

Medicinal properties of pomegranate

Boriyev Hakim Avazivich

Termez Institute of Engineering and Technology, Faculty of Light Industry and Chemical Technology, Assistant of the Department of Chemical and Food Technologies

Annotation: There is a lot of information about pomegranate fruit and peel. The benefits of pomegranate fruit that we love to eat for the human body and its chemical composition allow us to expand the scope of use of pomegranate. In the food industry, pharmaceuticals, the need for biologically active substances derived from pomegranate fruit and peel in the chemical industry is growing day by day.

Keywords: Ascorbic acid, pomegranate peel, carotene, baking soda, resin, dyes, dietary fiber, citric acid, chauvin acid (oxalic acid), vitamins.

Pomegranate is one of the products we love to eat. Our table cannot be imagined without this fruit. Pomegranate fruit gives us a wonderful mood, because it is a simple, unique composition of pomegranate fruit. All of which are as if a blessing created for us.

There is a popular saying, "The more pomegranates you have, the better." This is not said in vain. Pomegranate fruit contains 80% water, 12-15% sugar, 19% ascorbic acid, pure organic acids - malic, citric, chauvinic acid. Contains B vitamins - B1, B2, B6, B9 and carotene, vitamin A, as well as minerals such as potassium, magnesium, cobalt, iron, calcium, phosphorus. Pomegranate increases blood circulation, rejuvenates the body due to its antioxidant properties. In addition, pomegranate peel, flowers, leaves and roots of the tree are used to make various medicines. Pomegranate is a fruit rich in medicinal substances, which contain vitamins C B1, B2, B6, B9, RR, B12, and A, calcium, potassium, iron, iodine, silicon, phosphorus, aluminum, magnesium, chromium, copper and manganese, folic and ascorbic acid in sufficient quantities. 100 grams of pomegranate contains 80 kcal. Pomegranate peel contains up to 28% of additives, resins, dyes, fruit peels and sepals.

Pomegranate overcomes weight loss, raises hemoglobin, suppresses colds, relieves pain, overcomes heart pain, improves the activity of blood vessels and urinary tract, treats abdominal pain, intestinal connection and normalizes gallbladder function, eliminates liver dysfunction, and boosts immunity. Pomegranate strengthens the heart. To do this, prepare and drink 2-3 pomegranate juice a day. In addition, tea made from pomegranate leaves improves brain function. To do this, simply put 2 tablespoons of dried pomegranate leaf powder in a thermos and pour 1 liter of boiling water over it.

Drinking pomegranate juice 3-4 times a day will raise your blood pressure. This improves the cardiovascular system.

Regarding pomegranate, Abu Ali ibn Sina said: Sour pomegranate and especially its juice suppresses bile. Skin burns, especially burns, are a medicine for wounds. Pomegranate seeds, along with honey, are good for toothache and earache. You can also apply this ointment to your nose to get rid of sores and inflammation. Pomegranate seeds are also crushed, mixed with honey and applied to the mouth.

Vitaminlar

A, RE vitaminlari	5 mkg	
Beta karatin	0,03 mg	
Vitamin B1	0,04 mg	
Vitamin B2	0,01 mg	
Vitamin B5	0,54 mg	
Vitamin B6	0,5 mg	
Vitamin B9	18 mgk	
S vitamini	4 mg	
E vitamini	0,4 mg	
Vitamin PP	0,5 mg	
Niasin	0,4 mg	

Makroelementlar

Kaliy	150 mg
Kaltsiy	10 mg
Magniy	2 mg
Natriy	2 mg
Fosfor	8 mg

In diseases of the respiratory tract, gargle with a tincture of pomegranate peel or fruit juice helps with angina, oral diseases (stomatitis, gingivitis). The additives in pomegranate relieve pain, and organic acids eliminate infection.

In the treatment of skin rashes Do you often get various rashes and blemishes on your skin? Then fry the pomegranate peel in a pan and mix with a teaspoon of butter. Store the ointment in the refrigerator, apply to face twice a week. Pomegranate peel powder can also be used to treat burns. Sprinkle 5-6 drops of pomegranate juice on the burn and peel the powder. The treatment is performed 2 times a day for a week.

When lowering blood pressure, patients with pneumonia (hypertension, high blood pressure) consume pomegranate 3-4 times a week, and soon their blood pressure returns to normal. Italian and American scientists have studied the effects of this fruit on heredity. It is known that pregnant women eat this fruit to prevent heart disease and brain defects that can occur in the unborn child. Drying the membrane between the fruits and drinking it with herbal tea calms the nerves and has been proven to help relieve insomnia.

Increases hormone activity If you suffer from fever, irritability, severe headaches (migraine) during menopause, eat pomegranate seeds. If our women eat this fruit more often, they will be protected from the risk of breast cancer.

Stops diarrhea. Pour 2 liters of water on 1 tablespoon of crushed pomegranate peel, boil for 10-15 minutes until the color appears, and drink the finished juice in a glass half an hour before a meal. Abu Ali ibn Sina, the sultan of medicine, used pomegranate peel for diarrhea, bloody diarrhea and other diseases.

It cures cough. Pomegranate peel is poured on 1 tablespoon of 1 cup of boiling water and boiled with the mouth closed. Drink 1 glass hot 1 time a day.

In inflammation of the colon, 1 teaspoon of pomegranate peel or flower is boiled in 1 cup of water and infused for 2 hours. Drink 1 tablespoon 3 times a day.

It hurts

Drink an equal amount of pomegranate juice and mint tincture to treat nausea and vomiting.

Used for uterine bleeding

Pomegranate flowers and peels are added to the tincture and taken 50 g 3 times a day for 5 days to treat bleeding.

Pomegranate eliminates vomiting

The antiemetic properties of pomegranate have long been known. 50 g of pomegranate root, bark and twigs. Take, pour half a liter of water on top and boil for 15 minutes. After cooling, swim and drink in 2-3 hours. Helps drive out tapeworms.

Use when gums bleed

Pomegranate flowers and seeds are mixed and squeezed, and if the juice is kept in the mouth for a while, the bleeding of the gums stops. Or boil pomegranate peel with vinegar. If you rinse your mouth with it, you will have a toothache and stop bleeding gums.

He urinates

Drinking bitter pomegranate juice helps with urination.

The main advantage of pomegranate peel tincture is its safety - there are no side effects and a positive result occurs within 1 week. The rich composition of the fruit allows it to be used not only for medicinal purposes, but also in cosmetology.

Conclusion. Pomegranate is an inexhaustible source of information. In the food industry, pomegranate is one of the most widely used pharmaceutical compounds in the food industry. is one of the current problems.

References

1. Mirzaxolmatovna, X. Z. (2021). The role of logical issues in teaching mathematics to primary school pupils. *ACADEMICIA: An International Multidisciplinary Research Journal*, 11 (5), 465-467.
2. Rakhimovich, F. I., & Ibrokhimovich, F. J. (2021). The Use of Information Technology in Primary Schools. *Texas Journal of Multidisciplinary Studies*, 2, 7-10.
3. Xursanova, Z. M., Fozilov, J. I., & Davydova, E. P. (2021). IMPORTANCE OF DEVELOPMENT OF LOGICAL MYSHLENIYA IN PREPODAVANII MATHEMATICS UCHASHCHIXSYA NACHALNOY SHKOLY. *Internauka*, (24-1), 87-88.

4. Fozilov, J. I. (2021). SOVREMENNYE METODY I TECHNOLOGII PREPODAVANIYA V NACHALNOY SHKOLE. *Studencheskiy Vestnik*, (1-1), 55-56.
5. Fozilov, J. I., & Toychiyeva, M. M. (2021). THE ROLE OF MENTAL ARITHMETICS IN THE DEVELOPMENT OF ATTENTION AND THINKING IN ELEMENTARY SCHOOL. *Studencheskiy forum*, (12), 101-102.
6. Ibrokhimovich, F. J. (2022). Teaching Mathematics in Elementary School: Issues and Solutions. *Eurasian Journal of Learning and Academic Teaching* 4, 84-87.
7. Fozilov, J., & Davidova, E. (2020). ON THE FORMATION OF TOLERANCE IN FUTURE PRIMARY SCHOOL TEACHERS. *Студенческий форум*, (27), 79-81.
8. Ibrokhimovich, F. J. (2022). The Importance of Mother Tongue and Children's Literature in Primary School. *Eurasian Journal of Learning and Academic Teaching*, 5, 1-3.
9. Fozilov, Z., & Sharobidinova, S. (2020). INFLUENCE OF COMPUTERS ON THE DEVELOPMENT OF COGNITIVE ABILITIES OF PRIMARY EDUCATION PUPILS. *Студенческий вестник*, (25-3), 86-88.
10. Ibrokhimovich, F. J. (2022). Development of Intellectual Abilities of Primary School Students in Mathematics Lessons. *Journal of Pedagogical Inventions and Practices*, 6, 136-140.
11. Ibrokhimovich, F. J., & Mirzaxolmatovna, X. Z. (2022). THE MOST IMPORTANT ROLE OF MATHEMATICS IN PRIMARY SCHOOL. *Galaxy International Interdisciplinary Research Journal*, 10(3), 652-655.
12. Ibrokhimovich, F. J. (2022). Application Of Some Teaching Methods in Mathematics Lessons in Elementary Grades. *Journal of Pedagogical Inventions and Practices*, 5, 15-17.
13. Rakhimovich, F. I., & Ibrokhimovich, F. J. (2022). Methodology of Teaching Arithmetic Practices in Primary School Mathematics. *Texas Journal of Multidisciplinary Studies*, 7, 5-7.
14. Mirzaxolmatovna, X. Z., & Ibrokhimovich, F. J. (2022). Methods And Techniques of Teaching in Mathematics Lessons in Primary School and Their Positive and Negative Aspects. *The Peerian Journal*, 5, 70-73.
15. Mirzaxolmatovna, X. Z., & Ibrokhimovich, F. J. (2021). DEVELOPMENT OF CRITICAL THINKING IN THE LESSONS OF MATHEMATICS IN ELEMENTARY CLASSES. *EPRA International Journal of Environmental Economics, Commerce and Educational Management*, 8(11), 1-1.
16. Фозилов, Ж. И., & Давыдова, Е. П. (2020). ВАЖНОСТЬ СОБЛЮДЕНИЯ ГИГИЕНЫ ДЕТЕЙ В НАЧАЛЬНЫХ КЛАССАХ. *Студенческий вестник*, (30-1), 20-21.
17. Mirzaxolmatovna, X. Z., Ibrokhimovich, F. J., & Ne'matovna, R. S. (2022). Methodology of Teaching Mathematics in Primary Education. *Journal of Pedagogical Inventions and Practices*, 7, 81-83.
18. Фозилов, И. Р., Раимбердиева, Ш. Н., & Хурсанова, З. М. (2021). РАЗВИТИЕ ЛОГИЧЕСКОГО МЫШЛЕНИЯ В НАЧАЛЬНЫХ КЛАССАХ. *Интернаука*, (24-1), 81-82.
19. Rakhimovich, F. I. Rakhimovich FH ASPECTS OF DEVELOPMENT OF ECONOMIC ANALYSIS IN THE CONDITIONS OF DIGITAL ECONOMY. *life*, 2(15), 17.
20. Каримов, Ж. Х., & Фозилов, И. Р. (2020). Управление многостадийными процессами путём оптимизации глобальных целей системы. *Universum: технические науки*, (3-1 (72)), 16-20.