smooth side down on a cutting board and soothingly tapping
it with the horizontal side of a wide knife. You can then remove the skin
either with your fingers or with a small knife. If there is a green sprout
in the clove's center, gently remove it since it is difficult to digest. We
recommend using raw garlic in many of our recipes. If it is a cooked
dish, it needs to prepare and add raw, chopped garlic towards the
end of the cooking time to retain maximum flavor and nourishment.
According to investigator at the nationwide Cance Institute, garlic
should be chop and allowable to sit for 10-15 minutes before cooking to
stabilize practical compounds and make best use of garlic's anti-cancer
properties [25].

Microwave cooking of unpeeled, uncrushed garlic totally destroyed
allinase enzyme activity [26]. Nationally, garlic is stock up warm on top
of 18°C (64°F) and dry to keep it inactive. It is traditionally hung; soft
neck varieties are often braided in strand call plait or gippers. Peeled
cloves may be store in wine or vinegar in the refrigerator. Commercially,
garlic is stored at 0°C (32°F), in dry low dampness surroundings. It will
be kept longer if the tops stay behind attached.

Medicinal value of garlic

Therapeutic garlic come in many forms, but underdone garlic is
the most potent and deodorize forms may have concentrated curative action.
The untimely Egyptians used garlic to treat diarrhoea and its
medicinal rule was described on the fortifications of ancient temples
and on papyrus date to 1500 BC. “Let food be thy medicine and
medicine be thy food” Those are famous words from the ancient Greek
physician Hippocrates, often called the father of western medicine. He
actually used to prescribe garlic to treat a variety of medical condition.
It prevent free generation and support body protective mechanism that
destroy free of charge radical and some form of growth, heart illness,
strokes and viral infections. It was used as an antibiotic to put off
gangrene during World War I and II.

The bulb is pasted with honey or butter or the juice is used to
paste other plant remedies (powders) in the treatment of malaria,
eczema, snake bite, mitat, emaciation, swellings back pain, evil eye and
hemorrhoids. Because of its high level of allilin effectively treat hair loss.

Benefits of garlic: The majority lately, a twofold blind gesture
forbidden study has exposed noteworthy defense from the widespread
cold virus. As conducted by the garlic centre, published in Advance
in therapy, this is the opening somber work to show anticipation,
treatment and reduction of re infection reimbursement from intriguing
Allimax powder capsules once a day. An additional being revise was
conduct with and unprocessed garlic take out (5 to 10 g/day) which
was known to HIV/AIDS patients. Antibacterial activity: Louis Pasteur
[27] provided the first modern scientific evidences on medicinal and
antibacterial use of garlic extract. Garlic take out inhibit the enlargement
of oral pathogens, concretely Streptococcus mutans, S. sobrinus and
Porphyromonas gingivalis, Prevotella intermedia consider as the main
bacteria responsible for dental caries and adult periodontitis [28-29].
Pest control: Garlic makes an excellent economical nontoxic pesticide
for the garden. It has natural fungicidal and pesticides properties that
work effectively to control pests. For maximum efficacy for pest control,
avoid using any chemical fertilizers. Fertilizers diminish the capacity of
vital ingredients in garlic to fight pests. Aphids, ants, termites, white
flies, beetles, borers, caterpillars, slugs and armyworms are some of the
pests that can be suitable controlled using garlic. So business have

Holy and religious use of garlic

Garlic has been regard as energy for both good and evil. In Europe,
numerous background have second-hand garlic for fortification or
white magic, perhaps owing to its reputation as a potent preventative
medicine. Central European folk beliefs well thought-out garlic a
powerful ward against imp, werewolves, and vampires. To ward off
vampires, garlic could be worn, hung in window, or rub on chimneys
and keyholes [30]. In Islam, it is forbidden for Muslims who have eat
raw garlic to appeal in a mosque; since the whiff could absorb other
Muslims during their prayer. In the Philippine folklore garlic is used to
force away monsters. Garlic scares away vampires, obviously magical,
it protect against both physical and psychic vampirism. It is lengthily
old in the Wiccan faith for jewellery and spell that supplement rapidity,
power, staying power, defense, and to repel evil. Solider have over and
in excess of another time accepted it in to battle for these reason. Putting
clove under a child’s pillow while its sleeps is believed to protect it from
evil. Wiping a blade with unmarked garlic fruit drink can empower the
knife to be used alongside dark forces. It is over and over another time
said to contain aphrodisiac power.

Adverse effects and toxicology

Garlic is recognized for cause ghastly inhalation (halitosis), as in
good health as cause be concerned to enclose a pungent "garlicky" smell
[31] which is cause by ally methyl sulfide (AMS). Ally methyl sulfide
is an unstable fluid which is engrossed into the blood throughout the
metabolism of garlic consequential sulfur compound; on or after the
blood it travels to the lungs and on or after there to the oral cavity,
reason bad breath; ( Garlic breath) and hide, where it is exude through
skin pores.

The surface belongings of long-standing garlic addition are for the
most part unidentified, and no food and drug administration approved
learning has been performing. Credible side belongings comprise
gastrointestinal discomfort, sweating, dizziness, allergic reactions,
bleeding, and menstrual irregularities [32]. Some breastfeeding
mothers have found, after consuming garlic, that their offspring be
able to be sluggish to nourish, and contain renowned a garlic odor
impending from them [33]. If elder than not required doses of garlic
are in make use of with anticoagulant medication, this can demonstrate
the way to a high danger of hemorrhage [34]. Garlic may act together
with Warfarin, Antiplatelets, Saquinavir, Antihypertensive, Calcium
channel blockers, Quinolone relations of antibiotics example
Ciproflloxacin, and Hypoglycemic drugs, as well as additional
medication. Excess doses of garlic can cause toxicity, including anemia
and gastrointestinal problems. High doses of garlic powder (200 mg/kg)
cauised considerable cell injury in rat liver which was not observed at
lower doses [35]. The toxic effects of garlic may be appreciably reduced
at lower concentrations. Oral dosages recommended to promote health
in adults are 4 g (1-2 cloves) of raw garlic per day, one-300 mg dried
garlic tablet (standardized to 1-3% allilin or 0.6% allilin) [36].
Conclusion

Garlic (*Allium sativum*) is in the middle of the most significant bulb vegetable which is old as spice and flavor agent for foods and is a fundamental component in many or most dishes of an assortment of country in the earth counting Ethiopia. Clove is the most normally used part; foliage and plants are also sometimes eaten [37-43]. The flavor varies in intensity and aroma with the different cooking methods. It is frequently balancing with onion, tomato, or ginger and be hypothetical to be in use raw, boiled or mixing with honey, meat, cheese, butter and with milk or with coffee. It should be chopped and allowable to sit for 10-15 minutes before cooking to stabilize beneficial compounds. Garlic has been second-hand for centuries to fight communicable diseases and varieties of non-infectious disease including pest control mechanism [44-53]. It has natural fungicidal and pesticides properties. It has antimicrobial action alongside many species of microorganisms, viruses, parasites, protozoan and also lower blood weight, prevent blood clot, contains anti-tumor properties, increase the dissimilar to scheme to brawl off possible sickness, reduce stress, and discontinue some form of cancer, caress and viral infection [54-62]. It is damaged in the deed of malaria, eczema; snake bite, swellings back pain, and hemorrhoids. Garlic has also spiritual and religious use. It protect in the deed of malaria, eczema; snake bite, swellings back pain, and hemorrhoids. garlic has also spiritual and religious use. It protect against physical and psychic vampirism. Despite its importance it has adverse effects like pungent smell, reflected in both breath and body odours, allergic reaction might cause burn and contact dermatitis, and may interact with anti-clotting drugs [63-69].

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