

FlexiPrep

Benefits of Garlic: Introduction to Garlic, Growth and Conditions (For CBSE, ICSE, IAS, NET, NRA 2022)

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Introduction to Garlic

- Garlic or *Allium sativum* is a species of the genus *Allium*.
- It is an herb which is grown throughout the world.
- The close relatives include the onion, shallot, leek, chive, and Chinese onion.
- Garlic was known to the ancient Egyptians and has been used as a food flavoring in cooking and as a traditional medicine.
- It is widely grown in Central Asia and Iran.
- A chemical allicin produced by Garlic gives it a strong smell.
- It also contains many cloves with an average height and diameter of 2 inches.
- Central Asia is the main center of garlic biodiversity with at least 120 cultivars originating.

Growth and Conditions

- Garlic grows under low temperatures.
- Temperate climates are ideal for growth.
- Well drained loamy soil is suitable.
- Ideal months for plantation are August to November.
- They are harvested within 4 to 5 months and the bulbs are then dried to increase their shelf life.



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Types of Garlic



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Soft Neck Garlic

- This garlic has soft skin and a creamy white colour.
- It can be easily found in the market and is also the most common type of garlic.

Silver Garlic

This garlic contains a pink tint on its outer sheath with a very pungent aroma.



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Artichoke Garlic

It contains a large and fewer cloves with a mild Flavour.



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Hard Neck Garlic

It consists of a purple outer sheath with a hard, woody stalk.



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Benefits of Garlic

- It helps in stabilizing the blood pressure.
- It helps in lowering cholesterol.
- It further reduces the Risk of Cardiovascular Diseases.
- It may also improve bone health.
- Helps in the regulation of blood sugar.
- It relieves Intestinal Ailments.
- It helps in detoxifying heavy metals in the body.
- It strengthens the immune system of the body.

Subspecies and Varieties

A. Sativum Var. Ophioscorodon (Link) Doll

- This is called as Ophioscorodon, or hard-necked garlic.
- This includes porcelain garlicks, rocambole garlic and purple stripe garlicks.
- It may also be a separate species, Allium Ophioscorodon G. Don.

A. Sativum Var. Sativum, or Soft-Necked Garlic

This includes artichoke garlic, silver skin garlic and creole garlic.

FAQs

Q 1. What are the three types of garlic?

Answer:

Soft neck garlic, Hard neck garlic, Silver garlic and Artichoke garlic are the four types of garlic.

Q 2. What are the bad effects of garlic?

Answer:

Some of the bad effects of garlic are:

- i) Garlic can cause bad breath.
- ii) It can cause a burning sensation in the mouth and the stomach.
- iii) It may also lead to heartburn, gas, nausea, vomiting, body odour, and diarrhea.

Q 3. How much garlic one should take in a day?

Answer:

A normal dose of 600 to 1,200 mg per day is preferred.

Q 4. How does garlic help in detoxifying the heavy metals in the body.

Answer:

The Sulphur compounds present in garlic protect the body against heavy metal toxicity.

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