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## Garlic

*Therapeutic action:* Alterative, stimulant, diaphoretic, (sudorific), diuretic, expectorant, antispasmodic, antiseptic, disinfectant, tonic, nervine, cathartic, emmenagogue, carminative, anthelmintic (vermicide), rubefacient vulnerary, antivenomous, rubefacient, antisyphilitic, condiment, anti-catarrhal, digestant.

Garlic's medicinal value is largely in its being a highly volatile essential oil, so precautionary care should be taken in its preparation. Anciently it was used in both healing and nutrition, as it was known to possess a great resource for physical strength and energy. It is a valuable nervine tonic, and is especially useful in lowering hypertension. It is an equalizer of blood circulation, and it is a useful expectorant for all respiratory affections and infections. It has a special affinity for the respiratory tract and beneficially influencing bronchial secretions, though it rapidly diffuses throughout the whole system. The odor is so readily diffusible that when the juice, oil, or other form is applied to the soles of the feet, in seconds it is exhaled by the lungs and detected on the breath. Garlic stimulates the gastric juices and has active carminative properties to correct any fermentive and gaseous conditions in the stomach. It is effective in arresting intestinal putrefaction and infection, while stimulating the healthful growth of the "friendly bacteria." According to one investigator, the oil is composed of sulfides and disulfides which halt the accelerated harmful effects while not harming the healthful organisms. The garlic oil is reportedly so popular in Russian medicine that it is referred to as "Russian penicillin," and the hospitals and clinics use the volatile garlic extracts almost exclusively in the form of vapors and inhalants. The use of garlic as an antiseptic and vulnerary during World War I was sensational; and wherever there is pus, it is a safe and certain remedy. Its anthelmintic properties and action is deadly to round-and pin worms. It also appears to be a powerful agent against tumor formation.

*Medicinal uses:* Tuberculosis, asthma, bronchitis, skin diseases, stomach ulcers, leg ulcers, athlete's foot, boils, abscesses, epilepsy, worms, high blood pressure, low blood pressure, pimples, carbuncles, tumors, kidney disease, poisonous bites and stings, indigestion, catarrh, pneumonia, earache, infantile convulsions, leprosy, psoriasis, smallpox, intestinal disorders (chronic colitis), respiratory affections and infections, dropsy, sounds, aging, insect repellent, fevers, nervous and spasmodic coughs, hoarseness, whooping cough, typhus, cholera, hypertension, headaches, backaches, dizziness; vomiting, nausea, diarrhea, dysentery, dyspepsia, heart palpitation, chills, loss of weight, restlessness, diphtheria, colds, colic, pleurisy, intercostal neuralgia, dyspnea, pharyngitis, cramps, heartburn, sore throat, rhinitis (clogged and running nose), nicotine poisoning, lip and mouth diseases (ulcers, fissures, etc.), diabetes, ague, pulmonary phthisis, sciatica, hysteria, ringworm, scrofulous sores, rheumatism, inflamed eyes, eye catarrh, chapped and chafed hands, flatulence, paralysis, neuralgic pains, retention of urine (bladder weakness), heart weakness, eczema, pityriasis, cancers, swollen glands, tubercular joints, necrosis.

*Preparation:* Fresh bulb, juices, oil, syrup, tincture. Do not boil garlic juice, this will reduce its active virtues considerably. The freshly prepared juice is medicinally more effective than other diluted and preserved forms.

*Dosage:*

Fresh Bulb	1/2 -2 drams
Juice	1/2 -1 fluid dram.
Oil	Several drops-1 dessert spoonful
Syrup	1 Teaspoonful-1 dessert spoonful
Tincture	1 Tablespoonful

*Administration:* The garlic treatment generally should be continued over a period of time. When using the garlic oil, be sure to shake well before using so that the preparation is thoroughly mixed.

**Nasal**

*Rhinitis (clogged and running nose):* Apply the garlic into the nostrils, and take the garlic internally.

*Tuberculosis, whooping cough:* Inhale the vapors of the freshly expressed juice that has been diluted with equal quantities of water.

**Oral**

*Nervous and spasmodic cough, hoarseness, etc.:* Take the freshly expressed juice mixed with syrup, honey or other appropriate vehicle.

*Chronic colitis, ulcerated stomach, etc.:* Take the garlic oil internally over a period of time, 1 dessert spoonful 3-4 times daily.

*Worms:* Give 10-30 drops of the fresh juice or 1 dram of garlic syrup.

*Colds:* At the onset, place a clove of garlic on each side of the mouth between the teeth and cheek. The cold will disappear within a few hours or within a day.

*Chronic diseases of the upper respiratory tract (inflamed tonsils, salivary glands, neighboring lymph glands, pharyngitis, laryngitis, bronchitis, etc.):* Keep garlic in the mouth constantly during wakeful hours, renewing morning and evening after the cloves have absorbed the poisons; or, use another appropriate garlic preparation.

*Asthma, whooping cough, cough pneumonia, smallpox, bronchitis, dyspnea, etc.:* Where there is spasm, give 1 teaspoonful of the syrup with or without water every 15 minutes until the spasm is controlled, then give 1 teaspoonful every 2-3 hours for the rest of the day; thereafter give 1 teaspoonful of the syrup 3-4 times daily. Use the foot poultice; also, mix the freshly expressed juice with leaf lard and rub on the chest, throat, and between the shoulder blades.

*Tuberculosis, cardiac asthma, dyspnea:* Give 1 dessert spoonful-1 tablespoonful of the syrup 3-4 times daily between meals.

*Dropsy, heart disease:* See “Formulas”

*Hysteria, flatulence, sciatica:* Give an infusion of garlic in hot milk and water.

### **Skin**

*Rheumatic pains:* Rub the affected areas with the cut garlic; or massage in the garlic oil.

*Chapped and chafed hands or other parts:* Massage the garlic oil well into the affected parts.

*Earache, inflammation of the middle ear, ear disease:* Pack a small clove of garlic in gauze and place into the external ear passage; or drop 4-5 drops of oil into the ear channel, cover with flannel, and keep warm.

*Pimples:* Rub several times daily with garlic (the visible eruptions will disappear without leaving a scar, but this does not remove the cause-a purification of the skin must take place by cleansing the blood; see “Formulas”.)

*Diphtheria and quinsy:* Apply tincture of cayenne around the neck, then cover with a flannel fomentation of cayenne infusion, and drink cayenne internally.

*Wounds:* Garlic placed on the lip of unclean wounds will cleanse them in 4-5 days; grated garlic placed near the most virulent bacteria will kill them in 5 minutes.

*Skin diseases, septic wounds:* Apply the garlic tincture on lint and cover.

*Eczema, pityriasis, psoriasis, ulcers, cancers, swollen glands, tubercular joints, necrosis, etc.:* See “Formulas”.

*Lip and mouth diseases (ulcers, fissures, etc.):* Apply a paste of garlic (made by rubbing garlic in a mortar) to the affected part on a sterile gauze and retain 8-12 hours.

*Indolent tumors, ulcerated surfaces, wounds:* Apply the freshly expressed juice.

*Scrofulous sores, ringworm:* Apply a poultice of freshly-grated garlic.

*Sciatica, paralysis, neuralgic pains:* Massage garlic oil over the affected area.

*Retention of urine (due to bladder weakness):* Apply a garlic poultice on the abdominal and pubic regions.

*Athlete's foot:* Wash the parts in hot, soapy water; rinse and dry well; massage in the garlic oil 2-3 times daily. After the affection is cured, apply once a week to prevent reoccurrence.

### **Foot poultice**

Remove the outer membranes of the cloves (small sections); chop finely a sufficient quantity to cover about 1/4 inch the bottom of each foot; mix this with Vaseline or lard, saturate the feet with olive oil (this is to prevent blistering), spread on the preparation; bandage each foot with soft cloth, place in plastic bags, then cover the feet with old socks to prevent the poultice from being kicked off during the night. Remove the poultice in the morning, or retain it longer if desired.

#### *Oil of Garlic*

8 ounces                      Garlic, peeled and minced (*Allium sativum*)  
    Warm olive oil.

*Preparation:* Place the garlic in a large jar and use sufficient olive oil to completely cover the garlic; shake and allow to stand in a moderately warm place for 2-3 days; strain through unbleached muslin or cotton; bottle and keep in a cool place.

*Dosage:* A few drops-1 dessert spoonful 3-4 times daily.

#### *Tincture-syrup of garlic:*

1 pound                      Garlic cloves, peeled and minced (*Allium sativum*)  
 Equal parts                Apple cider vinegar and distilled water (sufficient to cover the garlic).

*Preparation:* Place the minced garlic into a large jar, cover with the apple cider vinegar and distilled water (or D-cell water); shake well and allow to stand for 4 hours; strain and add an equal quantity of syrup, stir and shake together; cap and keep in a cool place.

*Dosage:* 1 tablespoonful 3-4 times daily.

*Children:* 1 teaspoonful or more according to age.

#### *Tincture-syrup (glycerite) of garlic:*

1 pound                      Garlic cloves, peeled and minced or chopped (*Allium sativum*)  
 Equal parts                Apple cider vinegar and distilled water (or D-cell water), sufficient to cover the garlic.

1 pint                        Glycerine  
 3 pounds                    Pure honey

*Preparation:* Place the garlic into a wide mouth jar, cover with the vinegar and water; close, shake well together; allow to stand in a cool place for 4 days, macerating (shaking thoroughly) 1-2 times daily; add the glycerine, shake and allow to stand another day; strain with pressure and filter through muslin or thin cloth; add the honey and stir thoroughly mixed; seal the jar tightly and keep in a cool place.

*Dosage:* 1 teaspoonful-1 tablespoonful 3-4 times daily between meals.

*Uses:* Asthma, bronchitis, catarrhal conditions, ptysis, tuberculosis, coughs, dyspnea, heart weakness, internal ulcerations, etc.

*Aromatic vinegar (to cover the pungent odor and taste of garlic, aid in flatulence):*

3 ounces	Caraway or kuemmel seed, powdered (Carum carvi)
3 ounces	Fennel seed (Fenniculum officinale)
1 quart	Apple cider vinegar
1 pint	Glycerine

*Preparation:* Boil the 2 herbs slowly while closely covered for 15 minutes in the apple cider vinegar, strain and allow to cool; when cool, add the glycerine and mix in well.

*Use:* This should be used in the tincture preparations in place of the vinegar and water (and glycerine). It is much more acceptable to stomachs of persons having an antipathy to the taste and smell of garlic.

*Dropsy, heart disease:*

8 ounces	Parsley seeds, powdered (Petroselinum sativum)
2 ounces	Lily-of-the-valley root, cut or granulated (Convalleria majalis)
8 ounces	Garlic, expressed juice (Allium sativum)
8 ounces	Yellow D or brown cane sugar
1 pint	Glycerine

*Preparation:* Boil the first 2 herbs slowly for 20 minutes in 3 pints of distilled or D-cell water; strain, return to the cleansed vessel and reduce by simmering to 1 pint; set aside to cool and when warm (but not hot, add the remaining ingredients and stir in well; when cool, bottle and keep in a cool place.

*Dosage:* 1 teaspoonful-1 dessert spoonful in water as required (give the larger dosage to bring about diuresis, and so slow the heart's action and increase the tone of its contraction, then give the smaller dosage 3-4 times daily).

*Eczema, pityriasis, psoriasis, ulcers, cancers, swollen glands, tubercular joints, necrosis, etc.:*

8 ounces	Garlic, expressed juice (Allium sativum)
8 ounces	Glycerine
1 pint	Burdock seeds, strong decoction

*Preparation:* Saturate lint or cotton and apply to the affected parts; cover with plastic or waxed paper, and bandage or strap on with adhesive tape; change 2-3 times daily.

*Internal dosage:* 1 teaspoonful 3-4 times daily, until the local affections have disappeared.

*Congenial combinations:*

*Aromatics:* Garlic odor and taste can be covered effectively by adding a few drops of oil of anise (Oleum anisi - Pimpinella anisum; Illicium verum), oil of caraway (Oleum cari - Cerum carvi), oil of cinnamon (Oleum cinnamonmi - Cinnammomum zeylancum; C. loureirii), or any other aromatic oil. **B**

Courtesy: Dr. John Christopher