



GARLIC (*Allium sativum*)

FACT SHEET 32



Garlic is the active ingredient in Denes Garlic Tablets

Introduction

Although garlic probably originates from India or Central Asia, it was introduced into this country by the Romans. Garlic has since become one of the best known of all herbs. Its name is derived from the Anglo Saxon word "garleac" meaning spear and the word "leac" meaning leek, supposedly referring to garlic resembling a leek with spearheads like cloves.

Garlic is one of the few herbs to have gained universal recognition and use in both the medicinal and culinary spheres. It was used as a food by the Egyptians and during the first and second world wars, garlic was applied to infected wounds to help stop the spread of germs and to stop gangrene from developing. Garlic is also one of the herbs to have been extensively researched. Using modern analytical methods it has been possible to find out why this remedy is so effective in resolving many common ailments.

It is the bulb, which is comprised of individual cloves, that is used medicinally and which contains a compound known as alliin. This substance is broken down when the bulb or cloves are either disrupted or broken, to form a pungent compound known as allicin. This is the main active medicinal component. As well as alliin, garlic also contains a potent essential oil, a gloopy substance known as mucilage and various amino acids and vitamins.

How Garlic can help

- Garlic has an antiseptic action and can help ward off infections. It can also assist the body in fighting off existing problems as well as supporting the immune system.

- The pungent volatile oil in garlic is one of the major constituents and contains a substance known as alliin. This has marked antibacterial, anti-viral and anti-fungal activity which can be put to good use both internally and externally in dealing with common health problems. Garlic is particularly good in helping with skin conditions such as dermatitis, eczema and ringworm.
- Garlic can assist the digestion by promoting the flow of bile and by helping to support the natural bacteria present in the bowel. One of the other actions of garlic is to help prevent the growth of potentially harmful gut bacteria, particularly those which are responsible for causing digestive problems such as vomiting and diarrhoea. Garlic also has a mild antispasmodic (pain relieving) effect and can help reduce the discomfort associated with mild indigestion. If there is a build up of gas in the tummy (which can also cause tummy discomfort), garlic can help by dispelling the gas and easing any pain.
- One of the more recent findings is that garlic can help reduce blood pressure when given over a period of time. This is a useful property that can be put to use in helping dogs with cardiac problems and cats with kidney disease where raised blood pressure can lead to renal damage.
- One of the most important roles of garlic is in dealing with accumulations of catarrh and mucus. This is an important property and can be employed in treating conditions such as sinusitis, rhinitis and respiratory infections where catarrh is a feature. The pungent volatile oil present in garlic is for the most part excreted through the lungs and the rest of the respiratory tract, making garlic an excellent remedy for treating respiratory problems in general, including bronchitis, emphysema, and viral or bacterial infections such as cat flu and kennel cough. It is also useful in treating some forms of allergic-based respiratory conditions, such as feline asthma, and allergy-based bronchitis in dogs.
- Garlic has been shown to help reduce blood cholesterol levels. This is useful in dealing with some forms of liver disease where raised cholesterol levels can interfere with liver function. Garlic can also help lower blood glucose levels and can be used in the management of diabetes.

Indications for using Garlic

- Bacterial, viral and fungal infections
- Respiratory conditions such as asthma, sinusitis, rhinitis, bronchitis and catarrh
- To deter parasites including fleas and worms
- To support the growth of the normal gut flora
- To suppress the growth of potentially harmful gut bacteria
- To support the immune system
- In the management of diabetes, heart, liver and kidney conditions

How Denes can help

As one of our licensed herbal medicines, **Denes Garlic Tablets** can be given on a regular basis to support the immune system and to help maintain general good health. **Denes Garlic Tablets** can also be used to deter parasites and to help treat common skin, digestive and respiratory problems.

For external use, **Denes Liquid Garlic** can be applied locally to help clean wounds and minor abrasions. Liquid Garlic can also be combed through the coat to ward off fleas and diluted with water to clean the teeth and gums.



Denes Garlic Tablets

Available in packs of 50, 100 and 400 tablets

Animals from 5 months of age can be given the recommended dose (see the container) and those between two and five months of age should be given half the recommended dosage.



Denes Liquid Garlic

Available in 100ml pump action spray bottles.

Other useful fact sheets to read include:

- Fleas and your pet
- Allergies Fact sheet

If you have any queries concerning your pet's health or feeding problems, you can contact us for free pet care advice by:

- Visiting our website www.denes.com
- Emailing us at info@denes.com
- Calling us on **01273 325364** Mon-Fri, 9am – 12Noon
- Writing to us at:
Denes Natural Pet Care Ltd
2 Osmond Road
Hove, East Sussex BN3 1TE