



WILD GARLIC

Allium ursinum



Areas of application

- Digestive problems
- Prevention of cardiovascular disease
- Blood purification
- Regulation of blood pressure
- Supporting the intestinal flora
- stomach problems
- preventing atherosclerosis (hardening of the arteries)

Family

Amaryllis family (Amaryllidaceae)

Based in

Europe and Western Asia

Plant parts used

The leaves / the herb

Ingredients

Sulphur-containing essential oils, vitamin B6 and vitamin C, mustard oil glycosides, flavonoids, potassium, calcium, magnesium, manganese, iron, phenols and saponins. Individual compounds include alliin, allicin, alkyl sulphonic acid, alkyl polysulphide, ajoene, thioacrolein, cycloalliin, gamma-glutamylalliin, dialkyl sulphides, thiosulphonates, S-oxides, adenosine and mineral salts

Usage/Indications

In naturopathy, wild garlic is primarily used to support cardiovascular, metabolic and digestive functions. Thanks to its sulphur-containing compounds, it can promote blood circulation, support the elasticity of blood vessels and thus help prevent atherosclerosis. It is also said to have a regulating effect on elevated blood lipid levels and a mild blood pressure-lowering effect. Wild garlic is therefore frequently used as an adjunct in the treatment of high blood pressure and elevated cholesterol levels, as well as for general cardiovascular prevention.

Another area of application is digestion. Wild garlic can stimulate the production of digestive juices, reduce flatulence and support bowel function. At the same time, it has a mild antibacterial effect and can positively influence the balance of the gut flora.

In traditional herbal medicine, wild garlic is also used to stimulate the metabolism and to support cleansing and detoxification processes, particularly in spring.

Side effects/Contraindications

Wild garlic is generally well tolerated in normal quantities. Occasionally, people with sensitive stomachs may experience mild gastrointestinal symptoms such as flatulence, stomach discomfort or diarrhoea. Allergic reactions are rare. Due to a possible mild blood-thinning effect, caution is advised when taking anticoagulant medication or prior to surgery. People with a sensitive stomach should avoid large quantities.

Good to know



Wild garlic can help bind and eliminate heavy metals from the body. It is therefore often used as a supportive herb in detoxification regimens. The sulphur compounds it contains can bind certain heavy metals, making it easier for them to be excreted via the liver and kidneys. For this reason, wild garlic is sometimes used in conjunction with other medicinal plants, such as the Chlorella-Alge or the herb coriander, in so-called detoxification regimens.

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