

Benefits of Garlic in Reducing Symptoms of Common Cold

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Abstract: The usage of garlic against cold is a very widespread phenomenon as well as its famous for possessing the anti-microbial and anti-viral qualities which is necessary for the treatment of flu and cold symptoms. Garlic (*Allium*) is a widespread supplement used against it as well as preventing common cold is necessary as it's related to various morbidities and grave consequences. As various studies show the unavailability or shortage of effective vaccines a traditional approach towards for the treatment of this condition is being discussed here. As garlic seems to have allinase enzyme which is produced from the intake of garlic which is a great bioactive compound which is seen to enhance the body against various patho-physiological disorders. This allicin which is considered to be a major component of garlic is seen to prevent the attack of common cold virus. Its impact against various bacteria as well as various protozoans are studied well which can give us an insight to produce the garlic based drug and medicine discovery against the various diseases which can help produce a non-toxic and safe treatment in a traditional way. In this review an insight to show the benefits of usage of garlic against the common cold and its potential to become actual medicine is described briefly.

Keywords: Garlic, Allicin, common cold, viral disease, traditional, phytochemical, traditional medicine.

Introduction

General overview of garlic and diseases

Garlic (*Allium sativum* L.) Has gained a standing in various practices as a prophylactic just as restorative therapeutic plant. Garlic has assumed significant dietary and restorative parts since the commencement. Garlic is a bulbous plant; grows up to 1.2 m in tallness. Garlic is not difficult to develop and can be filled in gentle environments. There are various sorts or subspecies of garlic, most eminently hard neck garlic and soft neck garlic. Allicin (allyl 2-propenethio sulfinat or diallyl thiosulfate) is the important bioactive compound present in the watery concentrate of garlic or crude garlic homogenate. At the point

when garlic is slashed or squashed, allinase catalyst is actuated and produce allicin from alliin (present in unblemished garlic). Other significant mixtures present in garlic homogenate are 1 - propenylallyl thiosulfate, allyl methyl thiosulfate, (E, Z)- 4, 5, 9-trithiadodeca-1, 6, 11-triene 9-oxide (ajoene), and γ -L-glutamyl-S-alkyl-L-cysteine. The adenosine focus expands a few creases as the homogenate is hatched at room temperature for a few hours.

The normal virus is the world's most far and wide popular disease, with the vast majority enduring around 2-5 colds each year. More than 200 diverse infections cause contamination and cold side effects; the most well-known, rhinoviruses, represent 30% to 40% of grown-up