**Assignment Title:**

**GARLIC: TO CURE DISEASES**

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Semester 7th (Self Support)

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| **SPINACH: TO CURE DISEASES**  **GARLIC: TO CURE DISEASES**    C:\Users\javed\Desktop\download.jpg  **Prepared By: Asma Riaz**  Roll # 14 (S.S) 7th semester  B.Sc. (Hons.) Food Science and Technology  Institute of Food Science and Nutrition  University of Sargodha, Sargodha  Pakistan  Email: [ahakafa@ymail.com](mailto:ahakafa@ymail.com)  **GARLIC AND HIGH BLOOD PRESSURE** |

Garlic (*Allium Sativum* L) is a plant in the Allium (onion) family. Garlic is rich in compounds like Allicin, Sulphur, Zinc and Calcium that have health benefits, beauty benefits as well as antibiotic and antifungal properties. It is also a rich source of a mineral known as selenium. Selenium is known to fight cancer and it works with vitamin E in the body to boost antioxidant power. Garlic also acts as a blood thinner due to its salicylate content. This enables proper blood flow and enhances circulatory health.

**Important Nutrients in Garlic that Control High Blood Pressure:**

**Allicin:** Garlic releases an enzyme called alliinase that catalyzes the formation of allicin. Allicin rapidly breaks down to form a variety of organosulfur compounds.

**How Garlic Controls High Blood Pressure:**

In high blood pressure blood flows through blood vessals

(artries) at higher pressure than normal. Allicin is a substance

which helps in relexing blood vessals while also reducing any

pressure and damage effecting blood. It also interferes with the

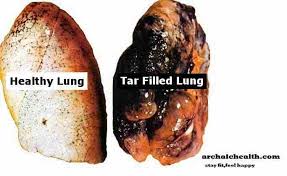
effect of angiotensin enzyme in elevating blood pressure

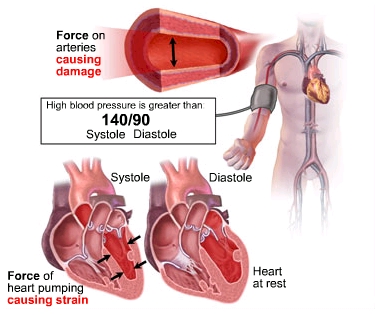
and smoothly contracting muscles. Allicin decreases blood vessel

stiffness through facilitation of nitric oxide (NO) release.

Nitric oxide relaxes blood vessels and thereby, bring a reduction

in the total blood pressure.





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| **Quantity of Nutrients in Garlic that Control High Blood Pressure** | | |
| **Sr. #** | **Name of Compounds** | **Quantity (Per Clove)** |
| **1.** | Allicin | 3.6 mg |

**References:**

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