



Cardio-Protective Effect of Allicin in the Treatment of Hypertension: Home to Medicine

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ABSTRACT: Allicin (*Allium sativum*) the most commonly used food constituents is when chopped or crushed release allin in the presence of enzymes Allinase, by losing one molecule of water and forms an active chemical constituent, Allicin. It acts as ACE inhibitor by relaxing the endothelial cells of the heart through release of nitrous oxide formation and finally decreases the peripheral resistance of heart result anti-hypertensive effect. It also reduces the oxidative stress level in hypertensive rats which also proves that it has as anti-hypertensive activity. It has various other mechanisms that reduces hypertension in humans. © 2019 iGlobal Research and Publishing Foundation. All rights reserved.

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