

MEDICINAL AND PHARMACEUTICAL USES OF THE GUAVA PLANT.

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Annotation: This article provides information on cultivation technologies of Guava, one of the medicinal plants, and its use in medicine and pharmaceuticals.

Key words: Guava, myrsines, angiosperms, vitamin C, group B (1, 2, 3, 5, 6), E, A, PP.

Guava is an average fruit tree with a height of 4 m with a wide crown, in natural conditions it can reach 10 m, but in captivity it has a more compact size. Guava belongs to the myrtle family, it is a representative of the class of dioecious plants from the division of angiosperms. Guava leaves do not fall even in winter. Five months after flowering (sometimes three), large fruits weighing up to 160 g ripen on the tree. By the way, the flowering bush looks very impressive with its white inflorescences. The tree bears very rich fruit: up to 100 kg of fruit can be collected from one crop. There is also a second wave of fruit formation, but in this case the size and number of fruits is half. Guava looks like a cross between an apple and a pear. The fruits are round, like an apple, or slightly elongated, like a pear. The straight skin is similar to citrus fruits, but in yellow fruits it looks like quince. As the fruit ripens, they turn yellow or burgundy, but some types remain green. Ripe fruits give off a strong lemon scent. The thicker the skin of the guava, the more bitter it is, and the thinner the skin, the sweeter. The pulp is very dense and juicy, small hard yellow seeds are hidden. There are a lot of them, more than 100 pieces in one fruit, covered with a hard shell, and therefore there are some difficulties in growing guava by the seed method. It depends on the specific variety. Most species have white pulp, but there are varieties with pink, yellow and even red.

Outwardly, guava looks very inconspicuous: in shape, the fruit is covered with eggs, green or yellow, looks like an apple or pear. Usually the flesh is white, but there are varieties with a bloody, yellow or pink core. Despite the many species, their differences in shape, pulp color, the presence or absence of pits - all of them retain



the most important thing: a unique complex of vitamins and minerals. The attractive smell and sweetness of the taste attract many delicious people.

lycopene (more than tomatoes) - a powerful antioxidant;

potassium (more than bananas);

Vitamin C (many times more than citrus).

Using these three elements, the plant is respected. However, along with them, guava fruits, leaves and bark are rich in:

vitamins - group B (1, 2, 3, 5, 6), E, A, PP;

micro and macroelements - calcium, copper, magnesium, zinc, phosphorus, selenium, sodium, manganese, iron;

proteins;

fructose, sucrose, glucose;

fiber;

niacin;

tannin;

Leukocyanidin;

essential oils.

In this case, guava has only 69 kcal per 100 grams (in unripe fruits, the calorie content is also low).

The chemical composition varies depending on the age of the plant. Young plants contain diglycosides, ellagic acid, calcium oxalate, potassium, protein, etc.

The unique healing properties of guava (we will talk about the taste qualities later) are related to its chemical composition. The active use of its various fruits, bark and leaves in traditional medicine among large-scale peoples made it possible to discover the places where this plant shows its properties most effectively. It's like this:

Cardiovascular system. Potassium acid, which is ascorbic acid, helps to maintain normal blood pressure, supports the heart muscle and normalizes heartbeat, ensures the elasticity of blood vessels. Lycopene protects against heart disease. Regular consumption of tea with guava leaves helps to reduce excess cholesterol and is a good prevention of atherosclerosis.

The brain. B vitamins, potassium improves brain function, reduces the risk of Alzheimer's disease.

Teeth and mouth. Just chewing a guava leaf and feeling the effect is enough anesthesia, enough to fight inflammation. Wash with separation of the leaves (5-6 leaves per liter of water, boiled for 10 minutes), bleeding or wounds in the blood vessels put into the leaves.



Gastrointestinal system. In the 16th century, the Spaniards saw that the Indians in Panama drank guava tea during diarrhea - it inhibits and stops the growth of pathogenic bacteria. Eating fresh fruits also allows you to get rid of pathogenic bacteria and digest food that normalizes the body to fiber.

Felt. Vitamins A and C help the functioning of the cornea, slow down the development of cataracts.

Skin. Ripe fruit (with rich red flesh) heals the skin, makes it soft, stimulates collagen production, and removes free radicals. The skin of unripe fruits and leaves is useful for nuts - protects against ultraviolet radiation, prevents acne.

Thyroid gland. The high content of copper and potassium normalizes its functioning. Juice and guava fruits are actively used in the treatment of diabetes mellitus (due to the low glycemic index). To prevent the drug, it is enough to eat one peeled fruit a day or drink tea from the dried leaves of this plant.

Regular consumption of these fruits helps to strengthen the immune system, colds, fever, sore throat, flu. The fruit of the plant significantly reduces prostate cancer, and also helps women with breast cancer, strengthens the lymphatic system. Leaf decoction is used as hemostatic and disinfectant.

Guava is recommended to include in the diet of pregnant women, children and the elderly.

When choosing a guava, you should follow the following signs that the fruit is ripe: In appearance. Ripe fruit has a slightly yellow pastel color. A bright green color or pink color indicates the immaturity of the fetus.

The fruit should not have dark spots on the ventricles (they are signs of ripeness, the body of the fruit may be damaged or have an unpleasant taste).

With a layer of fruit. The fruit should be slightly soft to the touch. If the stone - immature, very soft - hard as a hill.

With a smell. The fruit is more ripe, and its smell is so clear that it has oily shades.

Guava does not have a long shelf life, rather than ripe fruits - they can be stored for a maximum of two days without refrigeration. In the refrigerator, in a container for storing fruits and vegetables, the storage period can be extended up to 2 weeks.

Green, unripe fruits can be stored in room conditions for 2-3 weeks. During this time, they gradually "reach", become confused and soft. But the taste is slightly inferior to the fruit grown on the tree.

For the winter, you can also freeze ripe fruit and refrigerator for eight months. It does not lose its useful qualities.



Many still do not know what kind of gova they are interested in, what it tastes like. There is no clear answer - to one person it tastes like pineapple and strawberries, to another - strawberries and pears, and to a third - green apples from a Christmas tree! Indeed, taste and color - no friend. But everyone unanimously agreed - it's delicious and unusual.

Guava can be used in different ways:

As a normal fruit, raw (can be eaten with the skin on, and can be peeled and sliced). You can make a delicious frieze from the ground pulp in a blender (a glass of guava pulp, 3 tablespoons of lime juice, a little salt, half a glass of orange juice, mint leaves, ice).

Drink fresh sweet water. Guava juice is not only good, but it is also very tasty. It can also produce different drinks (for example, a glass of guava juice: 100 ml of yogurt, fresh strawberries and lime juice). When preparing alcoholic cocktails for a large audience, it is recommended to use the juice of this fruit - it gives them a special taste (0.5 liters of guava juice mixed with 110 ml of vodka, 0.5 liters of ginger juice and 2 tablespoons of lime juice. mint leaves and ice).

Make a sweet and salty sauce (perfect for barbecues and kebabs): tomatoes cooked onions (3 medium onions) brown, strawberry guava fruits, fried with onions for 10 minutes, half a glass of white wine according to the art, star anise and add allspice. 1 ketchup and sugar. After the guava softens, remove the spices and pour into the art. 1 Rome, lime and salt. Throw in a blender

Make cakes, make jam and jam. The fruit seeds, which are difficult to make jam in the traditional way (like stoneware), spoil the taste, and since the guava looks better in the form of a shell, we recommend making a dessert from its nectar. This jam is very popular in Caribbean cuisine (Cuba, Dominica).

There are columnar fruits (soft) to squeeze. The fruit is washed and divided into four parts, poured water in a saucepan (it should be completely covered), boiled and cooked at a low temperature until the fruit is soft boiled. In another pan, pour the nectar, squeeze the mass through the small intestine and discard the thick one. The resulting nectar is mixed with the same amount of sugar, put on fire and boiled, mixed. You can add some lime juice or bile.

Preparation is checked simply: you need to drop a drop in water. When the jelly is ready, the drop does not spread, but keeps its shape. When it's hot, the jelly is poured into shapes (it looks like jam after it's cured). This jam is especially delicious with fresh scones. This jam is also useful for cooking fish and meat.

Place the cake.



An important feature of guava is that this plant can be useful for almost everyone. There are no specific practices against its use. The only caution is his personal intolerance. Also, do not overdo it - do not overeat this fruit (this can cause indigestion). Doctors should avoid giving the fetus money - this is because the glucose level can rise.

Conclusion:

Guava is widely used in the traditional medicine of the countries where it grows. Doctors use the leaves, bark and flowers of the plant for medicinal purposes. A decoction of guava leaves is used as a cough suppressant, mouthwash, and sore throat. Guava tincture is used for skin diseases or as an antipyretic. In Brazil, guava fruits are used for diarrhea, in Panama for asthma, bronchitis, pneumonia, and inflammation of the throat, in the West Indies for epileptic seizures and convulsions, and in the Philippines for heart diseases. Made from guava leaves tea also helps with dysentery, indigestion and dizziness, and helps regulate menstrual cycles.

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