The Significance of Garlic (Allium sativum) on the Livelihood of the Local Community

Worku AW* and Mehari AB
Department of Agriculture and Environmental Sciences, Deber Tabor University, Deber Tabor, Ethiopia

Abstract

Allium sativum, frequently recognized as garlic, is a type in the onion genus, Allium. Its seal connections comprise the onion. It is vegetative propagated from clove. The two widespread subspecies are firm collar and squashes collar garlic. It contains diverse helpful raw resources, vitamins, sulfur compounds, amino acids and frequent additional substance second-hand for physical condition of human beings. Sulfur-containing compound are oil soluble and water soluble. Alllicin, most active an Oily, to some amount yellow water that give garlic its only one of its sort smell. When fresh garlic is chopping or packed down, the enzyme alilase converts allilin in to allilic. Allin is the good number overflowing sulfur composite.

Keywords: Allium sativum; Garlic

Introduction

Natural crop of flora and fauna, vegetation and microbial source contain be second-hand by gentleman for thousands of years either in the pure forms or crude extracts to treat many diseases. Garlic (Allium sativum) is one of person’s vegetation that were gravely investigate in excess of more than a few years and old for centuries to brawl communicable disease [1]. It has been worn for medicinal and as spiritual purpose in the region of the earth. Garlic contains enzymes, minerals and sulfur compound, which are accountable for its overpowering odor and loads of its therapeutic personal property.

Garlic has long been used both for flavoring and for potential benefits of preventing and curing ailments in many cultures. Sulfur hold compound establish in garlic have enough money the person corpse defense by inspiring the manufacture of convinced advantageous enzymes [2]. Scientists are interested in the potential of the organo-sulfur compounds derived from garlic to prevent and extravagance constant disease example cancer and cardiovascular disease [3]. It addition inferior blood cholesterol and blood darling, prevent blood clot, and hold anti-tumor property not in attendance of the loads of medicinal vegetation, garlic is supplementary winning with smallest amount plane property as compare to profitable antibiotics. It has an antimicrobial material goods which protect the crowd from extra pathogens and highlighting the significance of investigate for expected antimicrobial drugs [4-5]. Allicin, the most active organo-sulfur compound, was primary inaccessible and premeditated in the trial [6]. It exhibits antibacterial, antifungal, antiviral and antiprotozoal activity [7]. Allicin is garlic’s protection instrument alongside attack by pests. It also has adverse effects like bad breath, sweat smell and in some people allergy due to allyl methyl sulfide (AMS) and toxicology.

Origin and distribution

Garlic is single of the majority very educated herb and is vegetative propagate as of cloves. By means of a times gone by gentleman for person make utilize of in excess of 7,000 years, garlic is resident to middle Asia. It has extended be a clip in the Mediterranean area, as well as a recurrent excitement in Asia, Africa, and Europe and was recognized to very old Egyptians which has been second-hand for in cooperation cooking and therapeutic reason [8]. Earth garlic farming was greater than previous from 771,000 ha of land in 1989/90 to 1,204,711 ha of land in 2007 with whole manufacture from 6.5 million to 15.68 million tons, and output on or after 8.43 t/ha and 13.02 t/ha [9]. It is full-grown internationally, but China is the largest consumer and producer with approximately 20 million tones grown yearly, secretarial for over 81% of world output. India 4.6% and South Korea 1.4% follow with Egypt 1.2% on fourth place and the United States in ninth place 0.8% [10]. This vegetation 11% of worldwide garlic manufacture in country that every produces a smaller amount than 2% of universal amount produced. A large amount of the garlic manufacture in the United States is centered in Gilroy, California, which calls itself the “garlic capital of the world”. Garlic is the succeeding nearly all extensively sophisticated Allium genus in Ethiopia next to onion. Adet, Ambo, Debre-work, and numerous other areas of Ethiopian high ground bring into being the mass of garlic under the little scale farmers division. The sum region beneath garlic manufacture in 2006/07 reached 9,266 hectares and the manufacture is predictabe to be in excess of 683,000 quintals. According to Ethiopian Seed Enterprise seed marketing study indicated difference between demand and supply. The potential size of the certified seed market in the country ranges from 0.75 to 1.0 million quintsals per year, while the current size of the penetrated market is about 0.2 million quintsals per year. Clearly this shows the formal seed sector cannot ensure farmers easy access to seeds of improved varieties P [11]. Currently, the share of the formal seed system is estimated to be about 10-20% while the rest 80-90% is covered by the informal system. The production of cash crop like garlic, onion and additional spice is prove to be proceeds generate for farmers, in particular for folks who encompass cultivate in limited lands or minute possessor farmers.

Varieties

Garlic’s close relatives include the Onion (Allium cepa), Shallot (Allium ascalonicum), Leek (Allium porrum), and Chive (Allium schoenoprasum). The taxonomic hierarchy of garlic is: Kingdom Plantae, Sub-kingdom Viridiplantae, Super-division Embryophyta, Division

*Corresponding author: Worku AW, Department of Agriculture and Environmental Sciences, Deber Tabor University, Deber Tabor, P.O. Box 272, Ethiopia, Tel: +251 913-986518; E-mail: Melese1980@gmail.com.

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Tracheophyta, Sub-division Spermatophytina, Class Magnoliopsida, Super-order Lilianae, Order Asparagales, Family Amaryllidaceae, Genus *Allium*, and Species *Allium sativum* [12]. *A. sativum* grow in the undomesticated in area where it has turn out to be accept. British wild garlic be associate of the class A. urinum and the field garlic as *Allium ursinum*. In North America, *Allium vineale* known as wild or crow garlic and *Allium canadense*. Only of the largest part exceptional predictable garlic is monster garlic, is in point of fact a untamed leek, *Allium, ampeloprasum*, and not true garlic [13] in attendance are two species of *Allium sativum*, ten chief group of variety, and hundreds of assortment or cultivars. *Allium sativum* varieties called ophioscorodon or unbending necked garlic; characterized by hard, woody central stalks that extend down to the basal laminate at the bottom of the bulb and *sativum* varieties are thought to have evolved from hard neck garlic. Soft neck has no woody pseudostem formed from overlapping leaf sheaths and rarely sends up a flower stalk.

**Constituents of Garlic**

**Chemical composition of garlic**

Garlic enclose vitamins A, B1 and C as well as fiber and water. Garlic has a highly developed incorporation of sulfur compound than several other *Allium* species. Sulfur containing compounds are classified as oil soluble and water soluble. Oil soluble sulphur containing compounds include sulfide; such as daily trisulfed, and allyl methyl classified as oil soluble and water soluble. Oil soluble sulphur containing compounds such as diallyl disulfides and this break down occurs within 120°c; the amalgamation can also be second-hand to safeguard fried and display antimicrobial material goods at temperature as high as 120°c; the amalgamation can also be second-hand to safeguard fried and cavernous fried food [20]. Garlic plant’s bulb is the largest part on a regular basis worn part, which is divided into numerous fleshy sections call cloves, and are second-hand for consumption as raw or cooked and for medicinal purpose. It has a trait strong, spicy flavor that mellows and sweetens significantly with cooking [21]. The foliage and plants are also eat. They are milder in taste than the bulbs and are often consumed while immature and still tender [22]. The immature flower stalks of the firm neck and elephant types are sometimes marketed for uses comparable to asparagus in stir-fries. The flimsy, protective layers of skin over various parts of the plant and the roots emotionally removed from food preparation method. It is over and over again used for storage. The savor varies in concentration and aroma with the far removed from food preparation method. It is over and over again balancing with onion, tomato, or ginger, and be also taken raw, boiled or mixing with honey, meat, cheese, butter and with milk or with coffee . Garlic the length of with cinnamons is used as fish and beef additive, and display antimicrobial material goods at temperature as high as 120°c; the amalgamation can also be second-hand to safeguard fried and cavernous fried food [20]. Garlic plant’s bulb is the largest part on a regular basis worn part, which is divided into numerous fleshy sections call cloves, and are second-hand for consumption as raw or cooked and for medicinal purpose. It has a trait strong, spicy flavor that mellows and sweetens significantly with cooking [21]. The foliage and plants are also eat. They are milder in taste than the bulbs and are often consumed while immature and still tender [22]. The immature flower stalks of the firm neck and elephant types are sometimes marketed for uses comparable to asparagus in stir-fries. The flimsy, protective layers of skin over various parts of the plant and the roots emotionally involved to the bulb are the only parts not considered palatable [23]. Garlic powder has a dissimilar flavor from clean garlic. If second-hand as a substitute for fresh garlic, 1/8 tea spoon of garlic fine particles is equivalent to one clove of dirt free garlic.

The green, dry "folds" in the center of the garlic clove are especially pungent, is cause by chemical answer that occurs when the garlic cells are broken. The flavor is most intense shortly after cutting or chopping. This substance reaction cannot occur after garlic is fit for human consumption. This is why roasted garlic is sweet rather than pungent. The odor can be reduced by sucking or ingesting lemon juice, chewing roasted coffee, raw cereal and Tena adam (*Ruta chalensis*) after the conception of garlic wash the top with entertainment in instalments is 8. Only a partial and imperfect answer to the tang. Studies have exposed sipping milk at the identical time as unbearable garlic can appreciably neutralize bad breath. Mixing garlic with make the most of in the mouth to the lead of swallowing reduced the odor better than drinking milk after that. Plain water, mushroom and basil may also

**Nutritional value of raw garlic per 100 g**

<table>
<thead>
<tr>
<th>Nutrient</th>
<th>Value</th>
</tr>
</thead>
<tbody>
<tr>
<td>Energy</td>
<td>623 kJ (149 k cal)</td>
</tr>
<tr>
<td>Carbohydrates</td>
<td>33.06 g</td>
</tr>
<tr>
<td>Sugars</td>
<td>1 g</td>
</tr>
<tr>
<td>Dietary fiber</td>
<td>2.1 g</td>
</tr>
<tr>
<td>Protein</td>
<td>6.36 g</td>
</tr>
<tr>
<td>Vitamins</td>
<td></td>
</tr>
<tr>
<td>Thiamine (B1)</td>
<td>0.2 mg (17%)</td>
</tr>
<tr>
<td>Riboflavin (B2)</td>
<td>0.11 mg (9%)</td>
</tr>
<tr>
<td>Niacin (B3)</td>
<td>0.7 mg (5%)</td>
</tr>
<tr>
<td>Pantothenic acid (B5)</td>
<td>0.596 mg (12%)</td>
</tr>
<tr>
<td>Vitamin B6</td>
<td>1.236 g (95%)</td>
</tr>
<tr>
<td>Folate (B9)</td>
<td>3 ug (1%)</td>
</tr>
<tr>
<td>Vitamin C</td>
<td>31.2 mg (38%)</td>
</tr>
<tr>
<td>Minerals</td>
<td></td>
</tr>
<tr>
<td>Calcium</td>
<td>181 mg (18%)</td>
</tr>
<tr>
<td>Iron</td>
<td>1.7 mg (3%)</td>
</tr>
<tr>
<td>Magnesium</td>
<td>25 mg (7%)</td>
</tr>
<tr>
<td>Manganese</td>
<td>1.672 mg (80%)</td>
</tr>
<tr>
<td>Phosphorus</td>
<td>153 mg (22%)</td>
</tr>
<tr>
<td>Potassium</td>
<td>401 mg (9%)</td>
</tr>
<tr>
<td>Sodium</td>
<td>17 mg (10%)</td>
</tr>
<tr>
<td>Zinc</td>
<td>1.16 mg (12%)</td>
</tr>
</tbody>
</table>

Source: USDA Nutrient Database.

**Table 1: Nutritional value of raw garlic per 100 g.**

**Importance of Garlic**

**Culinary uses (something related to food or cooking)**

Garlic is in the middle of the majority significant bulb plant which is second-hand as excitement and flavor agent for foods [19]. It is a basic component in as a lot of or the majority dishes of a variety of Countries in the earth counting Ethiopia; used for prepare foods, chiefly a number of kind of stew and in manufacture dehydrated food.
reduce the odor; the mix of fat and water found in milk, though, was the good number helpful [24]. To use garlic; peel with a knife or on the other hand, split the skin from the individual cloves by placing a clove with the smooth side down on a cutting board and soothingly tapping it with the horizontal side of a wide knife. You can then remove the skin either with your fingers or with a small knife. If there is a green sprout in the clove’s center, gently remove it since it is difficult to digest. We recommend using raw garlic in many of our recipes. If it is a cooked dish, it needs to prepare and add raw, chopped garlic towards the end of the cooking time to retain maximum flavor and nourishment. According to investigator at the nationwide Cance Institute, garlic should be chop and allowable to sit for 10-15 minutes before cooking to stabilize practical compounds and make best use of garlic’s anti-cancer properties [25].

Microwave cooking of unpeeled, uncrushed garlic totally destroyed allinase enzyme activity [26]. Nationally, garlic is stock up warm on top of 18°C (64°F) and dry to keep it inactive. It is traditionally hung; soft neck varieties are often braided in strand call plaits or grippes. Peeled cloves may be store in wine or vinegar in the refrigerator. Commercially, garlic is stored at 0°C (32°F), in dry low dampness surroundings. It will be kept longer if the tops stay behind attached.

Medicinal value of garlic

Therapeutic garlic come in many forms, but underdone garlic is the most potent and deodorize forms may have concentrated curative action. The untimely Egyptians used garlic to treat diarrhoea and its medicinal rule was described on the fortifications of ancient temples and on papyrus date to 1500 BC. “Let food be thy medicine and medicine be thy food” Those are famous words from the ancient Greek physician Hippocrates, often called the father of western medicine. He actually used to prescribe garlic to treat a variety of medical condition. It prevent free generation and support body protective mechanism that destroy free of charge radical and some form of growth, heart illness, strokes and viral infections. It was used as an antiseptic to put off gangrene during World War I and II.

The bulb is pasted with honey or butter or the juice is used to paste other plant remedies (powders) in the treatment of malaria, eczema, snake bite, mitat, emaciation, swellings back pain, evil eye and hemorrhoids. Because of its high level of allicin effectively treat hair loss.

Benefits of garlic: The majority lately, a twofold blind gesture forbidden study has exposed noteworthy defense from the widespread cold virus. As conducted by the garlic centre, published in Advance in therapy, this is the opening somber work to show anticipation, treatment and reduction of re infection reimbursement from intriguing Allimax powder capsules once a day. An additional being revise was conducted with unprocessed garlic take out (5 to 10 g/day) which was known to HIV/AIDS patients. Antibacterial activity: Louis Pasteur [27] provided the first modern scientific evidences on medicinal and antibacterial use of garlic extract. Garlic take out inhibit the enlargement of oral pathogens, concretely Streptococcus mutans, S. sobrinus and Porphyromonas gingivalis, Prevotella intermedia consider as the main bacteria responsible for dental caries and adult periodontitis [28-29]. Pest control: Garlic makes an excellent economical nontoxic pesticide for the garden. It has natural fungidal and pesticides properties that work effectively to control pests. For maximum efficacy for pest control, avoid using any chemical fertilizers. Fertilizers diminish the capacity of vital ingredients in garlic to fight pests. Aphids, ants, termites, white flies, beetles, borers, caterpillars, slugs and armyworms are some of the pests that can be suitable controlled using garlic. So business have in make use of its pest-repelling property a step supplementary by disentanglement its energetic complex and advertising them in a spray-on modus operandi or over and over again full-fledged in the midst of plants or root vegetables as a accompanying person plant, with the aim of protecting other plants from pests. In some little garden plot, row of garlic are plant along the perimeter to act as a deterrent. The extract are freeze-dried and market as garlic pellet, which are then dissolve in water and sprayed onto vegetation to deter aphids and caterpillars. Garlic water is simple to make and easy administer. It can be used on vegetable or flowering plants.

Holy and religious use of garlic

Garlic has been regard as energy for both good and evil. In Europe, numerous background have second-hand garlic for fortification or white magic, perhaps owing to its reputation as a potent preventative medicine. Central European folk beliefs well thought-out garlic a powerful ward against imp, werewolves, and vampires. To ward off vampires, garlic could be worn, hung in window, or rub on chimneys and keyholes [30]. In Islam, it is forbidden for Muslims who have eat raw garlic to appeal in a mosque; since the whiff could absorb other Muslims during their prayer. In the Philippine folklore garlic is used to force away monsters. Garlic scares away vampires, obviously magical, it protect against both physical and psychic vampirism. It is lengthily old in the Wiccan faith for jewellery and spell that supplement rapidity, power, staying power, defense, and to repel evil. Solider have over and in excess of another time accepted it in to battle for these reason. Putting clove under a child’s pillow while its sleeps is believed to protect it from evil. Wiping a blade with unmarked garlic fruit drink can empower the knife to be used alongside dark forces. It is over and over another time said to contain aphrodisiac power.

Adverse effects and toxicology

Garlic is recognized for cause ghastly inhalation (halitosis), as in good health as cause be concerned to enclose a pungent “garlicky” smell [31] which is cause by ally methyl sulfide (AMS). Ally methyl sulfide is an unstable fluid which is engrossed into the blood throughout the metabolism of garlic consequent sulfur compound; on or after the blood it travels to the lungs and on or after there to the oral cavity, reason bad breath; (Garlic breath) and hide, where it is exude through skin pores.

The surface belongings of long-standing garlic addition are for the most part unidentified, and no food and drug administration approved learning has been performing. Credible side belongings comprise gastrointestinal discomfort, sweating, dizziness, allergic reactions, bleeding, and menstrual irregularities [32]. Some breastfeeding mothers have found, after consuming garlic, that their offspring be able to be sluggish to nourish, and contain renowned a garlic odor impending from them [33]. If elder than not required doses of garlic are in make use of with anticoagulant medication, this can demonstrate the way to a high danger of hemorrhage [34]. Garlic may act together with Warfarin, Antiplatelets, Saquinavir, Antihypertensive, Calcium channel blockers, Quinolone relations of antibiotics example Ciprofloxacin, and Hypoglycemic drugs, as well as additional medication. Excess doses of garlic can cause toxicity, including anemia and gastrointestinal problems. High doses of garlic powder (200 mg/kg) caused considerable cell injury in rat liver which was not observed at lower doses [35]. The toxic effects of garlic may be appreciably reduced at lower concentrations. Oral dosages recommended to promote health in adults are 4 g (1-2 cloves) of raw garlic per day, one-300 mg dried garlic tablet (standardized to 1-3% allin or 0.6% alliin) [36].
Conclusion

Garlic (Allium sativum) is in the middle of the most significant bulb vegetable which is old as spice and flavor agent for foods and is a fundamental component in many or most dishes of an assortment of country in the earth counting Ethiopia. Clove is the most normally used part; foliage and plants are also sometimes eaten [37-43]. The flavor varies in intensity and aroma with the different cooking methods. It is frequently balancing with onion, tomato, or ginger and be hypothetical to be in use raw, boiled or mixing with honey, meat, cheese, butter and with milk or with coffee. It should be chopped and allowable to sit for 10-15 minutes before cooking to stabilize beneficial compounds. Garlic has been second-hand for centuries to fight communicable diseases and varieties of non-infectious disease including pest control mechanism [44-53]. It has natural fungicidal and pesticides properties. It has antimicrobial action alongside many species of microorganisms, viruses, parasites, protozoan and also lower blood weight, prevent blood clot, contains anti-tumor properties, increase the dissimilar to scheme to brawl off possible sickness, reduce stress, and discontinue some form of cancer, caress and viral infection [54-62]. It is damaged in the deed of malaria, eczema; snake bite, swellings back pain, and hemorrhoids. Garlic has also spiritual and religious use. It protect against physical and psychic vampirism. Despite its importance it has adverse effects like pungent smell, reflected in both breath and body odours, allergic reaction might cause burn and contact dermatitis, and may interact with anti-clotting drugs [63-69].

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