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Arsenic poisoning in Bangladesh

Garlic Has Been Found to Combat Arsenic Poisoning

1-3 cloves recommended daily

It may not be the choice food when going to a date (and not only), but beyond the scent, garlic is a panacea. It is rich in manganese, phosphorous, selenium, calcium, potassium, iron and copper, and also in vitamins B1, B6 and C. Garlic contains sugar, and this is more evident in cooked garlic. Garlic has heart protective effect, reducing blood pressure, thinning the blood, preventing clots, and lowering bad cholesterol. The garlic chemicals (polysulfides) make the blood vessels release hydrogen sulfide (H₂S), which relaxes them and thereby lowers the blood pressure. Selenium and manganese are involved in heart protection. The anti-inflammatory effect makes garlic effective against cold, flu and asthma. Garlic is a bacteria slayer. It can even destroy the bacterium H.pylori in the stomach, involved in the development of stomach cancer. Researches made on garlic revealed a few servings weekly decrease the risk of colon cancer. Garlic can even combat three diabetes complications: nephropathy, retinopathy and neuropathy. Allicin, a sulfur compound in garlic, even prevents weight gain. Ancient Greeks and the Egyptians regarded it as an aphrodisiac. And for good reason: improved blood circulation goes to that point. Some say garlic fights acnea and hair loss. You may not know, but besides the taste for blood, mosquitoes have another point in common with Dracula: they hate garlic. Eating a lot of garlic will keep mosquitoes away. On the windowsill, you can plant species like peppermint, garlic, or ginger. Insects won't dare enter your home. A new research published in Food and Chemical Toxicology comes with another advantage of the garlic. An investigation carried out at the Indian Institute of Chemical Biology in Kolkata revealed that garlic could help in combating arsenic poisoning, which affects millions of people in Bangladesh and West Bengal (India) because of the contamination of drinking water. The smelly vegetable could at least provide some relief. Daily, the team delivered to lab rats arsenic amounts in the water, similar to those encountered in groundwater in Bangladesh and West Bengal (India). It appeared that individuals offered garlic extracts presented 40% less arsenic in their blood and liver, and eliminated 45% more arsenic via urine. "Garlic comprises of sulphur-containing substances, which scavenge arsenic from tissues and blood," lead researcher Keya Chaudhuri told New Scientist magazine. The team points that people living in areas of risks should consume daily one to three cloves of garlic.