



The Holy Quran narrates about *Allium Sativum*

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Title Reference

And [recall] when you said, "O Moses, we can never endure one [kind of] food. So call upon your Lord to bring forth for us from the earth its green herbs and its cucumbers and its garlic and its lentils and its onions." [Moses] said, "Would you exchange what is better for what is less? Go into [any] settlement and indeed, you will have what you have asked." And they were covered with humiliation and poverty and returned with anger from Allah [upon them]. That was because they [repeatedly] disbelieved in the signs of Allah and killed the prophets without right. That was because they disobeyed and were [habitually] transgressing. (Sura Al-Baqarah (The Cow) , Verse 61). Hazrat Abu Darda (Radiallaho Anho) narrates that Rasullullah (Sallallahu Alayhi Wasallam) said, "Eat fig, for it cures the piles and is useful for rheumatism" (Farooqi, 1998). Hazrat Abu Darda (Radiallaho Anho) narrates that someone presented the Prophet a plate of figs and he said, "Eat figs! If I would say a certain type of fruit was sent down to us from the heavens I would say it's a fig because it has no seeds. It ends (cures) the piles and is useful for rheumatism".

Description

Garlic also has a long history of medicinal use for a wide variety of conditions and was once known as poor-man's treacle (or cure-all). In folk medicine, garlic has been used to treat bronchitis and respiratory problems, gastrointestinal problems, flatulence, leprosy, menstrual cramps, high blood pressure, diabetes and has been used externally for warts, corns, arthritis, muscle pain, neuralgia and sciatica. Recently, science has begun to confirm some of garlic's long-standing medicinal uses. Garlic has been shown to lower blood cholesterol, blood pressure and blood sugar in studies and clinical trials and has also demonstrated anti-cancer, antibacterial, anti-fungal and anti-oxidant effects (Narendhirakannan & Rajeswari, 2010). Garlic contains compounds that are antibacterial, antifungal and reduce blood clotting. In order for the active ingredient that gives garlic its characteristic odor and its therapeutic effects to be released, the garlic clove must be cut or crushed. This releases an enzyme that causes the formation of allicin, the component responsible for garlic's odor and medicinal activity.

Today Research

- Chemical Constituents and Pharmacological Activities of Garlic (*Allium sativum* L.): A Review (El-Saber Batiha et al., 2020).
- Hepatoprotective effect of a novel lactic acid-fermented garlic extract functional food product against acute liver injury (Kim et al.).
- Mitigation of Memory Impairment in Ovariectomized Rats Using Garlic Powder Treated with Subcritical Water (Minami et al., 2020).
- *Allium sativum*, *Rosmarinus officinalis*, and *Salvia officinalis* Essential Oils: A Spiced Shield against Blowflies (Bedini et al., 2020).
- Identification and expression analysis of S-alk(en)yl-L-cysteine sulfoxide lyase isoform genes and determination of allicin contents in *Allium* species (Sayadi, Karimzadeh, Rashidi Monfared, & Naghavi, 2020).

Conclusions

Today research showed its significance. We can develop a research on its compounds by using in-silico studies and can find the synergism of compounds for multiple diseases.

Referances

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