

AYURVEDA *of* GARLIC



25 ULTIMATE Uses of Garlic
You **Wish** You Knew

Advait

‘Ayurveda of Garlic’

**25 Ultimate Uses of Garlic You
Wish You Knew.**

By

Advait

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For The Non-Believers.

This section is for those who do not believe in Ayurveda and Ayurvedic remedies. Here are some historic references of the power of Garlic.

#1 Raw Garlic was an important part of the monthly food ration given to the Pyramid builders of ancient Egypt. Those workers even went on a strike in demand of increased quantities of Garlic.

#2 The Vikings had considerable amounts of Garlic packed with them before setting out for their sea Voyages.

#3 The Old Testament notes that the children of Israel constantly complained that they were not given any Garlic when they set out for long journeys.

#4 Records show that Garlic was used as a Medicine by The Chinese, Greeks and The Romans as early as 3000 B.C.

#5 British doctors used a diluted juice of Garlic to treat the wounds of their soldiers during the First World War, and in the Second World War, Russians followed suit. They also introduced Garlic in the Diet of their soldiers to support healing internally.

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Before We Begin...

Before you read about the ultimate uses of Garlic, I recommend you take a quick, ***Nutrition and Health Awareness Test***.

It will take only a minute.

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If your score is...

8 and above – *Congratulations!! You know quite a bit about nutrition, you take good care of yourself and fall ill less frequently, and now you will know how Garlic can keep you healthy.*

6 to 7 – *Not bad...You too are well aware of how nutrition is related to Health, and it reflects from your choice of reading this book.*

Less than 6 – *Not acceptable...but you have taken a positive step by deciding to read this book*

Now, let's get to the meat of the book.

Ayurvedic Anti-Biotic

Ayurveda refers to Garlic as a High Grade Anti-Biotic.

Ayurveda advises to use Garlic as an Anti-Biotic externally as well as internally. During ancient times a diluted juice of Garlic was used to treat wounds externally and also the diet of an injured person was made rich in Garlic as it healed the wounds considerably faster.

This anti-biotic property of Garlic also stimulates cell growth and has a rejuvenating effect on all bodily functions.

Ayurvedic Anti-Bacterial and Anti-Fungal agent.

Ayurveda recommends having cloves of Garlic in adequate quantities at home, and the reason provided is the superior anti-bacterial and anti-fungal property of Garlic.

Ayurveda recommends having good quantity of Garlic in our diet as the anti-bacterial properties of Garlic make it an excellent blood purifier.

Also a recent study has shown that the juice of Garlic proved extremely useful in treating various fungal diseases and was found to be a powerful anti bacterial against Staphylococcus and E. Coli.

Garlic: The Ultimate Healer

In Ayurveda Garlic is mentioned as a Miracle Healer for various ailments, there are some common ailments like cold and some complicated ones like arteriosclerosis, this proves can Garlic can work wonders.

#1 Hypertension (High Blood Pressure)

Garlic works like a charm in cases of Hypertension. Just a slight increase in consumption of Garlic induces considerable improvements in cases of hypertension.

In the case of Hypertension Garlic can be taken directly as a raw clove or the amount of Garlic used while preparing food can be increased while cooking patient's meals.

Garlic helps in Hypertension since it has a direct dilating effect on blood vessels.

A few Ayurveda practitioners have reported that increased consumptions of Garlic for a week reduce the blood pressure in a Hypertension patient by 25-35 units.

#2. Arteriosclerosis and Heart Disease.

Arteriosclerosis is the hardening of inner walls of our blood vessels and is the major cause of heart diseases as this condition puts an additional pressure on the heart leading to further complications.

Garlic has certain properties that prevent plaque formation in arteries thus preventing arteriosclerosis, to induce this effect,

Garlic should be eaten raw,

Or,

Should be used as an ingredient in our food,

Or,

Garlic oil should be consumed as an ingredient of our food.

Note: *The best thing Known to Science that reduces Blood Cholesterol levels is Garlic.*

#3. Anemia

Garlic oil or Garlic in cooked form as an ingredient in our food is extremely helpful in treating Anemia. Garlic is especially helpful in treating chronic Anemia in women.

Various recent studies state that certain chemicals present in Garlic increase the red blood cells in the human body as well as they increase the oxygen carrying capacity of our blood by increasing the levels of hemoglobin.

Please note: it is explicitly stated in Ayurveda that, to cure Anemia the Garlic should be used in **cooked form** or the **oil of Garlic** should be used, but, an excessively large consumption of raw Garlic can induce Anemia.

#4. Rheumatic Diseases (Arthritis)

It is stated in Ayurveda that Garlic has good Anti-Inflammatory properties, making it extremely useful in curing Arthritis.

Along with other allopathic Medicines, slightly increasing the consumption of Garlic leads to an accelerated healing of Arthritis and it also helps a lot in relieving pain.

#5. Diabetes

Ayurveda classifies Garlic as one of the very few, completely natural and organic products that are extremely effective in treating cases of high blood sugar (Diabetes).

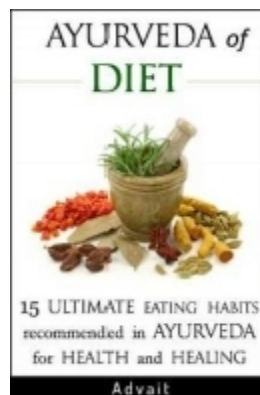
It is stated in Ayurveda that, drinking a blend of Garlic Juice and Onion Juice immediately reduces high blood sugar levels.

The next use of Garlic is even more surprising...

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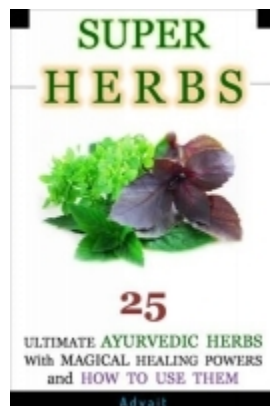
On Ayurvedic Healing Techniques

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#6. Hypoglycemia (Low Blood Sugar Levels)

Yes...Believe it or not, Garlic is extremely effective in treatment of Low Blood Sugar Levels.

Ayurveda regards Garlic as an excellent Sugar Regulating ingredient which normalizes both high and low blood sugar level.

In case of low blood sugar levels Garlic should be consumed in a cooked form as an ingredient of our meals.

#7. Food Poisoning

As seen in case of Hypoglycemia, we have seen that Garlic works as a Blood Sugar regulating factor along with this it also improves general metabolism and it stimulates Liver functions and as we have already seen that it dilates blood vessels.

All these properties coupled together make Garlic an excellent natural detoxifier.

Thus it is stated in Ayurveda that consumption of Garlic is sort of a first aid in curing food poisoning.

#8. Food Allergies

Not a sure shot cure, but, it is stated by various Ayurvedic practitioners that consumption of Garlic strengthens the body's defenses against various food allergens.

If you have certain food allergies, a regular consumption of Garlic through your diet can reduce the severity of your allergic reactions and in some cases completely terminate your allergies.

#9. Anti-Coagulant

Ayurveda also classifies Garlic as an excellent anti-coagulant, thus making Garlic an excellent first aid in cases where blood thinning is required such as in case of internal bleeding.

Also, in cases of arterial blood clotting, using garlic in cooked form along with regular medicine helps the patient in dissolving the internal blood clot, naturally.

#10. Eye Burns

In case of eye Burns, Ayurveda recommends a mixture of Garlic Oil and Onion Juice to be applied.

This Mixture works as a coolant as well as an anti-bacterial agent.

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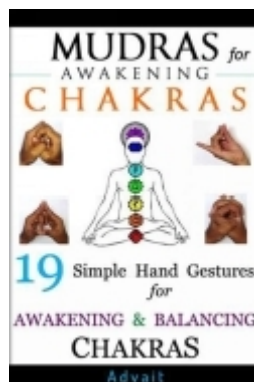
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#11. White Spots (Leukoplakia)

White spots developed inside the oral cavity and on the inner side of the lips are cured with Garlic.

It is recommended in Ayurveda that the paste of Garlic is to be applied to the affected area of the mouth and then covered with cotton or a clean piece of cloth for 1 to 2 hrs and then the process is to be repeated for 5 – 6 times a day till cured.

#12. Mouth Ulcers

Garlic can be used to cure Mouth Ulcers in a similar way that it is used to cure Leukoplakia.

Paste of Garlic is to be applied to the affected area of the mouth and inner part of the lips, then covered with cotton or a clean piece of cloth for 1 to 2 hrs and then the process is to be repeated for 5 – 6 times a day till cured.

#13. Upset Stomach

Ayurveda states that Garlic has a very soothing effect on our digestive system.

When consumed Garlic acts as a relaxant and sedative for our stomach and intestines. This relaxation effect takes place after the primary process of digestion is completed, thus giving our stomach and intestines a much needed rest.

Hence, in case of an upset stomach, increase the consumption of cooked Garlic in your diet, this will help the stomach in healing faster.

#14. Gastro-intestinal Disorders

Along with soothing the stomach, Garlic also has certain constituents which aid the body in proper digestion of food and further help with proper absorption of the digested nutrients.

Hence in case of Gastro-Intestinal disorders the quantity of Garlic consumed should be increased, as it will help aid the body in healing faster.

#15. Constipation

According to Ayurveda,

Garlic + Onion + Green and Leafy Vegetables = No Constipation.

Hence, a small amount of raw Garlic or Garlic Oil, and raw Onion should be added in your salad on a regular basis and you will never be constipated again.

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#16. Indigestion and Gases

Certain chemical constituents of Garlic stimulate peristaltic movement of the intestinal walls, thus inducing better bowel action which further aids in digestion.

Ayurveda states that, Garlic when consumed regularly, changes our Intestinal Flora, and makes it most suitable for digestion based on our eating habits, i.e. it reduces the harmful intestinal bacteria's, which cause putrefaction and increases the quantity of useful intestinal bacteria, depending upon the food we eat.

Garlic literally builds a Customized Digestive System for us based on our eating habits...Truly a Miracle Ingredient.

#17. Intestinal Worms

In Ayurveda Garlic is the foremost cure for Intestinal worms.

In case of Intestinal worms, eating Raw Garlic or using Garlic Oil in your cooking, works like charm.

Garlic has an excellent penetration quality, to demonstrate, if your kid has intestinal worms but he/she does not like the taste of Garlic, place a clove of garlic in his/her shoe.

Yes! Shoe!! As the child walks, the Garlic is crushed releasing the essential oils which are absorbed by the skin and carried by the blood into the intestines.

#18. Athlete's Foot

We have already discussed the Anti-Fungal properties of Garlic, a variety of fungal infections including Athlete's Foot can be easily cured using Garlic.

In such cases Garlic should be consumed raw or Garlic Oil should be used in cooking and Garlic Oil should also be applied to the affected part for faster results.

#19. Common Cold

One most common disease which does not have a specific cure is the common cold.

But, Ayurveda lists Garlic as the most versatile cure for any type of cold. Garlic should be consumed in raw form to have an immediate effect and the quantity of Garlic used in cooking should be temporarily increased to cure the Cold.

#20. Avoiding Sore Throat

Here's a neat trick...

To arrest an approaching Sore-Throat kind of cold, cut a clove of Garlic in half and keep both the halves in your mouth for 1-2 hrs, you will not have a Sore-Throat.

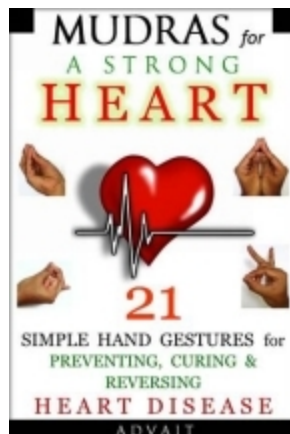
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#21. Anti-Carcinogenic

Ayurveda also classifies Garlic as a very effective Anti-Carcinogenic.

Want to stay away from Cancer, stay close to Garlic...

Make Garlic an important part of your daily diet raw, oil or cooked.

Recent studies have shown that those who consume Garlic on a regular basis have a very low chance of getting Cancer than those who do not.

#22. Pimples

Ayurveda states that, if the Pimples that you have are rubbed with a clove of Garlic, several times a day, the pimples vanish without any scars.

Note that, Pimples are caused due to impure blood, hence along with rubbing the clove of Garlic, consuming raw Garlic and cooked Garlic purifies blood and helps eradicate the Acne and Pimple problem completely.

#23. Black Spots

The black spots and blemishes on our face resulting as the aftermath of Pimples and Acne can be completely eliminated by using Garlic.

Consume one and a half clove of Garlic with warm water early in the morning.

Also, to maintain a natural glow of your skin include Garlic in your diet regularly, as it acts as a blood purifier and detox agent providing our skin a natural glow.

#24. Ageing and Wrinkles

Ayurveda classifies Garlic as a high level Anti-Oxidant.

I won't go in much detail, but understand that the free radicals produced in our body are harmful to the body itself and they cause us to age,

Also, the collagen that makes up our skin loses its elasticity as we age owing to these free radicals.

And, Anti-Oxidants are those elements which kill or neutralize the free radicals, thus slowing up the ageing process and resulting in a wrinkle free skin for a longer time.

Consuming Garlic on a regular basis provides us with the much needed Anti-Oxidants.

#25. Health of The Foetus

Ayurveda recommends a Garlic rich diet for a pregnant lady as it helps in maintaining the foetus healthy.

Also if the development of a foetus isn't adequate in the mother's womb then it is recommended that, the mother should consume a Garlic rich diet till the baby is born as the consumption of Garlic boosts the weight of the baby growing inside the mother's womb.

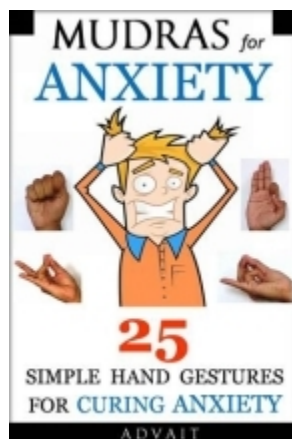
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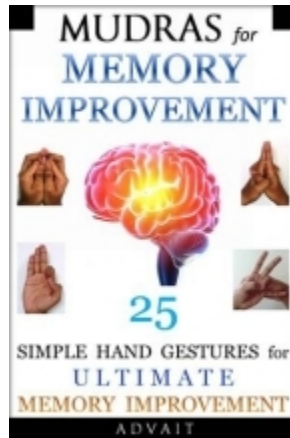
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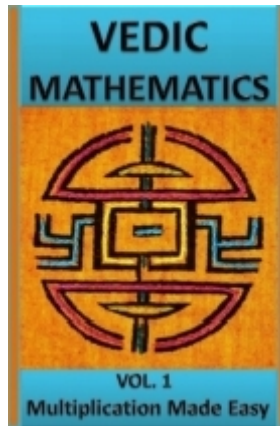
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To take the test, [Click Here](#)

If your score is...

8 and above – *Congratulations!! You know quite a bit about nutrition, you take good care of yourself and fall ill less frequently, and now you know how Garlic can keep you healthy.*

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