

## **HEALING PROPERTIES OF PUMPKIN**

**I.R. Askarov\***; **K.K.Otakhonov\*\***; **Sh.A.Matamirova\*\*\***; **U.V.Mirzaev\*\*\*\***;  
**A.S.Khozhikulov\*\*\*\*\***

\*Professor,

Doctor of Chemistry, Academy of Health of UZBEKISTAN

Email id: i.askarov@mail.ru

\*\*Associate Professor,

Doctor of Philosophy in Chemistry,

Andijan State University, Andijan, UZBEKISTAN

Email id: k.otahonov@mail.ru

\*\*\*Teacher,

Tashkent Medical Academy, Tashkent, UZBEKISTAN

Email id: sh.matamirova@mail.ru

\*\*\*\*Master's Degree Student,

Andijan State University, Andijan, UZBEKISTAN

Email id: u.mirzaev@gmail.com

\*\*\*\*\*Senior Lecturer,

Doctor of Philosophy in Chemistry,

Andijan State University, Andijan, UZBEKISTAN

Email id: xojiqulov76@inbox.ru

**DOI: 10.5958/2249-7137.2022.00273.7**

---

### **ABSTRACT**

*This article provides the latest data on the preparation of effective remedies against many diseases of digestion, urinary incontinence, endocrine, circulatory systems based on the healing properties of pumpkin.*

**KEYWORDS:** *Pumpkin fruits and seeds, arteriosclerosis, gastrointestinal tract, gout, kidneys, gout, fight against skin wrinkles, strengthen immunity, improve blood circulation, improve the nervous system, growth retardation, rickets, cardiovascular diseases, gastritis, bile stone disease, helminthic worm.*

---

### **REFERENCES**

1. Kholmatov XX, Akhmedov UA. Pharmacognosy. Tashkent. Abu Ali Ibn Sino. 1997.
2. Ahmedov O, Ergashev A, Abzalov A, Yulchiyeva M, Mustafakulov D. Dorivor o'simliklar yetishtirish texnologiyasi va ekologiya. Tafakkur-bo'stoni nashriyoti, Toshkent. 2018. pp. 41-46.
3. Xamdamova Z. Xalq tabobatida mevalar bilan davolash. Toshkent. Muharrir. 2013. pp.58–65.

4. Lazos ES. Nutritional, fatty acid, and oil characteristics of pumpkin and melon seeds. *Journal of food science*, 1986;51(5):1382-1383.
5. Jariene E, Danilchenko H, Kulaitiene DJ, Gaevsky M, Venskutoniene E. Quality of pumpkin variety bearing oil depending on fertilization method in Spontaneous and induced variations for genetic improvement of fruit crops. University of Technology and Natural Sciences, Bydgoszcz, Germany, 2007. pp. 189–196.
6. Stibil KV, Trkow Z. Iodine and selenium content in pumpkin seed oil (*Cucurbita pepo L.*) and cake. *European Food Research and Technology*, 2002;215(4. S):279–281.
7. Khodzhikulov AS. Study and classification of some iodine- containing food additives. Dissertation. Andijan State University. 2021. pp.38-48.
8. Paxmatov KP. Radiofrequency ablation of facet nerves in the treatment of pain syndromes in degenerative diseases of the spine. Узбекский Медицинский Журнал, 2021;2(5).
9. Askarov IR. Medical Encyclopedia. Tashkent Classic Word. 2019.
10. Zhokhova EV, Goncharov MSYu, Povydysh MN, Derenchuk SV. Pharmaco-gnosy. Moscow, GEOTAR-Media. 2016.
11. Sheluto VL, Buzuk PN, Konoplyova MM, Lovchinovsky YuO. Pharmaco-gnosia. Vitebsk State Medical University, 2012. pp.403-405.
12. Askarov I, Khojikulov A, Otakhonov Q. The evaluation of healthful properties of pumpkin fruit extract through the antioxidant indicator. *ACADEMICIA: An International Multidisciplinary Research Journal*, 2021;11(10):1911-1915.