



Journal of Hospital Pharmacy
An Official Publication of Bureau for Health & Education Status Upliftment
(Constitutionally Entitled as Health-Education, Bureau)

Worthwhile updated review of *Allium sativum*: Pharmacological Aspects

*Sarbjot Singh, ¹Rajneesh Kaur, ²Brij Bhushan, ³Shruti Jaswal, ⁴Anuneet Kaur
⁵Anita Devi ⁶Shivangi Sharma

^{*4}Department of Pharmacology, Himachal Pharmacy College, Nalagarh-District Solan (H.P.) 174101

^{1,2,5} Department of Pharmaceutical Chemistry, Himachal Pharmacy College, Nalagarh-District Solan (H.P.) 174101

³Department of Pharmaceutics, Himachal Pharmacy College, Nalagarh-District Solan (H.P.) 174101

⁶Department of Pharmacology, Shaheed Bhagat College of Pharmacy, Palampur, District Kangra, (H.P.) 176061

Email Id: serviceheb@gmail.com

Abstract:

Allium sativum is safe and very rich sources of biologically active compounds with less toxicity and side effects. Garlic is a source of medicine in many ways in human beings in routine life as well as in animals and its leaves, flowers, and splinters have been used in traditional medicine for a long time. Research in present day has shown extensive pharmacological and therapeutic effects of *A. sativum* and its phytoconstituents that is allicin. The phytoconstituents present in this plant are organosulfur compounds such as allicin, diallyl trisulfide. These chemical constituents are used for the treatment of various diseases like cancer, inflammation, hypertension, atherosclerosis, and hyperlipidemia (too many lipids or fats). Along with that, liquid extracts of garlic have been used to treat various diseases and have shown anticoagulative, anti-viral, anti-bacterial, and fungicidal and antioxidant effects. Even so, on consumption of garlic in high quantity few unfavorable effects have been found like nausea and vomiting. This review contours the therapeutic, pharmacological values and chemical constituents of garlic.

Keywords: Garlic, phytoconstituents, treatment, consumption

Access this Article Online

Website: <http://www.journalofhospitalpharmacy.in>

Received on 28/12/2023

Accepted on 10/02/2024 © HEB All rights reserved

Quick Response Code:

