



## WHITE MULBERRY

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### Annotation

This article provides detailed information on medicinal white mulberry, as well as the rules of application of treatment recommendations, special instructions.

**Keywords:** Black mulberry, hasaki, sugar, species, ingredients, vitamins, bark, leaves, fruits and medicine.

### Introduction

It is no secret that human life is connected with the plant world. Protein, fats, carbohydrates and other active substances (vitamins, macro-and micronutrients, organic acids) are very important products for a living organism. Nature has endowed us with such medicinal plants and products (fruits, vegetables). So let's get back to the concept of healing white mulberry.

A perennial fruit tree up to 20 meters tall. He belongs to the Tuddosh family. There are also black, red and dark red varieties of mulberry. There are 24 types of mulberry in the world. It is mainly found in southern countries, South Asian countries, Central Asia, India, Iran and Afghanistan.

There are cultivated species in Central Asia, Uzbekistan and Tajikistan, of which there are 5 species. There are more than 40 varieties of mulberry, which differ in the speed of ripening, yield, taste. The most common of these; quail mulberry (without seeds), hasaki -tut, balx-mulberry, pearl mulberry, red, black large mulberry (horn-mulberry) and others.

Mulberry is used very wisely in the national economy. Mulberry leaves are used as food for silkworms.

For example; In Uzbekistan, wooden cradles and furniture are made of wood. Writing papers are made from the bark. Vegetative bark is used as a dye in light industry.

Wines are made from its fruits. Dried fruits are used to make talc, which is used to make confectionery and milk porridge.

### Chemical Composition

White mulberry contains 10-25% sugar (glucose, fructose, sucrose), 2.4% organic acids, 0.7% glycosides, 0.62% malic acid, caratins, vitamins, vitamins B, C, E, K, PP.





This includes amino acids; contains alanine, valine, glycol, leucine, glutamine and aspartic acid, phenylalanine, proline arginine, flavonoids (isocversistine) and a little essential oil, 24-33% fats. From minerals; K, Na, Zinc, selenium, copper, phosphorus, Ca, Mg, Fe substances were detected. Black mulberry is also rich in dyes and vitamins. In white mulberry leaves 1.6 sugars protein 31.9; Additives 2-3, organic acids 0.74%, B, C 56.3% and BAD. Black mulberry flavoroid 1.3, glucose 0.8, amino acids cholesterol 0.18-0.24% , organic acids 2,21-6,37, carbohydrates 15, B-C 620 mg%,, essential oil. In addition, white mulberry contains 2 times more Fe than 3%.

### **Folk Medicine**

Different types of mulberries are used in digestion, anemia, because the blood-forming cells are rich in nutrients and vitamins. It is very useful in chronic hepatitis, cholecystitis, chronic gastritis, gastrointestinal ulcers, enterocolitis, anemia, chronic pancreatitis, senile constipation, hemorrhoids. Dried mulberry fruit in late autumn is effective in sore throats and angina. In this case, grind 10 g of mulberry product, add 1 tbsp boiling water and leave for 1 hour. Rinse the throat 2-3 times a day for 3 days. In this case, the tonsils shrink rapidly and cause immediate healing.

Abu Ali ibn Sina said in ancient medicine that mulberry stimulates the appetite and is quickly digested, and also has diuretic properties. The tincture of the leaf is used to treat headaches, to cleanse the blood, to cleanse the intestines. It has been said that boiling grape leaves, mulberry leaves and black fig leaves in rainwater will darken the hair. Fresh juice made from mulberry is used in oral diseases (tumors, wounds), decoction of the leaves is used in the treatment of asthma and angina.

Muhammad Hussein Sherozi mulberry increases blood pressure, cleanses the blood vessels of various harmful clogs, enhances the recovery of the liver and spleen, diuresis. In diseases of the upper respiratory tract, a mixture of fruit and honey added to it is very useful when boiled with figs.

In Chinese medicine, black mulberry (horn mulberry) is very useful against diabetes. It can also be used in heart disease due to its vitamin K, carbohydrate and protein content.

In the Republic of Vietnam, the biologically active substance derived from mulberry leaves - fomidol is a treatment for rheumatism, skin tuberculosis, eczema. In Japan, special cosmetic creams are made from mulberry leaves. They treat freckles, pigment spots and skin wounds.

Due to its phosphorus content, mulberry fruit is very useful for young children and pregnant women. Prevents rickets. When applied to the hair, a bush made of mulberry fruit accelerates its growth and eliminates dandruff.





Mulberry jam, molasses, juice. Raisins are interpreted from the dried fruit. Raisins, apricot kernels, and mulberry peels are mixed together to make a round candy that can be eaten daily.

It is effective in digestion.

Mulberry strengthens the immune system, improves vision. The nutritional value of mulberry is 70-80 kcal.

### **Special Recipes**

1) Blood pressure; Crush 50 g mulberry root is poured 1 liter of boiling water. Infuse for 1 hour, boil on low heat for 15 minutes. It is cooled and passed through a sieve, 3 times a day, 3/1 part, when blood pressure rises.

2) In rheumatism; Mulberry leaves and twigs are washed in a large bowl, crushed and put in a large bowl and steamed in a gas oven for 2 hours. The juice is bathed in the feet. It is useful in rheumatism-arthritis. calmed down. Patients with high blood sugar should drink 1-2 sips instead of tea for 10 days. 10 g of dry leaves 1 cup boiling water, boil for 10 minutes in steam. Cooled pumpkin is applied to the skin, helps with inflammation and dizziness.

3) From the mulberry leaf, grind 2 tablespoons 1 liter of boiled water and soak in a thermos for 1 night. Patients with high blood sugar should drink 1-2 sips instead of tea for 10 days.

4) Mulberry bark, when warmly mixed with 10 g + 50 g of sunflower oil, is rubbed and applied to severe wounds, the decoction is used as a expectorant in lung diseases.

5) 2 tablespoons crushed bark 100 g is heated, cooled, mixed with pistachio oil, frozen. Allow to stand for 3 days and stir again. When the ointment is ready, it is applied to the face, scars and scars and washed for 10 minutes.

6) Add 500 g of figs and 500 g of mulberry fruit, boil in 0.5 liters of water for 10 minutes, pass through a gauze, then add 200 g of fresh honey and boil until it becomes a thick paste, cool and consume 2 tablespoons 3-4 times a day. .Against cough.

Well-known scientist Walter Schönberger (1979) said that the most effective way to balance the medicinal effect is the juice of fruit and vegetable plants. Only in freshly prepared juice all biologically active substances fully retain their properties. Therefore, it is very useful to consume 100 g of white mulberry juice in the early morning on an empty stomach in case of anemia, low blood pressure, fatigue and physical fatigue.







## Impossible Situations

Excessive consumption is also harmful. For example; It should be used with caution in people with diabetes, diarrhea, people with high blood pressure. Do not drink cold water after eating the fruit. This leads to impaired bowel function.

Conclusion: In this article we have sufficiently covered the benefits of medicinal mulberry and recommend that you consume more of it.

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