Using garlic to combat antimicrobial resistant urinary tract infections
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Garlic (Allium sativum) has been used traditionally for the treatment of diseases since ancient times. A wide range of microorganisms – including bacteria, fungi, protozoa and viruses – are known to be sensitive to garlic preparations. Allicin and other sulphur compounds are thought to be the major antimicrobial factors in garlic.

In this study, the team found that 56% of 166 bacteria strains isolated from the urine of people with UTI showed a high degree of resistance to antibiotics. However, about 82% of the antibiotic resistant bacteria were susceptible to a crude aqueous extract of Allium sativum. According to the researchers, "ours is the first study to report the antibacterial activity of aqueous garlic extract against multidrug resistant bacterial isolates from infected urine samples leading to UTI."

"To conclude, there is evidence that garlic has potential in the treatment of UTI and maybe other microbial infections," says the team. "However, it is necessary to determine the bioavailability, side effects and pharmacokinetic properties in more detail."


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