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Garlic- Nutritional and therapeutic values

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Garlic (*Allium sativum*) is a root herb plant belongs to the family of Alliaceae. It is best known as a flavoring for food. But over the years, scientific studies on the therapeutic benefits of garlic proved it has been used as a medicine to prevent or treat a wide range of diseases and conditions. The fresh clove or supplements made from the clove are used for medicine. It has been used by humans for thousands of years and was used in Ancient Egypt for both culinary purposes and its therapeutic benefits. . It provides a brief history of garlic being used in food and medicine and also highlights its potential therapeutic properties. Raw garlic contains allicin, a powerful antibiotic and antifungal compound. Garlic contains about 62.8% water, 6.3% protein, 0.1% fat, 29%CHO, vitamins and other essential oils. Garlic besides its culinary purpose used as a solution of digestive disorder, asthma, High cholesterol and high blood pressure, blood sugars,, skin disorder, cancer risk, common cold etc. Hippocrates (circa. 460-370 BC), known today as "the father of Western medicine", prescribed garlic for a wide range of conditions and illnesses. Hippocrates promoted the use of garlic for treating respiratory problems, parasites, poor digestion and fatigue.

Biography

Samaptika Kar has completed her MSc (Horticulture) degree at the age of 23 years in 2012-2013 from Indira Gandhi Krishi Vishwavidyalaya, Raipur, Chhattisgarh. She has published more than 5 papers in reputed journals and some technical articles.

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