Onion and its medicinal values

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Onions are native to Asia and the Middle East and have been cultivated for over five thousand years. Onions have been revered throughout time not only for their culinary use, but also for their therapeutic properties. As early as the 6th century, onions were used as a medicine in India. Onion is one of the richest sources of flavonoids and organosulphur compound. They possess high level of antioxidant activity attributable to flavonoids quercetins and pigments such as anthocyanin. The WHO supports the use of onions for the treatments of poor appetite and to prevent atherosclerosis. Onion has many medicinal benefits like Anti-Inflammatory Benefits, Support for Bone and Connective Tissue, Cardiovascular benefits, antioxidant activity, antibacterial property, blood sugar lowering effect. To get the benefit onion can be used in different forms like raw onion, dried bulb, fresh bulb juice, butanol extract, hot water extract of fresh and dry bulb.

Biography

Samaptika Kar has completed her MSc (Horticulture) degree at the age of 23 years in 2012-2013 from Indira Gandhi Krishi Vishwavidyalaya, Raipur, Chhattisgarh. She has published more than 5 papers in reputed journals and some technical articles.

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