

ALLIUM SATIVUM L. (GARLIC) - POTENTIAL ELIXIR OF LIFE

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Abstract : Garlic, botanically *Allium sativum* L. (family Alliaceae) is one of the oldest known horticultural crops. It is a multi-purpose herb relished as a flavouring agent around the world. No other herb has served as many culinary and medicinal purposes in as many cultures as garlic. Nature has also showered its benevolence on it by ingeniously packing a chemical factory in it. By virtue of these active principles, garlic seems to have the potential to cure almost every disease. This paper is an attempt to consolidate unsurpassed medicinal promises offered by garlic.

Keywords : *Allium sativum*, Chemical, Food, Health, Spice

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