



Beneficial Properties of Medicinal Plants Used as Anthelmintic Remedies

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Abstract: Today, interest in medicinal plants is growing. People are paying special attention to their health and are becoming more aware of the secrets of health. The preference of people suffering from certain diseases for natural remedies to activate the immune system, and the absolute harmlessness and benefits of natural remedies are causing a sharp increase in the volume of scientific research and inventions in this area and the demand for medicinal plants in the international market.

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Useful properties of pumpkin seeds.

The name of the plant is pumpkin Cucurbita pepo Pumpkin species is an annual, the length of the stem reaches 4-5 m. The stem is edged, coarsely hairy, grows with the help of curls. The leaves are also very large, heart-shaped, deeply 5-lobed, coarsely hairy, arranged in a row on the stem with a long stem. The flowers are yellow, fragrant, unisexual, male flowers are in clusters in the leaf axils, and female flowers are solitary. The calyx is bell-shaped. The fruit is a large, many-seeded, juicy, wet fruit of various colors and shapes. The seeds are white, flat. It blooms from June, and the fruit ripens in August and October. It is native to Mexico and is also widely distributed in Central Asia. It is grown as a melon in many regions. In the preparation of the product, the ripe pumpkin fruit is split open and the seeds are separated. The finished product consists of cleaned seeds

Pumpkin seeds are white, flat-elliptical, slightly narrowed on one side, 1.5-3.5 cm long, 0.8-1.4 cm wide. The seed is covered with a two-layer skin. The outer side is white and the inner side is greenish-gray, membranous. Pumpkin seeds contain up to 50% fat, vitamins C and B1, organic acids, carotenoids and other substances. The fleshy part of the fruit contains sugars, 4-11% vitamins C, B1, and B1, up to 6 mg% carotenoids and other compounds. Pumpkin seeds are of great importance in medicine. We take 150-200 seeds for treatment. Pumpkin seeds are used as an effective prophylactic against worms. They can be eaten raw, but if you cook them as we will tell you below, their benefits will increase. Grind 150-200 seeds in a meat grinder or coffee grinder, pour five glasses of water and simmer over low heat for 2 hours. Make sure that it does not boil. Strain the semi-thick decoction through cheesecloth and collect the unnecessary mass from above with a spoon. Drink the resulting decoction on an empty stomach. After 2 hours, drink the decoction. To drive away parasites, it is enough to have 50 grams of pumpkin seeds for breakfast for three days. Drink fluids afterwards. Zinc in pumpkin seeds is also beneficial for adenoma and prostatitis. Therefore, chewing dried seeds is necessary for men with such problems. To achieve results, it is enough to chew 50 pumpkin seeds a day for 2 months. Uses. Beautifies the skin. Pumpkin seeds are considered a source of omega-3 and semi-saturated fatty acids, which are important for skin cells. They also contain vitamin E, which is important for skin regeneration. Good for the heart. Pumpkin seeds are rich in magnesium and potassium, which are beneficial for the functioning of the cardiovascular system. This product prevents spasms in blood vessels and heart failure. It improves blood pressure, cleanses the walls of blood vessels, and prevents the formation of cholesterol plaque.

Improves mood and sleep. Pumpkin seeds are considered one of the best antidepressants due to their source of tryptophan. This amino acid is converted in the body into the mood-boosting “happiness hormone” — serotonin. Tryptophan also has another beneficial property: It normalizes sleep at night and ensures the production of melatonin, which calms the nervous system. Strengthens immunity, nails and hair. This product is a source of zinc, which fights viruses and improves immunity. In addition, this substance also improves the condition of the skin and hair, as it helps the body absorb vitamins A and E. Strengthens bones. Pumpkin seeds are a product rich in phosphorus, which improves brain function and strengthens bones. Phosphorus is as important as calcium for bone health. It is together with calcium that this microelement strengthens bone tissue. How to eat pumpkin seeds?

Thoroughly clean the seeds extracted from the pumpkin. After drying on a napkin, place them on baking paper and cook for 10-12 minutes. It is better if the heat is low. The lower the heat, the more beneficial properties of pumpkin seeds are preserved.



The first benefit of pumpkin seeds for diabetics is blood sugar control. Eating pumpkin seeds daily helps improve insulin production and reduces the risk of developing the disease. Pumpkin seeds contain a large amount of magnesium, which is effective in including it in the diet in sufficient quantities. The magnesium in them helps reduce the risk of diabetes by regulating blood sugar levels.

Pumpkin seeds reduce the risk of cancer. Pumpkin seeds eliminate worms

Using pumpkin seeds to eliminate worms in children is a great idea. The substance cucurbitin in their composition is toxic to parasites and does not pose a threat to the human body.

Who should not eat pumpkin seeds: For those who are obsessed with weight, the only harm of pumpkin seeds may be high calories. They are recommended to consume no more than 100 grams of seeds daily. Pumpkin seeds can also be dangerous for people with high stomach acidity and other gastrointestinal diseases. Therefore, they can be included in the diet after comparing the benefits and harms of the seeds.

GARLIC ONION - BULBUS ALLII SATIVI Name of the plant. Garlic onion (stinking onion) - *Allium sativum* L.; belongs to the Uliaceae family. Perennial, bulbous herb, reaching a height of 20-70 (sometimes 100) cm. The stem is erect, cylindrical, covered with a sheath of leaves up to about half. The leaves are linear, flat or oblong, with a sharp tip. Some varieties of garlic onion have bulbs

in the axils of the leaves. The flowers are collected in a simple umbel. The umbel is covered with a single leaf sheath that falls off. There are small bulbs between the flower clusters. The fruit is a multi-seeded capsule. Often the fruit does not form.

Medicinal preparations of the garlic plant are used for arteriosclerosis, hypertension, colitis, pulmonary tuberculosis; in gynecology, it is used for trichomonas colpitis, and enemas are made to kill oyster mushrooms. Garlic bulbs contain many useful substances: potassium, calcium, phosphorus, vitamins C and B, selenium, manganese, iodine, and essential oils. At the same time, garlic is considered a very high-calorie product - 100 g of the product contains 149 kcal. However, this spicy vegetable is usually consumed in small quantities, and therefore does not harm the figure.

However, it should not be overlooked that garlic can contribute to increased appetite. Garlic contains volatile substances - phytoncides - that protect the plant from parasites and bacteria. When consumed as food, it has a bactericidal, antiparasitic and antifungal effect.



The results of the study showed that a group of people who regularly consume garlic suffer from colds three times less often than those who do not consume garlic at all. Garlic has a positive effect on the cardiovascular system. Regular consumption of this vegetable stimulates blood formation, and also reduces blood pressure and cholesterol levels. The risk of thrombosis and blood viscosity decreases. The ability to absorb oxygen, endurance and the speed of blood flow to the organs also depend on the condition of blood vessels, so garlic affects male sexual function. In addition, it helps to produce the male sex hormone testosterone. Garlic is known to reduce the risk of cancer. Its cytoplasm contains a compound called alliin. When a clove of garlic is cut, the integrity of the cells is disrupted, and alliin reacts with the cellular enzyme alliinase. As a result, allicin is formed, which gives garlic its characteristic smell.

This substance is not absorbed by the body and is excreted through sweat, urine, and breath. Allicin is an antioxidant that, as Chinese scientists have found, helps prevent the development of lung cancer. This substance kills cancer cells and reduces the likelihood of infectious processes in the respiratory system. Product preparations and crushed onion heads are also used to treat purulent wounds.

Garlic onion heads have bactericidal, fungicidal, protisticidal properties and an anti-inflammatory effect.

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