

DISTRIBUTION OF CITRUS PLANTS, USEFUL PROPERTIES.

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Summary: *Orange helps the body absorb calcium. It also contains vitamin A and sodium, potassium, magnesium, copper, sulfur and chlorine. It is considered one of the alkaline forming foods because it leaves an alkaline substance in the tissues and then it is exploited.*

Key words: *positive effect of orange from citrus fruits, orange peel, orange juice, orange in cosmetology, calorie content of orange, chemical composition.*

Purpose: To provide complete and correct information about the useful and harmful properties of orange from citrus fruits. Full and rational use of it during the lifestyle.

Results: There is hardly a person among us who has not eaten an orange at least once. Now it's time to know not only its taste, but also interesting facts about it. Orange - orange (*Citrus sinensis* in Dutch appelsien - exactly Chinese apple) is an evergreen tree and shrub belonging to the citrus family of Rutaceae (orange family). Homeland — Burma and Southwest China. It is not found in the wild. Oranges protect against premature aging. This fruit has the ability to prolong youth due to a biologically active compound called naringenin. The most common citrus in the world is the orange.

It has been cultivated in tropical and subtropical countries for a long time (in China for 2 thousand years, in Southern Europe since the 15th century, in the Black Sea regions of the Caucasus since the 11th century). Heat-loving and moisture-loving. In favorable conditions, it lives and produces crops for more than 75 years. Oranges are widely grown in the USA, Spain, Italy, China, Turkey and the west of Georgia.

Currently, 2 varieties of oranges are grown in all regions of our country.





Orange ranks first in the world in terms of the weight of the harvested crop each year. Oranges have a positive effect on the digestive, cardiovascular and endocrine systems.

The use of oranges helps to heal wounds and other skin lesions. It has a calming effect and strengthens the nervous system. The fruit attributes its anti-inflammatory and antimicrobial effects to phytoncides. Orange improves appetite and significantly quenches thirst. Orange contains twenty-eight nutrients, the most important of which are: iron, fructose, phosphorus, vitamin B1, vitamin C and calcium.

Orange helps stabilize calcium in bones, prevent infectious diseases, typhoid fever, whooping cough. Its leaves are also used to treat headache and chest cough. It also contains citric acid. There are 43 calories in every 100 grams of orange. It is one of the most important components of alternative medicine. Because of its benefits. Doctors have proven the high value of orange [what is it?] because it stimulates the appetite and cleans the blood, eliminates gas and calms bitterness. It is also refreshing, cooling and mouth cleansing Anthelmintic, analgesic for colic, tonic for bones, tonic for nerves and heart, hypnotic, sedative and relaxing for brain. Strengthens nails, hair and teeth and reduces fat (cholesterol). It regulates the human respiratory system. It is also a cough and flu remedy. Orange regulates the work of muscles and veins and increases calcium

Anti-genital diseases, syphilis and some venereal diseases.

It is useful for skin diseases like scabies. It helps to eliminate the consequences of poisoning as a result of the use of chemical preparations. Strengthens the nervous and digestive system and is useful in the treatment of seat tumors and hemorrhoids. Prevents many cancers. Orange is a useful factor in eliminating candidacy of the female reproductive system, its juice is useful and covers breast milk.

Useful properties of orange. Protection of the cardiovascular system. Flavonoids in orange help prevent heart disease. During scientific studies, it was found that flavonoids have anticoagulant properties, and also help stabilize blood pressure and cholesterol levels, which are very important for maintaining the health of the heart and blood vessels, while potassium prevents arrhythmias and reduces the risk. death from heart disease.

In addition, oranges contain a large amount of vitamin C, fiber, folic acid and choline, which also have a beneficial effect on the cardiovascular system and strengthen the heart muscle. Oranges have antioxidant, hypoglycemic, and lipid-lowering effects that help slow down chronic inflammation caused by free radicals.





Some doctors even believe that regular consumption of oranges can be a way to reduce the risk of hypertension in the elderly.

Cholesterol level decrease. Due to their high fiber content, oranges help reduce the level of "bad" cholesterol in the body, that is, low-density lipoproteins. To achieve the effect, it is recommended to eat only one large fruit every day.

Benefits for the immune system. Vitamin C, which is rich in citrus fruits, helps neutralize free radicals, which are often the cause of many serious diseases, including cardiovascular and oncological diseases. Ascorbic acid in oranges can destroy harmful bacteria and increase the body's ability to resist various viruses and infections, while acetylsalicylic acid helps to reduce temperature. From the above, we can conclude that oranges, like other citrus fruits, are the best natural prevention and protection against seasonal diseases (flu and SARS).

Benefits to view. The chemical composition of these members of the citrus family (in particular, the rich content of vitamin A) helps prevent age-related eye diseases, improves the quality of night vision, slows down the development of macular degeneration, and also prevents the development of macular degeneration. cataract. This was revealed during the Austrian study. In addition, plant pigments flavonoids (orange has an orange color) have a beneficial effect on the condition of small vessels, including those responsible for eye health.

Help in the fight against excess weight. Citrus fruits are known to have a unique ability to suppress excessive appetite while having a low glycemic index. Therefore, many nutritionists recommend oranges as a daily snack. In addition, oranges boast a high amount of fiber and vitamins and a sufficient amount of glucose, which is absorbed slowly, which is also important during a diet.

AYOLLAR VA ERKAKLAR UCHUN IMTIYOZLAR

Antioxidants contained in oranges slow down the aging process, improve the condition of hair, nails and skin, as well as protect against the harmful effects of the environment and ultraviolet radiation. One orange a day can activate collagen production and improve skin tone. In addition, the antioxidants contained in oranges help reduce the risk of developing cardiovascular diseases.

IS ORANGE PEEL GOOD FOR YOU?

Orange peel contains a significant amount of citric and pectic acids, which are natural antiviral agents, so it can be used to treat SARS and relieve symptoms - cough, nasal congestion, headache.

Phytoncides help the body resist pathogens, so citrus fruits in the diet accelerate the wound healing process.





- It is also worth noting that the bark is rich in essential oils, which are excellent anti-inflammatory and anti-microbial agents, and which improve digestion, regulate gastric acid secretion, and relieve nausea and heartburn. . In addition, essential oils of orange peel strengthen not only the immune system, but also the nervous system, which is especially important for people who suffer from insomnia, panic attacks, and daily stress. There are even studies that show that citrus essential oils can improve memory.

- From the above, we can conclude that the peel, like the orange itself, is useful for the body and can become an integral part of the diet. Zest can be added to salads, meat sauces, and also cooked with tea. Remember to wash the shell thoroughly before use.

THE BENEFITS AND DAMAGE OF ORANGE JUICE

- First of all, it should be noted that the benefits can be discussed only by direct reference to natural juice squeezed 10 minutes before consumption. In this case, vitamin C - one of the most useful elements of orange - is really absorbed by the body. At the same time, it is recommended not to strain the juice and drink it with the pulp so that it retains maximum fiber. However, you should understand that even in this case, one glass of juice loses significantly in terms of dietary fiber content for a whole orange.

- In any case, natural orange juice has a diuretic, hypotensive, hematopoietic, vasoconstrictive, hemostatic effect on the body.

- In order for the beneficial properties of this citrus drink to fully manifest, it is important to know how to drink it correctly and to follow the recommended daily allowance. For healthy people, it is better to drink orange juice in the morning, but not on an empty stomach, but during breakfast (during or after a meal).

- It is not recommended to drink orange juice on an empty stomach, as it can cause heartburn, especially in people with high acidity of gastric juice. The exception is people with low acidity of gastric juice.

- Contraindications to the use of this drink are gastric or duodenal ulcers, acute pancreatitis, hepatitis and colitis.

- Due to the acidity of freshly squeezed orange juice, it creates a thin acidic film on the surface, which destroys tooth enamel and thus destroys it. To avoid this side effect, it is recommended to drink fresh juice through a straw.

- In addition, do not forget about the allergy of the product, which is especially dangerous for young children, pregnant and lactating women.

- The recommended maximum dose of natural orange juice is 250-300 ml.





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