

Pharmacology:

- Pharmacological studies have found that allicin has a very wide spectrum of anti-infectious properties. It is effective against bacteria, mycobacteria, fungi, protozoa, and viruses. It is potent enough to treat many common infections, and has been used for more than 20 years in China to treat bacillary dysentery, amebic dysentery, deep fungal infections, whooping cough, endobronchial tuberculosis, oxyuriasis, and trichomonas vaginitis. For most of these conditions, the cure rate is more than 80%. Recent studies conducted by the AIDS Research Alliance in Los Angeles found that allicin can be used to treat cryptosporidiosis, a diarrheal disease caused by protozoa of the genus *Cryptosporidium* and commonly seen in AIDS patients. We have been using this substance successfully to treat many infectious diseases in our practice. It also benefits the cardiovascular system and is a strong anti-oxidant.
- Allicin is a very safe herbal remedy. Its only drawback, at least to some, is its odor. The LD₅₀ of allicin is 134.9 times its therapeutic dose. In animal studies, long-term usage of allicin has not produced any pathological changes.