

The Attractive Compound in Cytotoxicity and Detoxification: The Allicin

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Editorial Note: Introduction: Allium vegetables such as garlic have been prized by every culture as foods, spices and traditional remedies. Throughout the ages, people worldwide - the Greeks, Chinese, Egyptians, Roman, Indians, Koreans, Vikings and Babylonians - have used these vegetables to improve well-being. Chemical screening of some of Alliaceae family members showed an unusual concentration of sulfur compounds that are responsible both for strong smell and pungent taste. The uncrushed garlic has contained soluble, crystal and unscented compound called alliin (S-allyl-L-cysteine-sulfoxide). This compound is transformed to allicin (oxygenated sulfur compound) by allinase enzyme when garlic cloves are crushed. Garlic is considered one of the twenty most important vegetables, has been used worldwide, either as a vegetable for kitchen purposes or as an ingredient for folk and modern medicines. Garlic is also an excellent source of allicin and more than 200 different

compounds as well. It has been proposed as a rich source of total phenolic contents among the commonly used vegetables. The principal mechanism of allicin is assumed to be the inhibition of certain thiol-containing enzymes of microorganisms by rapid reaction of thiosulfonates with thiol groups. This Mother Nature's defender can boost up the immune system, lower cholesterol and blood pressure level, fend off bacterial, viral and fungal infections, kill a wide range of parasites and even restrain mosquitoes from attacking—yes all of these benefits from a compound that comes from fresh garlic.

Conclusion: Allicin is a fascinating biologically active compound which has exhibited great promise in both the inhibition and treatment of several human ailments.

Keywords: Antioxidant, Allicin, Bioactivity, Cytotoxicity, Detoxification, Garlic

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