

Role of Garlic in Obesity

CHAPTER 5

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ABSTRACT

Phytochemicals are the most helpful things found in plant body, these are utilized from the old period. Numerous phytochemicals have worth to fix some destructive sicknesses. They have lesser side. This section is essentially address the previous examination of on the investigation of phytochemicals present in garlic. it contains the investigation of plenitude of phytochemicals in garlic their temperament towards different sicknesses uniquely about basic virus. Garlic is one of the parts, which have impacts on lessening the danger of malignant growth. Remembering garlic for the eating regimen helps for the improvement of the wellbeing. Restorative impacts of the garlic were known since 5,000 years. As of late, examines were done to known its impact on the malignant growth cell lines. Numerous investigations have shown its impacts on carcinomas, yet in addition on the cardiovascular framework and invulnerable framework. Elements of the every part of the garlic were concentrated to know precisely, what segment has helpful impact. So this audit has been done to think about the part, elements of every segment, method of activity, and useful impacts of the garlic. The part contains accompanying the headings

Key Words: Obesity, Garlic, Phytochemicals Natural ingredients

INTRODUCTION

Garlic (*Allium sativum*) is an animal group in the onion class, *Allium*. Its nearby family members incorporate the onion, shallot, leek, chive, Welsh onion and Chinese onion It is local to Focal Asia and northeastern no Iran and has for quite some time been a typical flavoring around the world, with a background marked by a few thousand years of human utilization and use. It was known to antiquated Egyptians and has been utilized as both a food enhancing and a conventional medication.