

Common Name: **Garlic**

Genus: *Allium*

Species: *sativum*

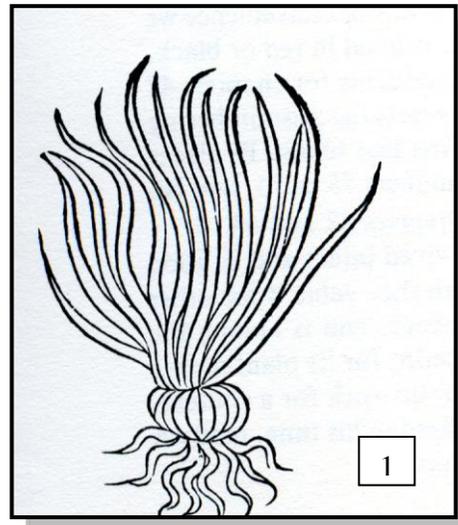
Family: Alliaceae

AKA: Poor Man's Treacle, Husbaudmans Treacle, Garlac (Saxon[Spear plant]), temolus, Syngrene



Historical Uses:

Medical: "It hath a sharp, warming, biting qualitie, expelling of flatulencies, and disturbing of the belly, and drying of the stomach causing of thirst, & of puffing up, breeding of boyles in ye outside of the body, dulling the sight of the eyes. And the same things doth Ophioscorodon doe being eaten (Hart's garlic). Being eaten, it driues out the broad wormes, and draws away the urine. It is good, as none other thing, for such that are bitten of vipers, or of the Haemorrhous, wine being taken presently after, or else that being beaten small in wine, & soe dranck. It is applied also by ye way of Cataplasme both for the same purposes profitably, as also layd on upon such as are bitten of mad dogge. Being eaten it is



Garlic plant, form similar to leek

good against the change of waters. It doth cleare the arteries, & being eaten either raw or sod, it doth assuage old coughes. Being dranck with decoction of Origanum, it doth kill lice and nitts. But being burnt, and tempered with hony it doth cure *sugillationes oculorum*, and Alopeciae being anointed on, but for Alopeciae (it must be applied) with *unguentum Nardinum*. And with salt & oyle it doth heale ye eruptions papularum. It doth take away also the Vitilignes, & the Lichenes, & the Lentigenes, and the running ulcers of the head and the Furfures, & ye Lepras, with hony. Being sod with Taeda and franckincense, & kept in the mouth it doth assuage the paine of ye teeth. And with figge leaves & Cummin it is a Cataplasme for such as are bitten of the Mygale. But leafes decoctions in insession that brings downe the Menstra & the Secundas. It



Dried seed head

is also taken by way of suffumigation for ye same purpose. But the stamping that is made of it and ye black olive together, called Myrton, doth move the urine & open ye mouths of ye veines & it is good also for Hydropicall.” (1)

“Being eaten, it heateth the body extremely, attenuateth and maketh thinne thicke and the grosse humors, cutteth such as are tough and clammy, digesteth and consumeth them; also openeth obstructions, is an enemie to all

cold poysons, and to the bitings of venomous beasts: and therefore *Galen* nameth it Theriaca Rusticorum, or Husbaudmans Treacle. It yieldeth to the body no nourishment at all, it ingendreth naughty and sharp blood. Therefore fore such as are of a hot complexion must especially abstain from it. But if it be boyled in water until such time as it hath lost its sharpnesse, it is the lesse forcible, and retaineth no longer this evill juyce, as *Galen* saith. It taketh away the roughnesse of the throat, it helpeth an old cough, it provoketh urine, it breaketh and consumeth winde, and is also a remedie for the Dropsie which proceedeth of a cold cause. It killeth wormes in the belly, and driveth them forth. The milke also wherein it hath beene sodden is given to young children with good successe against the wormes. It helpeth the cold stomacke, and is a preserveth against the contagious and pestilent aire. The decoction of garlic used for a bath to sit over, bringeth downe the floures and secondines or after-burthen, as *Dioscorides* saith. It taketh away the morphews, teeters, or ring-wormes, scabbed heads in children, dandruffe and scurfe, tempered with honey, and the parts anointed therewith. With fig leaves and cumin it is laid against the biting’s of the mouse called in Greeke, []: in English, a shrew.” (2)

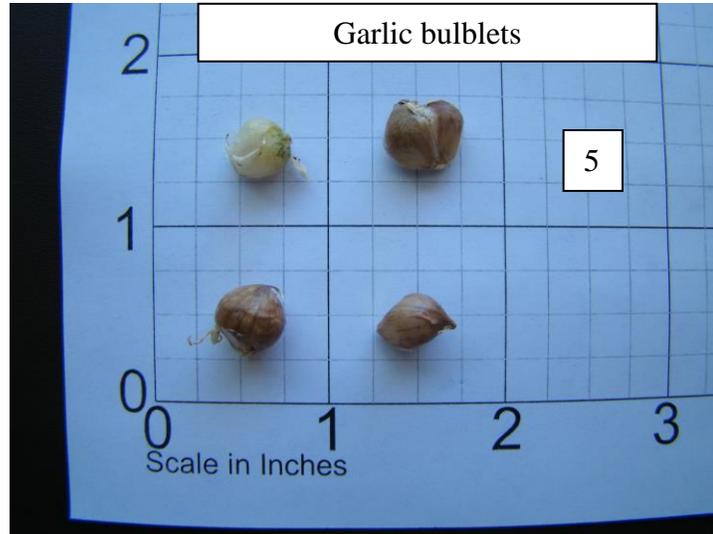
“It does not harm eyes. It greatly stirs up the blood around a person’s eyes because of its warmth, and then the person’s eyes become clear. But it ought to be eaten moderately so that the blood does not become too warm.

However, when garlic is old, its healthy and good advantages vanish; but if it is tempered with other foods, its strength returns.”

(3)



“It provoketh urine and womens courses, helpeth the biting of mad dogs and other venomous creatures; killeth worms in children, cutteth and voideth tough pheghm, purgeth the head, helpeth the lethargy, is a good preservative against, and a remedy for any plague, sore, or foul ulcer; taketh away the spots and blemishes in the skin, easeth pains in the ears, ripeneth and breaketh imposthumes, or other swellings. And for all those diseases the onions are as



effectual. But the garlic hath some more peculiar virtues besides the former, viz. it hath especial quality to discuss inconveniences coming by corrupt agues or mineral vapours, or by drinking corrupt and stinking waters; as also by taking wolf-bane, hen-bane, hemlock, or other poisonous and dangerous herbs. It is held good in hydropic diseases, the jaundice, falling sickness, cramps, convulsions, the piles, or haemorrhoids, or other cold diseases. Many authors quote many diseases this is good for; but conceal its vices. Its heat is very vehement, and all vehement hot things send up but ill-favoured vapours to the brain. In choleric men it will add fuel to the fire; in men oppressed by melancholy, it will attenuate the humours, and send up strong fancies, and as many strange visions to the head: therefore let it be taken inwardly with great moderation; outwardly you may make more bold with it.” (4)

“For pain of the womb, take this plant, pound it, and lay it on; it relieves the pain.” (5)

“It drove off serpents, scorpions, wild beasts, and cured bites of mad dogs. Garlic healed hemorrhoids and cured toothache, scrofula, rheumatism, hysteria, smallpox, and leprosy.” (6)

Culinary: “It is healthier for healthy and sick people to eat it than leeks. It ought to be eaten raw because when cooked, it is sour, like spoiled wine. Its juice is temperate and has the right warmth.” (7)

Folklore/Astrology: “*Mars* owns this herb.” (8)

“Garlic is very sharpe, hot, and dry, as *Galen* saith, in the fourth degree, and exulcerateth the skinne by raising blisters.” (9)

“Garlic was placed by the ancient Greeks (*Theophrastus* relates) on piles of stones at cross-roads as a supper for *Hecate*, and according to *Pliny* garlic and onion were invoked as deities by the Egyptians at the taking of oaths.” (10)

“Garlic is said to have sprung under the left foot of Satan as he fled from Paradise*. It prevents the approach of vampires and the harmful effects of witchcraft. If eaten, it warded off the bad effects of climatic change or the drinking of impure water. The Israelites reputedly used it during the Babylonian Captivity to guard against contagious diseases. German miners wore it as protection against kobolds.” (11)

*Onion from under his right foot.

Other: “*Homer*, however, tells us that it was to the virtues of the “Yellow Garlic” that *Ulysses* owed his escape from being turned by *Circe* into a pig, like each of his companions.” (12)

“Garlic has the right warmth and grows from the strength of the dew that comes from the first sleep at night until it is nearly daybreak and when it is already morning.” (13)

“It is one of the most ancient herbs, recorded in Babylonian times (c. 3000 BC), found in the tomb of *Tutankhamun* (c.1370-52BC).”(14)

“When the Israelites wandered in the desert, they recalled “the fish which we did eat in Egypt for naught; the cucumbers and melons, and the onions and garlic”(Numbers 11:5, compiled c. 900-750 B.C.E.)” (15)

Contemporary Uses:

Parts Used: Bulb

Medicinal: “Internally to prevent infection and to treat colds, influenza, bronchitis, whooping cough, gastroenteritis, and dysentery. Externally for skin problems, especially acne, and fungal infections.” (16)

Culinary: “Garlic enhances the flavor of most meats, seafood, and many vegetables. It is an essential ingredient of regional dishes in many parts of the world, notably in S. Europe, the Middle East, the Far East, the West Indies, Mexico, and South America.” (17)

Area of Origin: South-central to central Asia (ancestral species *A. longicuspis* Regal) (18)

Physical description: Perennial with a globose bulb of 5-15 bulblets (cloves), encased in a papery white or mauve-tinged skin, and flat leaves to 60cm (24in) long. (19)

Plant type: Perennial

Form: Upright

Height: To 24 inches

Flower color: Green-white to pink

Flowering period: Summer

Soil type/requirements: Rich in organic matter, moist and well drained.

Ph: pH range 4.5-7.5, average 6.3

Hardiness zone: USDA 5-9

Sun requirements: Full sun

Propagation: By bulbs or individual cloves planted in autumn or winter.

Sources

1. Dioscorides, book 2, plant 182
2. Gerard, p. 177 – 178
3. Von Bingen, page 75
4. Culpeper, page 66-67
5. Van Arsdall, page 49
6. Anderson, page 22
7. Von Bingen, page 75
8. Culpeper, page 66
9. Gerard, p. 177 – 178
10. Grieve, page 342
11. Anderson, page 22
12. Grieve, page 342
13. Von Bingen, page 75
14. Bown, page 112
15. Tucker, page 124
16. Bown, page 113
17. Ibid
18. Tucker, Page 124
19. Bown, page 113

Illustrations/Images:

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| 1. Schoffer's Herbal | 1485 |
| 2. PSUMG | 2016 |
| 3. PSUMG | 2016 |
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