

HEALING GARLIC OIL

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Abstract. This article describes garlic oil, its medicinal properties and uses. For centuries, garlic has been a cure for many ailments. Even Pythagoras - the famous scientist of antiquity - called garlic "the king of spices." Modern science has conducted a huge amount of research on the root crop and confirmed its unique properties.

Keywords: garlic oil, infections, gastroenterocolitis, urolithiasis.

Garlic not only gives dishes a spicy taste, but is also a component of many medicinal recipes. Garlic-based oil is recognized as one of the most effective methods of treating the body. How to properly apply garlic oil, the benefits of which are confirmed by modern research and centuries of experience of generations.

Garlic oil is any vegetable oil infused with garlic (most often olive or sunflower oil is used). The root vegetable itself contains too little fat to be made into vegetable oil. Garlic oil can be prepared by yourself or you can buy a ready-made product in the form of capsules. It has been successfully used in parasitic diseases; prevents the reproduction of pathogenic microbes in the body; restores the intestinal microflora, relieving dysbacteriosis, intestinal infections, gastroenterocolitis, constipation; cleanses blood vessels from cholesterol formations; has a diuretic effect, prevents the development of urolithiasis; improves blood composition; stimulates the formation of new red blood cells; effective for inflamed joints, arthritis, osteochondrosis, sciatica; used for the prevention and treatment of colds and viral infections; cures skin diseases, eliminates acne and allergic rash; stimulates appetite, helps with a breakdown; heals abrasions, small burns, cracks and insect bites, accelerating regeneration processes; strengthens hair follicles, eliminates increased brittleness and dryness of hair.

Garlic oil is successfully used in the treatment and prevention of cancer. Garlic contains special biologically active substances - phytoncides. They inhibit cancer cells, thereby preventing the formation of tumors.

Garlic-based oil is indicated for the treatment and prevention of many ailments, and is widely used in traditional medicine and cosmetology. Taking oil tincture is very useful in recovering from injuries, during times of stress, when the body is subjected to high physical and mental stress.

Garlic oil is an effective prevention of thrombosis, atherosclerosis, diseases of the respiratory organs, diseases of the male genitourinary system. Garlic increases the body's resistance to infections, activates working capacity, improves physical indicators of strength and endurance.

The oil not only has a general strengthening effect on the body, but also has a beneficial effect on the health of the heart and blood vessels. The unique properties of garlic include the ability to dilate blood vessels and increase the amplitude of heart contractions. It has been confirmed that regular intake of garlic oil eliminates cerebrovascular spasms and heart spasms.

By adding garlic oil to the diet, you can get rid of cholesterol deposits on the walls of blood vessels. The biochemical composition of garlic contains the achoene element, which inhibits the growth of plaques on the walls of blood vessels and stabilizes blood pressure.

Garlic oil is an excellent prevention of thrombosis. Scientists have proven that taking garlic inhibits the process of active aggregation of erythrocytes, i.e. thrombus formation. The reason for this is sulfur-containing microcomponents, which are very rich in medicinal root crops. They increase fibrolithin activity, and are also responsible for the resorption of intravascular thrombi.

References

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