

Onions are part of the allium family of vegetables and herbs, Allium vegetables have been cultivated for centuries for not only their characteristic, pungent flavors but also for their medicinal properties. Allium vegetables have been studied extensively in relation to cancer, especially stomach, and colorectal cancers. Here on this page, we will see some of the important health benefits of onions.

Why onions make us cry ?

Onions produce the chemical irritant known as syn-propanethial-S-oxide. It stimulates the eyes lachrymal glands so they release tears. Scientists used to blame the enzyme allinase for the instability of substances in a cut **onion**. Onions are a very good source of vitamin C, B6, biotin, chromium, calcium and dietary fiber. In addition, they contain good amounts of folic acid and vitamin B1 and K. Onions are consumed raw, dried as a powder or as juice. Onions probably originated in central Asia, in modern-day Iran and Pakistan. Never mind the tears they bring on; onions are an ace ally in your fight against a disease. A prized member of the lily family, they lavish you with health benefits while adding oodles of taste to your food. Raw onion encourages the production of good cholesterol (HDL), thus keeping your heart healthy.

Health Benefits of Onions:



Improve Digestive System

Onions can improve the digestive system. If you have digestion problem, then onions can cure it by increasing the release of digestion juices.

Cure Fever and Allergies

It is an immediate cure for fever, common cold, cough, sore throat, allergies etc.

Regulates Blood

Onions contain chromium, which assists in regulating blood sugar.

Reduce Inflammation

For centuries, onions have been used to reduce inflammation and heal infections.

Prevents Cancer - Health Benefits of Onions

A powerful compound called quercetin in onions is known to play a significant role in preventing cancer. Several servings of onion each week are sufficient to statistically lower your risk of some types of cancer. For colorectal, laryngeal, and ovarian cancer, between 1-7 servings of onion has been shown to provide risk reduction.

Improves Immunity - Health Benefits of Onions

The phytochemicals in onions improve the working of Vitamin C in the body, thus gifting you with improved immunity.

Prevents Gastric Ulcers

Onions scavenge free radicals, thereby reducing your risk of developing gastric ulcers.

Used in Asthma Treatment

Onions have historically been used to treat asthma, too. Its action in asthma is due to its ability to inhibit the production of compounds that cause the bronchial muscle to spasm and to relax a bronchial muscle.

Low in Fat and Calories - Health Benefits of Onions

Onions are very low in calories and fats.

For Better Skin

The antioxidants present in onions prevent your skin from getting wrinkles and fine lines which appear with age. Got bitten by a honeybee? Apply onion juice on the area for immediate relief from the pain and burning sensation.