

ONION AND GARLIC: THEIR FUNCTIONS, ACTIVE COMPONENTS, EFFECTS, AND ROLE IN HOMOEOPATHY

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ABSTRACT

Onion (*Allium cepa*) and garlic (*Allium sativum*) are staples in both cooking and traditional medicine, well known for their remarkable healing properties. The key components like quercetin, allicin, ajoene, and various sulfur compounds, help in fight with infections, support heart health, and boost the immune system. However, in the homeopathic treatment these substances can sometimes interfere with remedies or worsen specific symptoms. This article put a ray of light on the active components of onion and garlic, how they work & and their impact on Homoeopathic treatments.

1. INTRODUCTION

From ancient era garlic and onion have been part of traditional medicine, because of their impressive medicinal benefits. They are rich in bioactive sulfur compounds that exhibit antibacterial, antifungal, and anti-inflammatory effects. Sometimes their strong

biochemical activity can also diminish the effectiveness of Homeopathic medicines or aggravate certain health problems. Some individuals may experience bloating, skin reactions, or sinus problems after consuming onion and garlic. This occurs because of their active components affect the gastrointestinal, nervous and immune systems. Understanding how they work helps clarify why they might interfere with Homoeopathic treatments.

2. Active Components of Onion and Garlic and Their Mechanisms

2.1. Active components in onion (*Allium cepa*)

1. **Quercetin** – A flavonoid that reduces inflammation and protects cells from harm.
2. **Sulfur compounds (Thiosulfinates, Sulfoxides)** – Provide antibacterial and antifungal

properties.

3. **Thiopropional S-oxide** – Causes eye irritation and stimulates nasal secretions, similar to cold symptoms.

Mechanism of action of onion

Anti-inflammatory – Quercetin blocks inflammatory pathways, reducing Swelling and Discomfort.

Antibacterial – Sulfur compounds disrupt bacterial cell membranes, helping to prevent infections.

Mucous secretion stimulation – Thiopropional S-oxide triggers a runny Nose and Tearing, mimicking symptoms of allergic rhinitis.

2.2. Active Components and Active principles in garlic (*Allium sativum*)

- i. **Allicin** – A sulfur compound known for its strong antibacterial and antifungal properties.
- ii. **Ajoene** – Works as an antifungal and helps prevent blood clots.
- iii. **Diallyl sulfides** – These compounds assist in detoxifying the body and support liver function.

Mechanism of action of garlic

Antimicrobial – Allicin breaks down bacterial cell walls and inhibits fungal growth.

Cardiovascular protection – Ajoene helps prevent excessive clotting, which promotes better circulation.

Immune modulation – Garlic boosts the activity of white blood cells, enhancing the immune response.

3. How Onion and Garlic influence homoeopathic treatment

3.1. Diminish the effectiveness of homoeopathic remedies

Due to their strong biochemical properties, onion and garlic can sometimes hinder or lessen the effectiveness of homoeopathic medicines by:

Overstimulating the nervous system, which can render remedies ineffective.

Interfering with individual sensitivity, affecting how the body responds to homoeopathic treatments.

3.2. Conditions that may worsen with onion or garlic

Condition	How Onion Affects It	How Garlic Affects It
Acid reflux & bloating	Increases stomach acid	Causes heartburn & gas
Sinus infections & allergies	Increases nasal discharge	Irritates the respiratory tract
Skin conditions (eczema, acne, rashes)	May cause itching & redness	Can trigger burning & inflammation
Headaches & migraines	Strong smell may be a trigger	May cause nerve irritation

3.3. Remedies Sensitive to Onion & Garlic

Remedy	Affected by	Why It Matters
<i>Thuja occidentalis</i>	Both	Can reduce its deep curative action
<i>Silicea</i>	Garlic	May worsen skin infections
<i>Lycopodium clavatum</i>	Onion	Can aggravate bloating and gas
<i>Natrum muriaticum</i>	Both	Can intensify sinus congestion

4. Use of Onion and Garlic along in homoeopathic medicines

Absolutely, Their potentized forms are used as remedies for certain conditions.

4.1. Onion in homoeopathy

Allium cepa medicine prepared from onion Used for Flu and colds that come with a runny nose and burning eyes. Allergic rhinitis characterized by sneezing and excessive mucus.

4.2. Garlic in homoeopathy

Allium sativum medicine prepared from garlic is used for digestive issues, especially bloating and indigestion. Respiratory infections that produce thick mucus. High blood pressure and cholesterol levels due to its circulatory benefits.

5. Guidelines for those on homeopathic medicines

Consumption of raw garlic and onion while taking deep-acting remedies (like Silicea, Thuja, Lycopodium).

- If you eat onion or garlic, wait at least 30 minutes before or after taking your Homoeopathic medicine.
- If you're suffering from sinusitis, migraines, or acidity, you should reduce your intake of onion and garlic
- Always consult a Homoeopathic physician to know if these foods are right for you or not.

6. CONCLUSION

Onions and garlic are having active compounds like quercetin, allicin, ajoene, and sulfur, which give them their anti-inflammatory, antibacterial, and immune-boosting properties. However, these beneficial agents can sometimes interfere with the effectiveness of certain Homoeopathic remedies or even worsen symptoms for some people. While their potentized forms (*Allium cepa* and *Allium sativum*) can be quite helpful in Homoeopathy, it's important to be cautious with raw consumption, especially if you're undergoing Homoeopathic treatment.

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