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Medicinal Plants and Products Containing Vitamins. Medicinal and Healing Properties of the Fruit of the Berry and the Leaves and Fruits of the Blackcurrant

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Abstract: Currently, many diseases are caused by low immune systems among people. We need medicinal plants rich in vitamins to boost the immune system. Many vitamins enter the human and animal body through medicinal plants that contain vitamins and boost the immune system.
This leads to improved health of patients. This article provides extensive information about medicinal plants rich in vitamins.

Key words: Cancer, elliptical, cylindrical, flat, vinblastine, mineral, alkaloid, monomer, indole, dimer, vitamin, avitaminosis, hypovitaminosis, hypervitaminosis, thiamine, cyanocobalamin, carotene, ergocalciferol, tocopherol acetate, ursol, extraction, gynecological.

Medicinal plants and products containing vitamins.

Vitamins are organic compounds of various chemical structures that are important for humans and animals. These compounds, which are required by the body in very small quantities, are part of enzyme molecules and participate in the metabolism of substances in tissues.

The human and animal body receives most vitamins only from plants with food.

Therefore, the absence or deficiency of any vitamin in food products leads to metabolic disorders in humans and animals, and subsequently to the development of serious diseases called avitaminosis and hypovitaminosis. Vitamins play a major role in plant and human life. They participate in the biosynthesis of enzymes - the main regulators of metabolism. Most vitamins combine with proteins to form enzymes. Some vitamins participate in the metabolism of amino acids. Vitamin C, carotene, catechins and flavonols actively participate in the oxidation and reduction processes that constantly occur in plant tissues.

During this process, vitamins are oxidized and reduced over a certain period of time. Under the influence of vitamins, plant productivity increases, maturation accelerates, and root development occurs rapidly. Some vitamins participate in the process of photosynthesis and pollination of plant flowers. Vitamins are divided into two groups depending on their solubility in solvents:

1. Water-soluble vitamins - vitamins B1, B12, B6, PP, H, P, C and U pantothenic, folate, para-aminobenzoic acids, inositol, etc.
2. Fat-soluble vitamins - vitamins A, D, E and K.

The amount of vitamins in the product is constantly changing, and most often they accumulate in the above-ground organs of plants during the flowering period. In fruits, they accumulate in large quantities during their ripening. Therefore, the preparation of vitamin products should be carried out during the period rich in the above-mentioned vitamins.

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Although most vitamins themselves are stable compounds, under certain conditions they can oxidize, decompose or undergo other changes. As a result, vitamins lose their biological activity. In order to maintain the high quality of vitamin products, it is necessary to take into account the above conditions when preparing, drying and storing them.

Rosehip fruit – Fructus Rosae.

Rosehip species are thorny shrubs up to 2 m tall. The branches are flexible, covered with shiny brown-red or red-brown bark and thorns. The leaves are pinnate, arranged alternately on the stem. The leaves are ovate-shaped and have a serrated edge. The flowers are large, solitary or in clusters of 2-3. The flowers are red, pink, yellow or white, fragrant.

The fruit is a juicy pseudo-fruit that forms in place of the flower. Inside there are several true fruits - nuts formed from the mother plant. It blooms from May to July, the fruits ripen in August-September. Rosehip grows in forests, along streams, among bushes, on dry rocky slopes of mountains and other places.

The finished product consists of a pseudo-fruit of any shape and size, dark yellow-red or dark red. The upper side of the product is shiny, wrinkled, and the inner side is dull. The nuts are hard, yellow, angular, covered with white hairs. The product is odorless, the upper wall is sour-sweet, with a slightly astringent taste.

The product contains 4-6%, sometimes 18% vitamin C, 0.3 mg% vitamins B2, K, vitamin P, 12-18 mg% carotene, about 18% sugars, 4-5% flavorings, about 2% citric and malic acids, 3.7% pectin and other substances. According to the XI DF, vitamin C should not be less than 1% in the whole product, 2% in the peeled product, and 1.6% in the powder form.

The seeds of the marigold contain oil, and the roots and leaves contain astringents. The fruit of the marigold plant contains a mixture of several different vitamins, so its preparations are used to treat and prevent avitaminosis. In addition, the marigold fruit is used in the confectionery industry to vitaminize products.

The fruit of the marigold species is used to make carotolin and marigold oil. Carotolin is an oily extract of the soft fleshy part of the fruit, which is applied to treat tropical wounds, eczema, some types of erythroderma, and injured mucous membranes, or soaked in gauze and placed on the affected area. The oil is applied to tropical wounds, dermatoses, festering sores, ulcerative colitis, bedsores and other wounds, cracks. Ascorbic acid - vitamin C, tincture, extract, carotolin, marigold oil and juice, as well as tablets are prepared from the fruit. The fruit is included in vitamin and multivitamin teas - collections. Various vitamin concentrates and vitamin-rich food products are also made from the wet fruit.

Blackcurrant (Smaragd) Leaves and fruit Folia et Fructus ribis nigri.

Blackcurrant (currant) - Ribes nigrum L.; belongs to the currant family. A shrub 1-1.5 m tall. The bark of the stem is dark brown or reddish-brown. The leaves are 3-5-lobed, arranged alternately on the stem. The flowers are collected in a panicle. The fruit is a fragrant, round, many-seeded wet fruit.

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It blooms in May-June, the fruit ripens in July-August. It grows wild in meadows in the forest-steppe zone, on the edges of swamps and along streams. It is widely cultivated in the European part of Russia, in Siberia and other regions. The leaves of the blackcurrant plant are picked before or during flowering, and the fruit is picked when ripe. The collected leaves are dried in the shade, and the fruit is dried in ovens. A vitamin-rich juice is made from the wet fruit. The finished product consists of dried leaves and dried fruit.

The leaf has 3-5 lobes, the lobes are broadly triangular and have large serrated edges. The length of the leaf reaches 10 cm. The upper side of the leaf plate is hairless, the lower side is covered with hairs along the veins. There are also small yellow glands here. The leaf has a distinctive aroma. The leaf contains 400 mg% ascorbic acid, vitamin P and essential oil. The fruit contains 568 mg% ascorbic acid, 3 mg% carotene, vitamins B1, B2, B6, K. and 2.5-4.5% organic acids, 4.5-16.8% sugar, sweeteners and 0.5% pectin substances, anthocyanin compounds and flavonoids.

Blackcurrant leaf and fruit preparations are used to treat hypo and avitaminosis. In folk medicine, the fruit is used as a diaphoretic and diuretic, and against diarrhea, and the leaves are used in gout and as a diaphoretic. Leaf and fruit tinctures. The leaves and fruits of the plant are part of vitamin teas - collections.

Technology for preparing the tincture:

Weigh 10.0 g of the fruit of the narcissus, put it in a glass and pour 100 ml of cold water over it and boil slowly over low heat for 15-20 minutes. Strain through clean sterile gauze, taking into account the pulp of the fruit and adding enough water. We add a pinch of sugar to the finished decoction according to the recipe and recommend that the patient drink a tablespoon 3 times a day, half an hour before meals.

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