

THE MEDICINAL PROPERTIES OF MOMORDIKA PLANT AND THE SIGNIFICANCE
IN FOLK MEDICINE

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Abstract: The article provides general information about the medicinal properties of the motherwort plant. Motherwort is considered a new plant species for our country, and there are very few studies conducted on this plant. Currently, Momordica is widely grown in Japan, China, Korea, and India among the countries of the world.

Резюме: В статье приведены общие сведения о лечебных свойствах растения пустырника. Пустырник считается новым для нашей страны видом растения, и исследований по этому растению проведено очень мало. В настоящее время момордика широко выращивается в Японии, Китае, Корее, Индии и других странах мира.

Key words: momordica, harontin, sclerosis, diuretic, prostatitis, hemorrhoids.

Ключевые слова: момордика, харонтин, склероз, диуретик, простатит, геморрой.

Momordica is native to India and China, and now it is grown in all countries of South Asia as an ornamental and medicinal plant. This plant attracts people with its medicinal properties, ancient names and wonderful appearance.

Momordica roots contain triterpene saponins, which are used in the treatment of rheumatism. Modern research shows that some types of compounds present in the fruit can be used in the treatment of hepatitis and HIV due to their antiviral and antibacterial activity.

Momordica has a special place in world medicine and modern medicine due to its medicinal properties and being considered a natural remedy for many diseases. we would have contributed to the improvement of health by preventing it.

In addition to chemical preparations, Momordica plant is used as a real medicinal plant product in traditional oriental medicine. This will ensure a healthy lifestyle and the ability to meet the demand for chemical-free

medicinal plant products although it requires learning, the intended purpose is achieved when the proven medicinal properties are used correctly.

Picture 1: Momordica Plant:



Medicinal properties of Momordica plant parts:

1) Its seeds have anti-inflammatory, antipyretic, antiseptic and swelling-relieving properties.

2) Its fruits are oblong in shape, and its color changes from pale yellow to orange during ripening. All its parts are covered with special glandular hairs. Therefore, burns can occur in the skin area due to scratching of the human skin while working with the plant, so it is recommended to work with gloves. The inside of the ripe fruit is dark red. There is a fleshy pulp, this part looks like the pericarp of the pomegranate plant. The fruit contains many medicinal properties. This part is unique, superior to all other parts of the plant. It inhibits tumor growth and slows down the activity of the disease, and sometimes it is even possible to achieve a complete cure. The positive effect is achieved when using the extract of Momordica in the treatment of melanomas, sarcomas and patients with leukemia. treated in chronic diseases.

3) Due to the presence of harontin in the plant, which increases the number of pancreatic cells and ensures the production of insulin hormone, it keeps diabetes patients healthy and reduces the amount of sugar. The fresh fruit contains folic acid and participates in the ossification process. It also contains the strongest antioxidant lycopene.

Its leaves are very rich in P and carbohydrates, proteins. The extract from its leaves can destroy ordinary staphylococci, as well as HIV.

The presence of triterpene saponin in the root is used to treat rheumatism. In addition, the root is actively used as an expectorant in bronchitis.

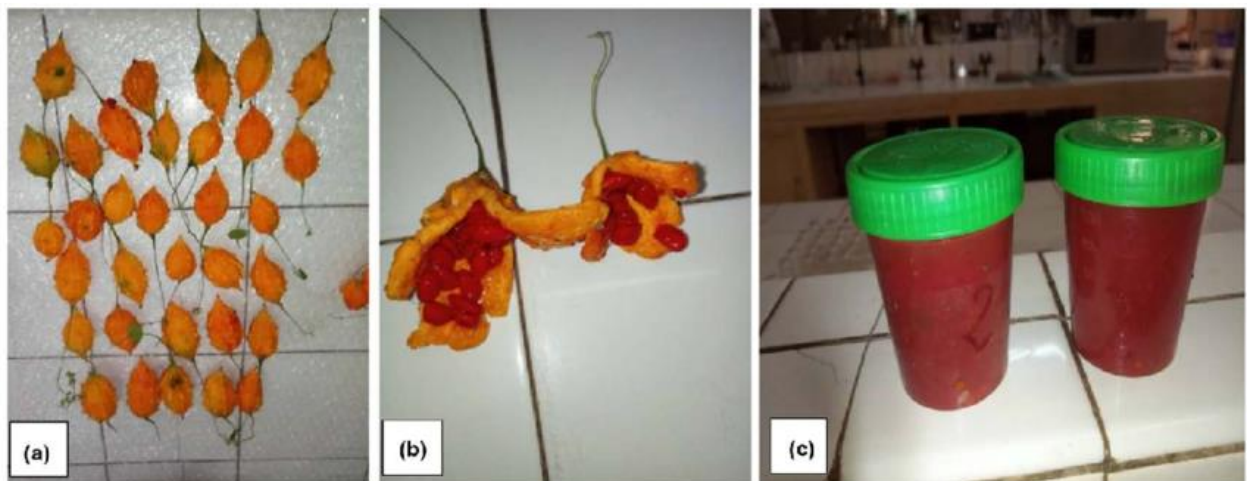
Momordika can be used for weight loss. Because the plant contains 80-85 percent water.

Chemical composition of Momordika plant;

The nutritional value of the plant is 15-19 kcal per 100 g of product, in addition, the amount of fat in the plant is 0.1 g, carbohydrates - 3 g, protein 0.8 g, water 80 g. Momordika fruit contains vitamins A, B, F, E, C and PP, as well as flavonoids, alkaloids, organic acids, amino acids.

In the pharmaceutical industry, a light saline solution containing plant extracts is produced. The solution is taken orally, subcutaneously, intramuscularly, and intravenously.

Fig. 2: Momordica plant in dried and drip state.



In folk medicine, the fruits and seeds of the motherwort plant are used to prepare a decoction.

A decoction of the seeds is used for sclerosis, diuretic, prostatitis, hemorrhoids.

Tincture made from its fruit gives good results in diseases such as cough, rheumatism, runny nose. Grind the fruits, put them in a glass container, pour 0.4 liters of alcohol, then close the lid and put it in a cool place for 2 weeks.

After the tincture is ready, it is recommended to drink 3 times on an empty stomach 30 minutes before, but this herbal property has not been confirmed by official medicine.

In Japan, this plant is famous and considered one of the reasons for a person's long life.

The consumption of the Momordica plant, regardless of its beneficial properties, must comply with the regulatory requirements.

Circumstances in which it is impossible to use Momordica plant: pregnant women should not use this exotic preparation.

Conclusion: Summing up, we can say that the Momordica plant is a cure for many diseases. The plant can be grown in the food industry and also for aesthetic pleasure. In place of information, we can say that medicinal infusions from the motherwort plant are used in folk medicine. at the same time, the ways of its effective use are explained.

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