



Garlic and Heart Health: In Homoeopathy

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ABSTRACT

Cardiovascular disease (CVD) is the leading cause of death worldwide, it claims an estimated 17.9 million lives each year. CVDs are a group disorders of the heart and blood vessels and include coronary heart disease, cerebrovascular disease, rheumatic heart disease and many more other conditions. More than four out of five CVD deaths are caused by heart attacks and strokes, and a third of these deaths occur prematurely in people under 70 years of age. Homeopathy plays an important role in CVD by slowing down the atherosclerotic process, lowering blood cholesterol to manage emotional stress.

Keywords: CVD, Cardiac Disease, Garlic, Homoeopathy, and Pharmacy

INTRODUCTION

Homeopathic medicines are very useful in the treatment of heart diseases such as hypertension, hypercholesterolemia, cardiac arrhythmia. Medicines prepared from the plant kingdom such as *allium sativa*, *belladonna*, *cactus G.*, *arnica Montana*, Medicines prepared from the animal kingdom like *Naja*, *Tarantulas*, medicines prepared from the mineral kingdom like *arsenic album*, *aurum Met.* plays a major role in homeopathy.

REVIEW OF LITERATURE

ALLIUM SATIVUM:

Synonyms: clove of garlic

Habitat: Native to Central Asia, now cultivated worldwide.

Description-living plant from the Liliaceae family, growing from 30 to 80 cm tall, with a whitish or reddish flower

Used part - bulb.

Preparation and use:

- 1) RAW: chew one to three cloves of garlic, preferably in the morning.
- 2) DEVOTION OF GARLIC CUBES: boil a bulb of garlic in a liter of water for five miles. Drink 3 cups a day.

External use:

ENEMA: very useful against intestinal parasites. Mix two or three A spoonful of oil and garlic sauce with one liter of warm water.

PROPERTIES AND INDICATIONS:

The whole plant, but especially the onion, contains alliin (sulphur glycoside) and enzyme (alliinase), vitamins A, B1, B2, C and niacin (a vitamin B group). Alliin and diallyl disulfur are highly volatile substances that dissolve relatively easily in liquids and gases. When transported by blood, they impregnate all tissues and organs of the body. It therefore acts on the whole body, although more intensively on the organs through which they are stimulated: bronchi and lungs, kidneys and skin.

Indication:

- 1) Blood thinner: Garlic helps against clotting of blood platelets, prevents an excessive tendency of blood platelets to cluster, form clots and Fibrinolytic (breaks down fibrin, the protein that forms blood clots). All it helps to thin the blood and makes garlic highly recommended for people who suffered from thrombosis, embolism.
- 2) hypotensive: in high doses it causes a decrease in blood pressure, both maximum and minimum. It has vasodilating effects, and so it is recommended for people suffering from hypertension, arteriosclerosis, and angina pectoris.
- 3) Hypolipidemic: It lowers the level of LDL cholesterol in the blood, because it makes it more difficult to be absorbed by the intestine.
- 4) hypoglycemic: garlic normalizes the blood sugar level, is recommended for people suffering from diabetes.
- 5) Defense stimulant: Garlic stimulates the activity of defense cells body, both lymphocytes and macrophages. Consumption garlic has a good effect on any infectious disease, increases defense capabilities of our body, in addition to directly destroying certain micro-organisms.
- 6) Detoxification: it is especially recommended to stop during treatment smoking. It normalizes the blood pressure of smokers, which is usually high. It supports the excretion of mucus retained in the bronchial tubes and it also helps the regeneration of the bronchial mucosa overcome the urge to smoke.

THE ACTION OF GARLIC UPON ARDIOVASULAR SYSTEM:

• LDL Cholesterol (noxious)	decreases
• HDL Cholesterol (good)	slight increase
• Total cholesterol	decreases
• Triglycerides	decreases
• Fibrinolytic activity	Increases
• Platelet aggregation	reduction
• Blood pressure	decreases

The use of garlic in high doses, especially in its raw state or in extracts, is not recommended in case of bleeding, whether traumatic (wounds, accidents) or menstrual (excessive menstruation). because of his blood thinning effect, high doses of garlic can prolong bleeding and cause coagulation processes are more difficult.

The constant use of high doses of garlic during pregnancy is not recommended.

HOMOEOPATHIC INDICATIONS OF ALLIUM SATIVUM

- *It has vasodilating properties.*
- *Arterial hypotension usually begins 30 to 45 minutes later twenty to forty drop doses of the tincture*
- *Adapted to fleshy subjects with dyspepsia and catarrhal affections.*
- *works better on meat eaters than strictly vegetarians.*
- *It acts on the intestinal mucosa, increases peristalsis. Digestion is disturbed by minor errors in the diet.*
- *Worse - temperature change, evening and night, walking, pressure*
- *Better- sitting bent*

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