

## HEALING PROPERTIES OF PUMPKIN

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### 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, at her sclerosis, 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.*

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### INTRODUCTION

Today, the population of the world suffers from various diseases caused by various diseases in the body, such as the prevention of diseases using various chemical drugs, the development of new diseases and illnesses during treatment, or passive immunity. Drawing the right conclusions from such cases requires the widespread use of natural remedies with less use of chemicals in the treatment of diseases. Of course, most of these remedies are derived from green plants. One such plant is the pumpkin plant and its fruit, which has beneficial properties. This is because food supplements made from the fruits and seeds of this plant are an effective tool in the treatment of

many diseases of the digestive, digestive, endocrine, circulatory and musculoskeletal systems [1].

### **The main parts**

Pumpkin (*Cucurbita pepo* var. *Rationiana*) belongs to the family of squash-(*Cucurbitaceae*). Pumpkin seeds - (*Semina Cucurbitae*). Pumpkin is a plant whose annual stem reaches 4-5 m in length. The stem is angular, coarsely hairy, hanging with the help of curls. The leaf is very large, heart-shaped, deeply five-lobed, coarsely hairy, and arranged in a row using a long band at the base. The flowers are yellow, fragrant, unisexual, the male flowers are clustered in the leafaxils, and the female flowers are solitary. The inflorescence is five-lobed, the inflorescence is five-lobed. Paternity 5, maternal node 3-room, located below. The fruit is large, multi-seeded, juicy and juicy, wet fruit of different colors and shapes. The seeds are white or yellow, flat elliptical. It blooms from June and ripens in August-October.

Pumpkin is one of the most useful vegetables, which contains a lot of micro- and macronutrients. b-carotene is a leader among pumpkin-based drugs, and pumpkin is also rich in vitamins C, E, V1, V2, RR. Pumpkin seeds contain up to 50% fat, vitamins C and V1, organic acids, carotenoids and other substances. The fleshy part of the fruit (4-11%) contains carbohydrates, up to 16 mg of vitamins C, V1 and V2, carotenoids, nicotinic acid and other compounds [2].

On an industrial scale, large amounts of carotene are obtained from red carrots (containing up to 20 mg of carotene) and fresh orange varieties of pumpkin (meat contains 16 mg of carotene) [3].

Pumpkin is rich in potassium, calcium, iron, magnesium, copper, zinc, cobalt, silicon and fluorine. Due to the presence of glycolic and lactic acids from  $\alpha$ -hydroxy acids in pumpkin fruit, it rejuvenates the skin by removing dead cells and giving it a healthy shine. Pumpkin contains b-carotene and vitamin A, which help fight wrinkles. Vitamin R, on the other hand, prevents blemishes and contributes to skin regeneration. Vitamin C in pumpkin boosts immunity, and vitamin B improves blood circulation. The trace element potassium, in turn, has a positive effect on hair health [4].

Pumpkin is rich in vitamins, trace elements, potassium, iron, calcium, magnesium, so it can help in medicine to calm the nerves, prevent stunting, rickets, cardiovascular disease. The flesh of the pumpkin is extremely rich in alkaline substances. Therefore, it can be recommended to patients with high acid gastritis. Pumpkin is also used in the treatment of constipation, varicose veins, atherosclerosis, diabetes, gout, gallstones. Pumpkin fruit has a diuretic effect. It is also used in the treatment of liver and kidney diseases from the soft part of the skin, as it has the property of accelerating the excretion of chlorine salts from the body. Doctors recommend it to pregnant women to improve heart, kidney function, eliminate tumors. An oily solution of carotene derived from pumpkin fruit is used in the treatment of some chronic skin diseases (eczema, hard-to-heal wounds), purulent wounds, burns and colds, as well as damaged mucous membranes [5].

Abu Ali ibn Sina used a decoction of pumpkin fruit to treat chest and ear pain and cough. He ordered the pumpkins buried in the snow to be mixed with sugar and consumed to soften the stomach. Fruit juice (for brain tumors, inflammation of the brain) has been used to treat brain diseases and sore throats. Pumpkin cooked in water or in the snow is used in folk medicine for the treatment of jaundice (hepatitis) and other diseases of the liver, gallbladder, as well as a diuretic in kidney disease. Pumpkin cooked in the snow is mixed with sugar and given for

consumption as an anti-constipation surge. In cases of iron deficiency, eczema and burns, the skin is rubbed with pumpkin fruit to treat the damaged areas of the skin [6].

Pumpkin seeds are among the three products with the highest zinc content. Its 100 grams contain 10-40 mg of zinc. Zinc not only synthesizes testosterone, but also prevents it from being converted to estrogen. Zinc in combination with lignan, which is part of pumpkin seeds, can prevent the development of prostate adenoma [7].

Zinc in pumpkin seeds also helps prevent esophageal cancer. American scientists have found that the same dose of zinc has a negative effect on cancer cells, but does not harm the rest of the body's cells. Researchers attribute this phenomenon to a special link between zinc and calcium. The nature of this relationship has not yet been determined, but zinc has been found to respond to calcium signals sent from cancer cells [8,9].

**TABLE 1: SUBSTANCES CONTAINED IN THE PUMPKIN PLANT AND THEIR HEALING PROPERTIES**

№	Substances	Percent	Healing properties and importance
1	Sodium and potassium	0,5	Ensuring metabolism
2	Zinc	3	Treat infertility by increasing sperm cell activity
3	Iron	10	Prevention of anemia
4	Potassium, copper		In the formation of blood
5	Toxic substances	1	Paralyzes the vomit
6	Pectin	1	In the treatment of inflammatory bowel disease
7	Holisterin	0	In the treatment of atherosclerosis, hypertension
8	Carotene	1	Treats skin and mucous membranes
9	Water	80	In diseases of salt metabolism and kidney stones
10	Protein	28	In metabolism and energetic
11	Oil (in seeds)	50	In metabolism and energetic
12	Sugar	4-11	In metabolism and energetic
13	Dry substances	15-18	In metabolism and energetic
14	Vitamins	20-30	In the treatment of avitaminosis, hypovitaminosis

Pumpkin oil is used for the treatment and prevention, ie prevention of diseases. In addition, pumpkin fruit improves liver function, prevents the development of colds in prostatitis. Improves blood composition, prevents obesity by clearing the body of cholesterol. It is widely used in medicine and medicine because all the organs of the pumpkin: roots, seeds, fruits, flowers are equally healing. In the cough of people with hot climate, pulmonary tuberculosis is cured in the treatment of sore throats, diseases of the nose and respiratory tract, if consumed from pumpkin juice mixed with rose oil. In addition, pumpkin has antipyretic, diuretic, antipsychotic properties [10-12].

Peel a squash, grate it and squeeze the juice. It is then passed through a dock. Drink half a glass of this juice a day. Patients with kidney and bladder stones are recommended to drink half a glass of pumpkin juice three times a day, three times a day. The course of treatment is 10 days.

## CONCLUSION

In addition, our research has shown that spectrophotometric analysis of the antioxidant properties of pumpkin aqueous extracts has high antioxidant activity compared to glyclazides used in pharmaceuticals and medicine, as well as quercetin substances used as BFQ in the food industry.

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