

THE CHEMICAL COMPOSITION OF FIGS AND ITS IMPORTANCE IN TRADITIONAL MEDICINE

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ABSTRACT

This article provides information about the natural compounds and chemical elements that make up the fig. There are also methods of treating figs in folk medicine and modern medicine. The healing properties of the fig fruit have been known and popular since ancient times. In folk medicine, figs are widely used in the treatment of inflammation of the liver, spleen and lungs. It is also widely used in medicine. The benefits of figs for women and their bodies are incomparable. If you have painful menstruation during the period, eat 3 figs a day - menstruation will soon return to normal.

KEYWORDS: *Figs, Carbohydrate, Vitamin, Fig Leaves, Iron, Selenium.*

INTRODUCTION

Figs are one of the most delicious and useful and healing fruits. Figs contain chemical elements that are important for the human body, along with carbohydrates, fats, proteins and vitamins. Of these, iron, selenium, magnesium, phosphorus, potassium, sodium, zinc, copper, manganese are the most common. It was found that the amount of these elements varies depending on the type of fig and climatic conditions. [1]

There are several main varieties of figs:

Crimean black - fruits weighing 80 g, almost black, very sweet.

Dalmatian - the fruits are large (about 180 g), pear-shaped, the color of the shell is green, the flesh is red.

Early gray - the fruits weigh up to 40 g, the color - light brown, the berries can be purple.

Randino - olive-colored fruit, weight - about 100 g.

Abkhazian purple color - late variety, the fruit weighs up to 80 g.

Kadota - green-skinned fruit, pink body, weight - about 70 g.

The ingredients in the fruit help control the skin's sensitivity to ultraviolet radiation, so it is recommended to use figs before the bathing season. This helps to form a flat body. The fruit contains melanin, which protects the body from the harmful effects of sunlight. Figur-based maskshelp maintain skin elasticity and have a rejuvenating effect. [2]

The amounts of 10 chemical elements in yellow figs grown in Uzbekistan are given in Table 1

TABLE 1 THE AMOUNT OF CHEMICAL ELEMENTS IN THE FRUIT OF YELLOW FIG (FICUS CARICA), MG (RELATIVE TO 100 MG)

№	Name of element	Amount	№	Name of element	Amount
1	calcium	0,35	6	Sodium	1,0
2	Iron material	0,4	7	Spirit	0,2
3	magnesium	17	8	Copper	0,1
4	Phosphorus	14	9	Manganese	0,1
5	Potassium	23,2	10	Selenium	0,2

The content of 8 organic substances in yellow figs grown in Uzbekistan is given in Table 2.

TABLE 2 THE AMOUNT OF ORGANIC MATTER IN THE FRUIT OF YELLOW FIG (FICUS CARICA), MG (RELATIVE TO 100 MG)

№	Name of element	Amount	№	Name of element	Amount
1	Protein	3	5	carbohydrate	58
2	Fat	0,8	6	sucrose	55
3	Hun fiber	18	7	starch	3
4	saturated acid	2,4	8	unsaturated acids	2

The healing properties of the fig fruit have been known and popular since ancient times. In folk medicine, figs are widely used in the treatment of inflammation of the liver, spleen and lungs. It is also widely used in medicine. The peculiarity of figs is that its honey has a multifaceted effect like honey. Figs have diuretic properties and also prevent excessive sweating. Mild poisoning can be treated with figs. This is because its substances improve gastrointestinal function and expel toxins from it, resulting in improved kidney and liver function.

hot milk is poured on it, infused for half an hour and given to the patient before meals. This blessing also has the property of reducing fever. To do this, the patient should drink a drop of dried figs. Figs reduce the amount of cholesterol in the blood. It is therefore a means of preventing cardiovascular disease and obesity. This boon benefits the mine in anemia due to the presence of large amounts of iron. Figs are also recommended for asthma, lung pain and wheezing. Consume up to 300 grams of its wet fruit and up to 120 grams of dried fruit at the same time possible. [3]

On the healing properties of figs, Ibn Sina spoke of drinking its milky juice as a diuretic and washes away kidney stones. Fig juice cures tumors that are difficult to absorb. Eating figs before

meals rejuvenates the body and softens the stomach. In folk medicine, not only the fruit but also the leaves of the fig tree are used medicinally. Figs are rich in vitamin C, which strengthens the immune system and protects against viruses. Ripe and mixed fruits of figs are used in anemia. Figs are a rich source of tryptophan, which is essential for optimal brain function and mental health. According to some scientists, tryptophan prevents aging because an adequate amount of it in the diet slows down the aging process of the cells. Furalen from fig leaves is used in the treatment of vitiligo. Decoction of figs helps in diseases of the kidneys and urinary tract, gastritis and constipation. In the medicine of many countries, open wounds are treated with the milky juice of fig leaves. Decoction made from dried seeds is used in postpartum hemorrhage and gastrointestinal diseases. A fresh tincture made from a mixture of its nettle leaves is widely used in dysentery and inflammatory diseases of the intestinal mucosa. Like other fruits, it is the fruit also contains many antioxidant compounds. Antioxidants play a very important role in maintaining good health: they reduce the risk of vascular and heart disease, inflammatory diseases, tumors and many other diseases, and it is an excellent anti-aging tool. [4]

Figs are high in iron and help prevent anemia is useful. The magnesium and potassium contained in figs provide the necessary substances to the muscle tissue and improve the activity of the heart muscle, which has a positive effect in the prevention and treatment of tachycardia. helps to normalize. Hence, figs are recommended in the treatment of urinary incontinence, anemia, sore throat and cough, gastrointestinal diseases.

Relieves constipation. Figs are very useful for the gastrointestinal tract, as it helps fight constipation. It contains substances involved in the digestive process. Soluble fiber helps the body very well as it helps to moisten the hardened stool, which prevents constipation and, if present, can get rid of the disease

Lowers cholesterol. Figs contain substances that help lower cholesterol in the body. Pectin is a soluble fiber that binds cholesterol and helps remove it from the body along with feces. It also contains compounds that are natural alternatives to drugs that help lower phytosterols, cholesterol and triglycerides.

Useful for diabetes. The glycemic index of this product is very low, so it is allowed to use in diabetes (if you do not overeat), even if the fruit contains a lot of sugar. Figs do not adversely affect blood sugar and do not increase it. Potassium in figs plays a supporting role as it is involved in the process of glucose uptake.

Dental diseases. Decoction of the fruit and keeping it warm in the mouth eliminates the cocoon binding of the gums. There are benefits to using milk when it is working.

Paralysis. Boil figs and radishes together, collect them after cooking, add 100 g of honey to the water and boil it, and drink the prepared tincture 2-3 times a day to prevent paralysis.

Wounds. Boiling figs and drinking water and washing the wound is effective in healing purulent wounds. Take a tablespoon of dried fruit, grind it, put it in two cups of boiling water and boil for 10 minutes. It cools down after cooling and rinses the mouth to help heal various sores in the mouth. The prepared solution is soaked in gauze and applied to the skin wounds. [5]

Fresh figs help relieve toothache. To do this, cut the fruit in half, remove the pulp and put on the gums for 5–7 minutes. Repeat this 3-4 times and the toothache will gradually disappear. Oriental

women use these fruits to whiten tooth enamel. To do this, burn 2–3 fruits on an open fire, collect the ashes and mix with glycerin. Brush your teeth twice a day with the resulting paste and repeat it once a week to see that your teeth are whiter. The benefits of figs for women and their bodies are incomparable. If you have painful menstruation during the period, eat 3 figs a day - menstruation will soon return to normal. For expectant mothers, this fruit contains large amounts of fiber and trace elements. During pregnancy, if you include it in your daily diet, it will replenish a pregnant woman's body with enough iron. Helps maintain a normal weight without compromising the health of the baby and the woman. The benefits of figs for men and their bodies are incomparable. Put 5 figs in boiling water, boil for an hour until crushed and strain. Drinking the resulting infusion mixture twice a month can significantly help in the treatment of prostatitis in men.

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