

Garlic or Lasuna

Latin Names: Allium Sativam

English Name: Garlic

Sanskrit / Indian Name: Lasuna



Cure for: Traditionally garlic is used for asthma and bronchitis. It contains allyl propyl disulphide, diallyl disulphide and few sulphur compounds which are supposed to have inhaling properties and thus help in liquefying accumulated cough in chest.

Garlic is also good for heart and it is believed that it maintains toning of cardiac muscles.

It is a good appetite stimulator, vigor and strength donor and metabolism improver. Recent studies suggest that garlic also has some properties which help in reducing high blood pressure.