

The Use of Maclura in Traditional Medicine

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Annotation. This article is dedicated to the application of *Maclura pomifera* (maclura) in traditional medicine. For centuries, maclura has been valued as a plant with anti-inflammatory, analgesic, antibacterial, and immune-boosting properties. In addition to discussing the methods identified through research and traditional medical practices, the article also highlights the medicinal properties of maclura and the precautions necessary for its use.

Keywords: Maclura, *Maclura pomifera*, traditional medicine, analgesic, anti-inflammatory, immune-boosting, natural remedy

Introduction

Maclura pomifera, popularly known as "Osage orange" or "wild orange", is a plant known for its variety of flowers. Its homeland is North America, which is appreciated in folk medicine due to its unique chemical composition and healing properties. The fruit, bark and roots of mackerel are widely used in folk medicine to reduce inflammation, relieve pain and treat various diseases.

Maclura is distinguished by its various active components. These include flavonoids, alkaloids, triterpenoids and essential oils. These compounds provide antioxidant, antibacterial, antifungal and anti-inflammatory properties of maclura.

1. Flavonoides

Flavonoids are one of the main active components of maclura, they have powerful antioxidant properties. These substances neutralize free radicals, slow down aging and reduce inflammation in the body.

2. Triterpenoides

The anti-inflammatory and analgesic effect of maclura is caused by triterpenoids. These substances penetrate through the cell membranes and reduce inflammatory processes.

3. Alkaloids and Essential Oils

Maclura contains alkaloids and essential oils, while it is effective in fighting bacteria and fungi. They have a beneficial effect, especially in skin diseases.

Application In Folk Medicine

1. As a painkiller

Decoctions and fatty extracts from the fruit of maclura are used in folk medicine to relieve pain. Especially in rheumatism, arthritis and other joint diseases, relief of symptoms is achieved by applying these tinctures to sore spots. For this, the tincture from the fruit is applied to the skin and kept for a while

2. As an anti-inflammatory

Flavonoids and triterpenoids in maclura have anti-inflammatory effects. For this reason, it is widely used in inflammatory diseases, such as sore throat and joint diseases. Inflammation can be reduced by mixing the tincture of mackerel in warm water and rinsing the throat.

3. To strengthen immunity

The antioxidant properties of mackerel allow it to be used as an immune booster. Decoctions or extracts from the fruit strengthen the body and protect against various infections. It is recommended to drink it in moderation every day, but caution should be exercised when dosing.

4. In ensuring healthy skin

Mackerel extract works actively against bacteria and fungi, therefore it is also used in skin diseases. Especially in skin problems such as eczema and scabies, applying a tincture of mackerel on the outside will help. It reduces infections on the skin and helps heal wounds faster.

5. As an anti-cancer agent

In some folk medicine practices, decoctions and extracts of the mackerel plant are used as an anti-cancer agent. Studies show that certain flavonoids and isoflavonoids in maclura have the property of inhibiting the growth of tumor cells. However, scientifically based clinical studies are still required in this regard, and it is not recommended to use it without the supervision of a doctor.

Methods Of Application

1. Tincture: the preparation of alcohol tincture from the fruit of mackerel is common in folk medicine. The fruit is cut into small pieces, placed in alcohol or vodka and stored in a dark place for several weeks. The finished tincture is applied to reduce inflammation and pain.

2. Oil extract: the oil extract from the fruit is used for application in skin diseases and painful areas.

3. Tea or tincture: in some regions there is a habit of making tea from mackerel leaves. However, caution is required when drinking this tea, as it can have toxic effects at high concentrations.

Due to the presence of strong active substances in the composition of maclura, it is necessary to pay attention to dosage when applying it. Excessive consumption can cause allergic reactions, nausea and even intoxication in the body. Therefore, a specialist should be consulted when using the mackerel plant for the purpose of treatment.

Mackerel is considered one of the valuable plants widely used in folk medicine. Its anti-inflammatory, analgesic, antibacterial and immune-enhancing properties have made it an important remedy for the treatment of various diseases. Nevertheless, it is not recommended to use this plant without a doctor's recommendation, since improper application can lead to negative effects.

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