

Faxriddinova Gulchehra

Xusenova Mahbuba

*Teachers of the Technical College of Public Health
named after Abu Ali ibn Sino*

Abstract: Olive oil (oil) is vegetable oil obtained from the European olive plant. It provides a mixture of fatty acid triglycerides with a high fatty acid content of oleic acid esters. It has a color from orange to yellow-green and a slightly bitter taste.

Olive oil has long been known as one of the most beneficial products. It is actively used in medicine, dietology and cosmetology.

The ancient Greeks and Egyptians, who did not even imagine how rich the olive fruit is in trace elements, appreciated the unique properties of the olive and considered the olive tree to be of divine origin.

Well, let's try to understand the benefits of olive oil, which was called "liquid gold" by the legendary ancient poet Homer.

The history of olive oil

The origin of olives, like other products known for their beneficial properties, is full of mystery. Scientists say that the homeland of the olive tree is Egypt. And with the help of Phoenician traders, it reached Greece, Spain and Italy, where it gained popularity.

In mythology, there are different ideas about how this magical tree appeared: the Greek legend says that the goddess Athena stuck her spear into the ground during an argument with Poseidon, and an olive tree grew there. The Egyptians claim that the olive tree was first planted by Izi, the goddess of fertility.

In any case, the olive fruit has been successfully used as an effective medical and cosmetic agent for more than six thousand years.

The use of olive oil as a remedy in medicine, in which it is necessary to drink olive oil:

Cleansing the liver;

Ulcerative diseases;

Diseases of the oral cavity;

Periodontitis;

Constipation;

Sclerosis.

Harms of olive oil

Despite the fact that this plant is one of the most useful products, some negative consequences of its excessive use cannot be ignored.

The group of people who should be most careful when using olive oil are patients with inflammation of the gallbladder (cholecystitis). Due to its strong choleric effect, it can aggravate the disease.

Despite the fact that olive oil is widely used in dietetics, this product should not be consumed more than two tablespoons per day, because this product is very high in calories.

In addition, do not get the wrong idea that the product fried in olive oil does not cause any harm to the body. In fact, as a result of heating, any oil, including olive oil, not only loses its beneficial properties, but also becomes harmful. Therefore, for consumption, it is necessary to give preference to olive oil that has not been thermally processed.

Nevertheless, all the negative qualities of the product are manifested only when consuming too much of it.

How to choose healthy olive oil?

To make sure that olive oil is useful, you need to choose the right product. There are a number of rules that will help you make the right choice.

Olive oil, like other oils, can be refined or unrefined. All useful properties are preserved only when exposed to minimal heat. Therefore, give preference to unrefined oil.

In addition, on the packaging you can see one of three inscriptions - virgin (natural), refined (refined) or pomace. Choose the first option.

If the word "mix" is written on the packaging, then this oil is obtained by mixing different types of oils, which negatively affects its properties.

The beneficial properties of olive oil are preserved for five months, so you should pay special attention to the date of production of the product.

The lower the acidity of the oil, the milder its taste. In the highest quality varieties of olive oil, this indicator is 0.8%.

The best olive oil is produced and packaged in one country. You can find out the origin of the product by IGP or DOP symbols. IGP (Indicazione Geografica Protetta) means that the olive oil was produced in one country but packaged in another. The abbreviation DOP (Denominazione d'Origine Protetta) indicates that the oil was produced and packaged in one country.

Do not try to determine the quality of the oil by its color, this characteristic is influenced by factors such as the type of olive, the ripeness of the fruit and the time of harvesting.

The beneficial properties of olive oil are best preserved in glass containers.

REFERENCES:

1. Lean, Maykl E.J. (2015). "Insonni oziqlantirish tamoyillari". Dori. 43 (2): 61–65. doi:10.1016 / j.mpmed.2014.11.009.
2. Jahon sog'liqni saqlash tashkiloti, BMTning oziq-ovqat va qishloq xo'jaligi tashkiloti (2004). Inson oziqlanishidagi vitamin va minerallarga bo'lgan ehtiyoj (PDF) (2. tahr.). Jeneva: Jahon sog'liqni saqlash tashkiloti. ISBN 978-9241546126.
3. <https://mymedic.uz>