



USEFUL PROPERTIES OF GRAPE SEED OIL.

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Abstract: *This article provides information about the beneficial properties of grape seed oil, its cure for many diseases, and the vitamins and minerals contained in the seed.*

Keywords: *Grape seed oil, acid, vitamin, tannin, amino acid, chlorophyll, cholesterol, arteriosclerosis, antioxidant.*

INTRODUCTION

On the most popular and widespread natural extracts used in medicine for a long time is grape seed oil. The natural product contains many useful components of the skin that have a unique healing effect on the condition of the hair and the body as whole. Today, in the field of grape seed cosmetology, hair, face and body using a balanced combination of vitamins, microelements and amino acids, the natural remedy helps to accelerate skin renewal, restore hair structure, and eliminate wrinkles and stretch marks.

Grape seed contains 7-20% fat. Grape seed oil is a natural extract obtained from natural raw materials. Grape seed contains vitamins E, A, B, C, PP, tannins, antioxidants, chlorophyll. As a result, the oil has a pleasant yellow-green color. In addition, grape seed oil contains useful elements K, Na, Mg, Ca, Fe. Grape seed extract regulates the metabolism of lipids and fats in the body, which leads to a decrease in the level of cholesterol in the blood.

This vegetable oil contains the following useful components:

- Vitamin E 28.8 mg
- Saturated fatty acids 9.6 mg
- Monooxidized acids 16.1 mg

100 gr contains 884 kkal of energy

Valuable parts of the beneficial effect on the walls of blood vessels, expanding them.

5. cleaning the blood from cholesterol;

3. prevention of arteriosclerosis;

- preventing the formation of blood clots;
- prevention of inflammatory;
- processes in blood vessels;

it used to prevent thrombosis, arteriosclerosis, hemorrhoids, ischemia, heart, attack and stroke.

Grape seed oil is characterized by a rich content of linoleic acid. It contains vitamins, minerals, protein, and valuable antioxidants. Grape seed contains such natural amino acids.

linoleic (72%) stimulates skin regeneration, moisturizes the skin and has an anti-inflammatory effect;

oleic (16%) normalizes metabolism;

stearin (4%) increases the protective properties of the skin.



Grape seed oil has high oxidation resistance (low amount of omega 3). Therefore, this product is often used with other food oils (olive, sunflower) to extend their shelf life. Grape seed contains 7-20% fat. This oil it is used to prepare food products, home preserves, marinades for fish and meat.

Most of the FAS found in grape seed oil, about 90%, are unsaturated. Polyunsaturated acids, particularly LA, are the best represented 65-75%, regardless of the extraction technique utilized. Oleic acid covers up to 20-40% of the monounsaturated acids, depending on the type of seed that was examined. Due to the fact that vegetable oils FAS are susceptible to oxidation, grape seed oils shelf-life is influenced by its lipid content. It is essential to take this aspect into consideration when the oil is used in food or in the cosmetic and pharmaceutical industry, in order to preserve its properties during the conservation period. As it cannot be produced by the body, LA, which is present in grape seed oil, has a crucial role and contributes to the substantial nutritional value of foods including it. This is significant since animal studies show that LA boosts cardiovascular health. Furthermore, based on the concentration and oxidative stability of their molecules, these PUFA may alter the grape seed oils flavor, aroma and shelf life. Additionally, LA is a structural component of ceramides and phospholipid cell membranes in the stratum corneum and it controls trans epidermal fluid retention and the homeostasis of the lipid barrier.

Gamma-LA, also an Omega-6 polyunsaturated acid, was detected in grape seed oil in small amounts of 0.1-0.2%. A C 18:3 unsaturated Omega-3 fatty acid, α -linolenic acid, is another necessary fatty acid, which in grape seed oil found in a quantity 10 times smaller than in olive and avocado oil. Skin dysfunctions such as inflammation and dryness have been linked to dietary deficiencies in LA excluding α -linolenic acid. As for the monounsaturated acids, in grape seed oil, they are represented by oleic acid, an Omega-9 acid, which is found in a proportion of 14-20%. Most vegetable oils and butters often contain oleic acid, an Omega-9 fatty acid, necessary to human health, poorly represented in grape seeds oil, having a concentration five times lower than in olive oil, the most used oil in skin preparations. It causes permeability irregularities in the stratum corneum structure, which facilitates skin penetration. Increased trans-epidermal water loss and irritation are consequences of skin barrier damage.

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