



THE IMPORTANCE OF THE MEDICINAL GUAVA PLANT FRUIT IN MEDICINE

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Abstract:

It is known that about 50% of drugs produced at pharmaceutical enterprises worldwide are made from raw materials of medicinal plants. Cultivation, study of Medicinal Plants of the present day

one of the topical issues is. According to the intact Health Organization, 60% of the available medicines are preparations derived from the raw materials of medicinal plants. The long-term consumption of any chemical drug obtained by synthesis in the current ecological environment leads to various complications in living organisms.

As noted in the resolution of the Cabinet of Ministers of the Republic on "state protection of medical and drug production sectors of the Republic of Uzbekistan", it is necessary to preserve medicinal plants belonging to the local flora and increase them culturally. Also, one of the urgent problems is the implementation of the domestic introduction of medicinal plants belonging to a foreign flora. The study of the Guava plant and its import into Uzbekistan is considered Mukhim, since the necessary substances contained in this plant have an effective effect in the treatment of cancer, in the cessation of metaztase.

Keywords: Guava, tropical fruit, pulp, ascorbic acid, potassium, anti-metaztase, anti-cancer

INTRODUCTION

According to the decree of the president of the Republic of Uzbekistan dated April 10, 2020 PP-4670" on measures to protect wild-growing medicinal plants, culturally growing, processing and rational use of available resources", more than 4.3 thousand species of plants belonging to the local flora are considered medicinal and 112 of them are registered for use in scientific medicine, of which 70 species are actively. But the introduction of medicinal plants into Uzbekistan, which have not been studied or little studied today, entered from abroad, scientific study of their medicinal property and work on its effective use is a great task.

Finding medicinal plants, collecting, analyzing and regulating information about its use in medicine and folk medicine, discovering new biologically active substances, establishing the production of medicines with a strong power of action, which do not negatively affect the human body, and their use is a requirement of the times.

Today in our Republic in all spheres the pharmaceutical industry is developing rapidly. President Of The Republic Of Uzbekistan Sh.Mirziyoyev in accordance with the decree of 03.05.2017 PF-5032; in the maximum Organization of enterprises producing farmaseutics products in the Republic, 7 Nukus-farm,

Zomin-farm, Kosonsoy-farm, Syrdarya-farm, Baysun-farm, Bostanliq-farm and Parkent-farm in 6 regions free economic zones were created.

PURPOSE OF BREEDING AND GROWING MEDICINAL PLANTS:

- The first thing is not to harm nature. Picking one or another medicinal plant from nature every year without interruption leads not only to a decrease in their natural reserves, but also to the complete disappearance of some useful plants. As a result, the ecological balance is disturbed, after all, each plant has its place and importance in nature.

- Secondly, in order to fully meet the needs of health institutions and enterprises of the pharmaceutical industry, it is necessary to create a base of raw materials of medicinal plants. The advantage of raw materials of cultivated medicinal plants is that in it the pharmaceutical industry has acquired raw materials of the same type and age, which facilitates the technological processes of preparation of medicines.

- Thirdly, not all medicinal plants used in the practice of medicine exist in our nature. Such a plant is being adapted to the conditions of our country by bringing seedlings and seeds from abroad and acclimatizing and cultivating them. Plants such as Chunonchi,



chamomile, Maccai sano, pepper mint, Paul-Pola, egg, fingernail and red echinacea, among others, are among them

Another such plant is the Guava plant, which was first found in Peru during the Middle Ages. Then this plant became widespread in Africa, America, Asia. Currently, this plant is brought to Uzbekistan, in particular, to the Mexrigio enterprise for the cultivation of medicinal plants from Thailand, Brazil and Israel.

The length of the fruit of the Guava plant can reach 15 cm, and the weight of the fruit can reach 100-250 grams. The color of the peel on the top of the Guava fruit ranges from light green to dark red. Inside the fruit are up to 500 hard small seeds. Seedless varieties are also sometimes found. It is useful to eat it fresh, peeled.

Guava fruit seeds are beneficial and contain many micro and macro elements, in particular essential oils and iodine. They are completely absorbed by the body. Fresh Guava fruit can be eaten as a separate dish.

The ingredient in Guava fruit consists of:

100 g of Guava contains:

Water-81 g

Proteins - 2.5 g

Fats-0.9 g

Carbohydrates-12.5 g

Dietary fiber (fiber) - 5.4 g

Ash-1.4 g

Vitamins in Guava:

Vitamin A (beta-carotene) - 0.2 mg

Vitamin B1 (thiamine) - 0.06 mg

Vitamin B2 (riboflavin) - 0.06 mg

Niacin (vitamin B3 or vitamin PP) - 1.1 mg

Vitamin B5 (pantothenic acid) - 0.15 mg

Vitamin B6 (Pyridoxine) - 0.05 mg

Folic acid (vitamin B9) - 49 MCG

Vitamin C (Ascorbic Acid) - up to 240 mg

Vitamin E (tocopherol) - 1.1 mg

Macronutrients in Guava:

Potassium - 417 mg

Calcium-18 mg

magnesium-10 mg

sodium-5 mg

Phosphorus-40 mg

Trace elements contained in Guava:

Iron-1.1 mg

Manganese-144 MCG

Copper-0.24 mg

Selenium - 0.6 MCG

Zinc-0.23 mg

Due to the fact that Guava contains a sufficient amount-ascorbic acid and potassium-it allows you to

strengthen the cardiovascular system. With constant consumption of its fruit, the heart rhythm can be normalized and the elasticity and firmness of the vessels can be increased. The presence of dietary fiber in the composition has a positive effect on the active functioning of the intestines. The pulp (main name) of its fruit contains a lot of thiamine, which is necessary for the stable functioning of the nervous system. Eating one fruit before evening sleep ensures healthy sleep. The high fiber content of guava is an effective aid for patients with diabetes to regulate glucose absorption. Because the fruit contains vitamin A, it helps prevent cataracts and improves vision.

It is interesting that not only Guava fruits are used for medicinal purposes, but also leaves, flowers and bark. Guava leaves are boiled like tea, and food is drunk for indigestion, dysentery, menstrual irregularities and dizziness, applied externally for skin diseases.

The fruits are very rich in astringent compounds that bind the intestinal contents in diarrhea. These astringent compounds are alkaline in nature, have disinfecting and antibacterial properties. Raw Guava fruit juice or a decoction of leaves can help treat coughs and colds. These funds weaken the cough, reduce mucous secretion, disinfect the respiratory tract.

For toothache, it is recommended to simply chew Guava leaves, preventing the growth of bacteria in the mouth.

Guava fruit has a positive effect in preventing the development of metastases, in the treatment of oral and breast cancer.

Again, the fruit stimulates the work of the thyroid gland due to the presence of copper in it, which ensures the absorption of hormones and the presence of synthesis in one fruit. In addition, the presence of vitamins with amino acids in the composition helps to rejuvenate. Regular consumption of fruits stimulates the menstrual cycle to be in one Meyer.

Guava fruit is considered a dietary dish due to its low energy content. In 100 g of fruit, 70 kkal of energy is allocated. Taking the same feature is often included in the diet for diabetes and weight loss treatments.

Conclusions and suggestions: the study of this plant, its import into Uzbekistan, its cultivation among the plants in Uzbekistan and the promotion of its medicinal properties among the population, and its rational use in folk medicine are not without benefit. Because it was the avfzal that prevented the disease rather than cured it. It should be noted that we are the main task of medical workers.



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