

Abujahl Water Melon (Bitter Watermelon) And Its Use In Folk Medicine

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Abstract: *Abujahl watermelon (Bitter Watermelon) is native to the Middle East and Africa and has been cultivated by humans for 3,000 years. Its healing properties are also described in detail in the works of Ibn Sina. In folk medicine, it is recommended to consume small amounts of this watermelon. Its fructose content has been shown to help the pancreas work better. In particular, the amino acid citrulline in it is important in improving the functioning of the kidneys, liver, heart, prevention and treatment of vascular diseases.*

Keywords— Pumpkin family, medicine, bitter watermelon, healthy people, watermelon juice, root crops, fruit plants.

1. INTRODUCTION

Abujahl watermelon is a perennial herb with thick, nodular roots that belongs to the squash family. Stems creeping or creeping, 2–4 m long. The leaves are mostly ovoid, the edges are carved, the flowers are yellowish-white; pollen grains (7–15) are located at the top of the stem - in the shingles, and seeded flowers (5–12) are located at the bottom of the plant. Fruits are black or brown, round, 7-8 mm in diameter. The seeds are flat and ovoid, small. It blooms in May-July. Occurs in Central Asia (including Uzbekistan), Europe, the Caucasus, Iran and Scandinavia. Abujahl watermelon is a medicinal plant; The root contains glycosides, starch, salt, resin, urea, salts of malic acid. The essence of homeopathy is used from the fresh root of Abujahl watermelon extracted from the flower. Alcoholic solution of the root is used in folk medicine for pain relief, wound healing, wound healing, cough relief and body aches. Abujahl watermelon juice is also used in the treatment of vomiting.

2. METHOD AND MATERIALS

There are also wild species of watermelon in nature, which are mainly found in Asia and Africa. Today, the watermelon, known as bitter watermelon, was called "Abu Jahl" in ancient times. It is currently found in the wild in South Africa, the Arabian Peninsula and Iran. This watermelon is a perennial plant in its homeland and an annual plant native to Central Asia. Bitter watermelon can be grown in all parts of the country. This watermelon is planted in mid-April, blooms in July and produces 2-4 fruits per bush. It weighs 0.5-3 kg and has a yield of 10-12 tons per hectare. Today, the number of people suffering from diabetes is increasing among the population all over the world. In many countries, bitter watermelon is recommended for patients with diabetes. We have been trying bitter watermelon for seven years in diabetes. The results are positive. Most patients who drank watermelon juice for 2-3 days were found to have normal blood glucose levels.

This fruit, which is good for human health, was mentioned in the medical works of Alexander the Great, and a number of medicines made from watermelon were used to treat various diseases, including diabetes, migraines, and to clear the respiratory tract.

The Sultan of Medicine ibn Sina said: "Abujahl watermelon, especially its seeds and peel, dilates the veins and cleanses the skin. Abujahl watermelon seeds protect against sunburn, remove freckles and scalp, and have diuretic properties. It removes kidney, bladder and liver stones.

3. RESULT AND DISCUSSION

Scientists say that a woman with a weakened body from toxicities (poisoning) should not eat melons in the first half of pregnancy, as this will prevent miscarriage. However, if a woman is healthy, she can eat melon regularly during pregnancy. In folk medicine, melons are also recommended for anemic patients who have run out of medicine. When there are freckles and blemishes on the face, the skin is covered with a thick peel of melon for several hours. This melon is a real "source" of glucose and vitamins. These beneficial substances improve the function of the liver, kidneys, heart, stomach, lungs and other organs, and stimulate the body in general.

Neither the bitter watermelon nor the juice can be stored for long. This is due to the fact that as a result of changes in its active ingredients, the effect properties are reduced, the taste changes and it becomes unfit for human consumption. To keep the bitter watermelon juice for a while, it is evaporated in an open container by mixing it with water at 60-70 degrees until it becomes a porridge, and a small amount of pure honey is added to it and the lid is closed.

In short, bitter watermelon juice is widely used in folk medicine. But only today, according to the recommendations of our scientists, it is used in the treatment of diabetes. Research in research institutions has led to a number of scientific studies on the biology, agronomics and biochemical

composition of watermelon and the development of various drugs from it.

4. CONCLUSION

In addition, bitter watermelon juice also cleanses the human body from various parasitic worms. Even healthy people can drink watermelon juice 1-2 times a year. "Particular attention is paid to the study of the hypoglycemic potential of watermelon," said Nigora Yuldasheva, a researcher at the Department of Pharmacology and Toxicology of the Institute of Plant Chemistry of the Russian Academy of Sciences. Preliminary laboratory tests revealed the chemical composition and structure of the bitter-tasting glycoside in bitter watermelon. In the future, after passing our laboratory tests, the production of medicines based on bitter watermelon for the treatment of diabetes can be launched. Neither the bitter watermelon nor the juice can be stored for long. This is due to the fact that as a result of changes in the active ingredients, its properties are reduced, the taste changes and it becomes unfit for human consumption. To keep the bitter watermelon juice for a while, it is evaporated in an open container by mixing it with water at 60-70 degrees until it becomes a porridge, and a small amount of pure honey is added to it and the lid is closed. In short, bitter watermelon juice is widely used in folk medicine.

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