

BENEFITS OF MELON FRUIT FOR HUMAN HEALTH.

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Annotation: *This article covers the beneficial properties of melon fruit for human health, the use of melon seeds and peel in medicine, and the medicinal properties of melon, which products are made from it in industry (sauce and jam), its chemical composition, and the vitamins contained in melon.*

Keywords: *Melon fruit, chemical composition of melon, melon seeds, melon peel, vitamin C, glucose, vitamins, avitaminosis, syna, harmony of joy.*

According to data, more than 35,000-40,000 hectares of land in our country is allocated for planting rice crops every year.

Annual harvest is 450-500 thousand tons. A variety of edible products can be obtained from poliz crops and they are also effective in medicine. For example, the medicinal properties of melon have been confirmed by modern medicine. Its consumption helps to control many physiological processes in the body. It is used in the treatment of kidney, stomach, liver diseases, atherosclerosis, bronchitis, tuberculosis, and kidney diseases. Melon flesh is used in the preparation of preserves and jams in the confectionery industry. In most cases, the seeds of polys plants are thrown away as waste. But from these seeds it is possible to get extremely useful in pharmaceuticals and medicine. The oil obtained from polys crops contains 53 types of micro and macro elements. Including iron, zinc, magnesium, selenium etc. Complex fat-soluble vitamins A, E and F are abundant. Vitamin E is considered a very strong natural antioxidant and is of great importance in the life of living organisms.

Melon is a wonderful gift of nature, a remedy for thousands of ailments and a product rich in vitamins. This potato crop is very rich in glucose and vitamins. The chemical composition of melon mainly depends on its variety. Its pulp contains 16-20 percent sugar, carotene, vitamins V9, C, R, provitamin A, a large amount of folic acid and iron, pectin substances, various oils and mineral salts, which are the factors that indicate its healing properties.

Both the pulp and the seed contain up to 30 percent fat, which is perfectly suitable for consumption. Melon has a positive effect on the digestive process, the folic acid in it is involved in blood formation and is a natural product for preventing anemia. In addition, melon is very useful for atherosclerosis, avitaminosis, heart and blood vessel diseases.

Melon is rich in silicon. Scientists believe that human life and health, the normal functioning of physiological processes in the body are directly related to silicon. It affects the condition of the hard tissues of the human body, skin and hair. Silicon has a positive effect on the cortex of the brain, the nervous system, the walls of the intestine, the digestive tract and the system of all internal organs and their normal functioning.

Melon contains more vitamin C than other citrus fruits. Therefore, a person who eats a lot of melons does not suffer from vitamin C deficiency. The connective tissue substance in it has a positive effect on the microflora of the intestines, causes cholesterol to be removed from the body, and improves digestion.

Melon suppresses thirst and calms the nervous system. Its healing properties are related to its rich content of vitamins V9 and C, iron and potassium salts. For this reason, experts recommend eating melon in the treatment of anemia, heart and vascular diseases, atherosclerosis, kidney and liver diseases.

The medicinal properties of melon are related to its ripeness. For example, eating unripe melon - sapcha is not recommended for people with stomach ulcers or gastritis. It is not recommended to eat melon on an empty stomach. The best way to safely eat it is between meals, where it is better digested when mixed with other foods.

Today, nutritionists recommend eating melon to improve digestion. It is also an excellent worm drive. It is definitely useful for children.

In the East, doctors have long used melon as a medicine. Our great grandfather, Abu Ali ibn Sina, treated patients suffering from heart and blood vessel diseases with melon seeds and peel. He also noted that it has properties that can expel kidney stones. Medicines prepared from it have been widely used for the treatment of bronchitis, tuberculosis, headache and cleaning of respiratory tract since ancient times. For example, it is recommended to apply boiled melon juice in the treatment of gout, and to eat melon seed ore in wound disease. Our grandfather, Abu Ali Ibn Sina, wrote in his writings that the seeds and peel of the melon dilate the blood vessels and cleanse the skin. Also, the Sultan of Physicians stated, Melon seeds protect against sunburn, get rid of freckles and dandruff. Both its ripeness and even its sap have diuretic properties. Removes stones and stones in kidney, bladder and liver. In folk medicine, people with anemia are also recommended to eat melon.

In recent years, cleansing the body with the help of melon juice has become widespread in Europe. In order to cleanse the body of all kinds of excess unpleasant substances and impurities, it is consumed for 20 days with a meal, depending on the person's taste, adding any fruit to the melon juice. This method of treatment must be used with the advice of a specialist doctor. We have a proverb

that says "If you eat melon, you will eat earth, if you don't eat it, you will eat poison." Our grandfathers and grandmothers liked to eat warm bread with melon in the morning. In Khorezm, the tradition of eating gurvak melon with bread still continues.

Melon is very beneficial for women's health. Folic acid contained in melon is an important and necessary substance only for women. After all, without folic acid, the expectant mother will not be healthy. Because it is one of the tools that strengthen bones. The silicon found in cantaloupe also helps balance healthy bones, hair, and skin. Vitamin C strengthens immunity in the body of people weakened by prolonged colds.

Prevents obesity. Its low calorie content helps to get rid of excess weight. However, people with diabetes should eat it carefully, as melon contains a lot of sugar. Melon seeds contain substances that strengthen the nerves, which cause the production of serotonin, the "hormone of happiness". If a depressed person eats a melon, his mood will improve. Strengthens the body and increases immunity According to the recommendations of folk medicine, if melon seeds are burned and consumed, the body will be strengthened and immunity will increase.

Melon has a rejuvenating effect. In the East, they say: "Melon makes the hair strong and shiny, sharpens the eyes, tightens the lips and gives strength to a person."

When freckles and freckles appear on the face, a spot is covered with a melon peel mask for 15 minutes.

However, it is not recommended for some diseases. For example, a woman with toxicosis cannot eat it in order to prevent miscarriage in the first half of pregnancy. But if a woman is healthy, she can eat melon during pregnancy.

Melon is also not recommended for patients with diabetes, stomach, duodenal ulcer, goiter, or allergies. It is harmful for a weakened woman to eat melon in the first half of her pregnancy, as well as for lactating women. Melon can cause headaches in people with hot clients. It is also necessary to limit the consumption of melons in case of allergies, diabetes and other diseases.

Summary.

Excess nitrogen fertilizers given to polys crops can have a negative effect on the nutritional and healing properties of melons. Melons released for sale are subjected to chemical analysis by sanitary-epidemiological services. Melon fruits that meet the demand are put on sale. If excess fertilizer is added to melon fruit during cultivation, it will have a bad effect on human internal organs.

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