



CHEMICAL COMPOSITION AND HEALING PROPERTIES OF POMEGRANATE

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Annotation

This article provides information about the chemical composition of pomegranate and its medicinal properties.

Pomegranate has a number of positive properties for the human body. Eating it in moderation allows you to prevent some diseases.

Keywords: pomegranate, chemical, healing, element, magnesium, peel.



Pomegranate (*Punica - granatum L*) belongs to the family of Pomegranates and is a shrub or small tree that reaches 1.5-5 m in height. The leaves are elliptical or inverted ovoid, thick, shiny, located opposite the stem and branches using a short band. Red flowers singly sometimes settle on 2-5 branches. The fruit is a large spherical, multi-seeded, succulent, false fruit. Pomegranate is pollinated from the outside. Found wild in the Topalangdarya Basin of Surkhandarya region in Uzbekistan. In Central Asia, the Caucasus and Kirim, varieties of folk selection are culturally grown a lot, buried under the ground in winter in order to save from the cold. Pomegranate is a subtropical fruit. Its homeland is Central Asia, Azerbaijan, Iran and Afghanistan. Excellent quality pomegranate is grown in Sherabad, Kuva, Namangan, Denov and Kitab districts in Uzbekistan. A huge number of varieties of pomegranate around the world are grown in many states. Including: in Azerbaijan: “Beles”, “Krubiyykabukh”,





“Guleyshagul”, “Guleysha Azerbaijan”, “Guleyshagizil”, “Bala-Mursal”, “Kaim-Nar”, in America the seedless sour variety “Vanderful”, in Israel “Mangulati”, “Girillofani” are planted, in India “Quail”, “Alandi”, “Dholka”, in Iranian States “Amar”, “Sharadi”, “Asmar”, while in such varieties as “nikitsky early”, “path of slaughter” are planted. In Uzbekistan, such varieties of pomegranate as “Tuyatish”, “bitter pieces”, “sweet pieces”, “Kazakh pomegranate”, “Birch pomegranate” are grown. The vegetative growth period of the pomegranate is 180-225 days. The flowering period from June 15 to July 20 to the cover of the pomegranate.

Whether pomegranate juice is bitter or sweet is determined by the amount of acids it contains. If the pomegranate has an acid content of up to 0.9%, sweet. It is called bitter pomegranate if it is bitter-fresh, up to 0.9-1.8% dank kiss. Its taste is sweet, fresh-sour and sour, lush (40-60%). Pomegranate fruit contains 80% water, 12-15% sugar, 19% ascorbic acid, vitamins of Group B: vitamin B₁, B₂, B₆, B₉ and carotene, as well as mineral substances such as K, Mg, Co, Fe, Ca, P. Pomegranate is rich in minerals such as J, Ca, K, Fe and Si. Pomegranate peels contain 0.25% alkanoids, Tar, butylinic acid, up to 28% of additives, ursolic acid, sugars in the edible part, citric, malic acid vitamin C. Pomegranate fruit is a treasure. It contains vitamin B, magnesium, iodine, calcium, iron. It should be noted that pomegranate juice is almost 20% sugar, but its calorie content is relatively low-62-80 kcal per 100 gr.

The fruits of the pomegranate were known to humans long before our era, and Persia is considered its homeland. In ancient times, pomegranate was endowed with many magical properties. Pomegranate contains saturated and unsaturated fatty acids, vitamins A, E, C, PP. The nutritional value of this mea in 100 gr is 72 kcal. Hydrocarbons make up most of the pomegranate about 14-15 gr per 100 gr of the product, about 0.6-0.7 gr of proteins and fats. The calorie content of pomegranate juice is slightly less than that of pomegranate seeds itself. Its calorie content is 64 kcal per 100 gr, which is 8 kcal less than the fruit itself with this seed. It is recommended to drink freshly squeezed pomegranate juice, as it retains useful properties. If the pomegranate drink is canned, then there are practically no useful substances.

Pomegranate peel pereparates are used in the body to drive tapeworm vomiting, while fruit peel decoction is used for diarrhea and wound healing. Ibn Sina pomegranate peel decoction is used in the treatment of spitting blood, bleeding gums and gastric diseases. Rinsing the throat with a decoction of pomegranate peels or the juice of its fruit will help with angina, oral diseases (stamatitis, gingivitis). Pomegranate peel is finely chopped, heated in a pan and mixed with a teaspoon of butter. The ointment is applied to the skin of the face twice a week, keeping it in the refrigerator. You can also treat the wound left over from the burn using pomegranate





peel powder. 5-6 drops of pomegranate juice are dripped onto the burn and sprinkled with powder prepared from the peel on top. The treatment is done two days a week. When people in the middle or 40-90 years old who suffer from Hafaqon (hypertension, increased blood pressure) eat pomegranate 3-4 times a week, blood pressure will soon be normalized. Drying the veil between the fruits and drinking it added to herbal tea will calm the nerves, help to become a halo from insomnia. The malic acid present in pomegranate juice has a positive effect on the liver and gallbladder. The squeezed juice of a sweet and bitter pomegranate is left to infuse for several days, mixed with honey. This will benefit the ointment from the temperature in the eyes and the frequency of not loving it during the day. Pomegranate seeds, along with honey, have benefits for toothache and earache. Sweet pomegranate juice, long stored in sunlight, leaves itchy eyes. To increase the amount of hemoglobin in the blood, half a paiola should be mixed with a tablespoon of honey in the juice of pomegranate, beets, red carrots and consumed in Nahor. Eating pomegranate fruit in pregnant women can prevent heart disease, brain defects in the child to be born.

The famous scientist Abu Ali Ibn Sina in his work "the laws of Tib" gave pomegranate such a definition "pomegranate presses bile in all types of pomegranate has the property of cleansing organs even in nordoni." Pomegranate contains 15 different amino acids, and 5 of them are an irreplaceable amino acid. The vitamin K contained in the bone helps to unite bone tissue. The substances contained in pomegranate prevent the development of istragon and illagotanins, which cause cancer in the human body. The antixinates contained in Pomegranate will not only strengthen the immune system, but will also fight people with low immunity with their frequency. Pomegranate flower heat can help heal wounds and heal them. Pomegranate fruit, seeds, peel and juice contain a lot of vitamins. The most important vitamin in pomegranate is vitamin C. It prevents swelling in the gums, prevents artery disease, strengthens tooth enamel and fights gum disease.

Vitamin B in pomegranate helps to improve memory, strengthen the restubular apparatus and increase efficiency. Carbohydrate metabolism B₆ and B₁₂, normalize the nervous system, reduce the toxic effects of nicotine and alkagol on the body. With a lack of vitamins of Group B, a person's appetite decreases, disrupts the digestive system. Another vitamin in pomegranate is vitamin P. It is able to strengthen blood vessels in the body, which prevents the development of heart attacks and strokes. Phenolcarbin and amminokislotas strengthen the body, prevent the rivification of cancer cells, cataracts, diabetes, diseases of the cardiovascular system. Phenolic compounds (tannins) help relieve diarrhea, oral inflammation, colds, and sore throat. Despite the great benefits of this beautiful fruit and juice, pomegranate has a number





of contraindications. First, because pomegranate contains a large amount of acids, contains citric, malic and oxalic acids, which is why it is not recommended to consume concentrated pomegranate juice for people with problems in the digestive system. The harm of pomegranate is rare and is primarily a product associated with the use of fruits with condensation: the acids contained in pomegranate have a destructive effect on tooth enamel, therefore, after eating the fruit, it is recommended to brush your teeth and rinse your mouth with warm water. Citric acid in pomegranate irritates the gastric mucosa.

Table 1 Organic matter naming them

Organic matter	Naming them
15 different amino acids:	Lysine, arginine, serine, glutamic acid, hydroxypoline, cystine, histidine, aspartic acid, threonine, alanine, Alpha-aminobutyric acid
Fatty acids:	Palmitic, linolenic, behenic, oleic, stearic,
Vitamins:	E, C, B ₆ , B ₉ , B ₃ , B ₂ , B ₁ , A, P vitaminlari
Macro and micro elements:	Phosphorus, aluminum, chromium, calcium, manganese, magnesium, silicon, nickel, copper
Other substances:	Citric and malic acids, flavonoids, tannins

Water 80 %

Sugar 12-15 %

Ascorbic acid 19 %

Alkanoids 0.25 %

Sugar 20 %

Excipients 28 %

In conclusion, it can be said that pomegranate has a number of positive properties for the human body. Its consumption in meyoru allows you to prevent some hastalik.

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