

Garlic Onion and Study of Its Useful Properties

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Annotation: In the article the information on the components of garlic onions and the properties of them have a positive effect on the organism mentioned

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Garlic-*Allium sativum* is a kind of herbaceous plant of the family of onions, belonging to the category of onions, two and perennial, is a vegetable crop. Homeland-Central Asia. Onions are rubbed with a crust, inside there will be slices of Onions up to 7-30 pieces. It is used in food, medicine, veterinary medicine, as well as in vegetable consulting. Those who like garlic onions best are Italian and Korean. Their population head number is about 8-12 pieces of garlic onions, daily consumption.

Scientific research conducted by scientists has revealed that the use of a number of products as food during a healthy lifestyle, eliminating the development of milk and prostate glands, as well as other types of cancer tissue in the body, is the cause of weight loss. Such products distinguish 5 of the most basic of them from the inside. The fact that these products should be present in every day ovkat ration of people, scientists from England also noted.

In the first row of the list, garlic is scrolled onions. Garlic contains allisin allilsulfides in the composition of onions, which have an effect on the onkogen poisonous substances, ensuring its excretion from the body. Further in the composition of the dish is the presence of a sulfur substance, oncological disease affects the oxidation of chokers and the corresponding to free radicals. A similar feature is also found in red onions. On the second line of the list found its own proof that there are tomatoes, then berries, on the fourth line fungi, and on the last Fifth Line parsley Greens.

Garlic is a plant that grows in nature, which is characteristic of onions. Until now, more than 15 thousand studies and tests have been conducted on the study of its properties. As a result, it has been proven that it interacts with people for three main reasons that lead to their death. These are cancer, obligated and cardiovascular diseases.

Garlic onions contain a lot of sugar and proteins. It also contains Ca, Mn, P, Se, vitamins C, B1, B6. Garlic has a strong taste and smell

in onions, since it contains a lot of essential oils and phytoncides. Garlic has a saturation of 149 kcal. Nutritional value: protein-6.5 g, fat -0.5 g, carbohydrates-29.9 g.

One of its main acting agents is allisin, which is a powerful antioxidant, which prevents the activity of free radicals from being enveloped. Garlic thus discards dressing bad tissues and tumors, and they limit the dispersion and stops. In order for cancer to occur in the processes of division and proliferation (metastasis) of tissues, it is necessary to constantly find them ozuka. And the substance allisin, which is contained in garlic, causes swollen hairs to starve. As a result, the process of spread of cancer tissue is blocked. A similar allergy has a strong anti-bacterial effect on bulib, which helps to eliminate a large number of infections.

Quartetin and sulfur compounds are also present in the composition of garlic bulib, these compounds also influence the property of allisin in the body kuchaytiradi. According to scientists from the American Institute, the content of garlic in onions, the division of the substance of quartet, inhibits the growth of malignant tumors that occur in the large intestine, as well as in the stomach and bladder in the body. The presence in the sulfur compounds of the property of crossing the barrier of hematopoietic encephalitis, it is also possible to cope with the ovarian of the brain. With the fact that quartetin excretes the substance of cholestyryn from the body, exceeding the norm, mining strengthens the vascular wall. Garlic also contains a dialydisulfide substance in the composition of onions, which neutralizes the action of microbes, which call for a strong disease. Due to this feature, it is recommended as an effective prophylactic agent in cancer of the lungs, intestines and skin.

Mineral substance selenium is also present in the composition of garlic onions. Experts believe that it will limit the arrival of mining on the USMS, block it and stop its growth. Selenium prevents the jarring of DNA chromosomes in the chemo-therapeutic treatment, which protects the body from the negative effects of them. Selenium also has a strong antioxidant property. It protects against the oxidation of cholesterol and its accumulation in the walls of mining vessels. Selenium is constantly absorbed into the body, shortening the occurrence of cumbersome weight gain, various infarcts and strokes.

Tryptophan is also contained in garlic onions, which causes the formation of serotonin in the body, and then melatonin. This substance is excreted mainly by the pineal gland, and it is a powerful excretory agent against free radicals.

Since garlic has the property of preventing and treating 13 types of oncological diseases. These include catarrhal: myeloid leukemia; lymphoblastic leukemia; leukemia; pancreatic cancer; colon cancer; mammary gland cancer; endometrial cancer; cervical cancer; liver cancer; oshkozona cancer; osteosarcoma; melanoma; lymphoma.

It is effective in the prevention and treatment of the following cardiovascular diseases: tiradi a decrease in arterial blood pressure, eliminates blood clotting, inhibits the formation of atherosclerosis, tiradi a decrease in the amount of plaques in the myocardium, mustahkam strengthens the heart muscles, kengaytiradi slows the oxidation of blood vessels, bartaraf eliminates inflammation of blood vessels.

At the moment, industry experts recommend eating 4-5 pieces of garlic onions per day, so that there are no negative cases indicated above.

Also garlic eliminates infections of 14 types of onions.

1. Yellow colored Staphylococcus
2. Streptococcus from the "V" Group
3. Mycobacterium tuberculosis
4. Blue pus stick
5. Klebsiella infection
6. Cytomegalovirus infection
7. AIDS (increased immune deficiency syndrome)
8. Xelikobakter pilor
9. Opportunist
10. Aphthous stomatitis
11. Candida
12. Classridine
13. Plague
14. Viral infection

Currently, it is found that garlic has the property of treating about 167 diseases in onions. As a powerful anti-inflammatory agent, it is recommended in the following cases. In particular: heals skin infections (fungal disease); dilutes the blood; tiradi; the presence of vitamin B6 in its composition, strengthens the immune system; protects the heart and vessels, myocardial infarction and atherosclerosis; lowers the amount of cholesterol; lowers blood pressure; eliminates itching in the larynx of allergies, rashes and insects; is a cure for respiratory diseases; in diabetes there will be help; removes the packaging and bone in the leg; prevents cancer; leaves the toothache; has a laxative property; leaves pain in arthritis, joints; increases the weight of the child in the mother's blood; has a beneficial effect on the thyroid gland, since iodine is contained in the composition; has an anti-fungal (in the genital tract) effect [1-5].

In folk medicine, against cancer, the following recipes are recommended.

1-recipe: garlic and honey, karshi with oncological diseases -200 gr of garlic finely chop the onion juice, mix with 0.5 kg of honey and put it on the fire, boil the mixture in a water bath, for 40 minutes. After that, the foam on the face is removed, rinsed and consumed. It is recommended to take such a honey boil, daily from 1 tablespoon, 3 times. The mixture should be kept in the dark.

2-recipe: garlic onion nastoyka against cancer

Garlic in the amount of -100 gr is poured into onion juice, 1 l white wine. The mixture is brewed for 2 weeks and mixed from time to time, then cut 2 head of garlic into nastoyka and again stored for 10 days. After that, nastoyka can be filtered and drunk from 50 gr, 2 times a day. It is necessary to take it after eating.

3-recipe: against the duck and oral cancer, a mixture of garlic and peach oil

-1 kg of garlic is taken, grinded and stored in a container 30 minutes. This leads to the fact that garlic decomposes onion juice. Then, from the bottom of the mixture, 0.5 kg is separated and added to it 1 liter of peach oil, after which the container is closed and left to taste for 2 weeks. It is stirred from time to time. The mixture is passed through a several-layer marli strainer and given to consumption. Such ointment mixture should be absorbed in the mouth for 10-15 minutes, the product should not be swallowed. After the oil is absorbed in the mouth, the rest is spit out and the mouth is rinsed with water.

4-recipe: garlic onion alcoholic nastoyka against milk ragout.

-0.5 liters, in a 60% alcohol solution, in the amount of 2 tablespoons, garlic is removed finely chopped onions. Again, it is added to the mixture in the amount of 1 teaspoon of tea grass, baymodaron flowers, Hawthorn and cuttings. The mixture is infused for 2 weeks and then leaked. From such a nastoyka take 2 tablespoons, mix in a glass of water and drink it throughout the day, infrequently.

5-recipe: anti-cancer garlic with onion and lemon apply together

-in the preparation of such a mixture, garlic is taken in equal parts: onions, lemons, carrots, beets, juices (syrops), honey and "Kagor" wine are added to it. Mix it is stored in a jar, in a refrigerator. After eating, drink 1 tablespoon 3 times a day.

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