

## **The Effect of Using Garlic as an Antihypertensive Drug**

Article by Evannie Edwards

*MD Student, College of Medicine, Texila American University, Guyana, South America*

### **Abstract**

*The study was conducted in a bid to ascertain information on the effects of using garlic as an antihypertensive drug in patients with hypertension as opposed to using conventional medication.*

*It is pertinent to note how it is that garlic actually works to reduce blood pressure. The blood pressure reducing properties of garlic is due to a biologically active substance called allicin and garlic sulphides or S-methyl-L-cysteine sulfoxide.*

*Allicin not only relaxes the blood vessels but it also has an influence on the function of angiotensin I.*

*The hypotensive effect of garlic may also be due to its indirect ability to reduce cholesterol levels; reducing platelet aggregation and thrombosis.*

*Garlic activates the production of nitric oxide synthase and hydrogen sulphide which helps to relax blood vessels.*

*Studies using animal species have shown that garlic possesses properties that are capable of reducing blood pressure.*

*Due to interest in the topic, the researcher decided to conduct an investigation in order to ascertain more satisfying results.*

*The researcher gathered information from Ovid Medline, Cochrane Library and PubMed in order to identify randomized controlled trials that analyzed the effect of garlic on blood pressure.*

*Based on the information obtained, the result of this study proved that garlic has a greater effect on decreasing systolic blood pressure (by 3.75 mmHg) than in the diastolic blood pressure (1.59 mmHg).*

*It therefore stands to reason that hypertensive patients can be advised to use garlic as a supplementation to their medication, but not as a total substitute.*

**Keywords:** *Garlic; Allicin; hydrogen sulphide.*