

THE PLACE OF MELON IN FOLK MEDICINE AND HEALING PROPERTIES.

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Annotation: *This article describes in detail the role of melon fruit in folk medicine, its healing properties, useful products used against various diseases, the types of products made from it in industry, and the effect of these products on human health.*

Keywords: *Melon, melon seeds, rind, melon honey, vitamins, sugars, organic acids.*

Satisfying the population's demand for food products and ensuring food safety are among the most urgent issues today. For this purpose, it is appropriate to create scientifically based innovative technologies for the production, storage, and processing of various food products throughout the year.

The nutritional value of melon is extremely high, and it is considered an excellent food product that strongly affects human health.

Melons of Uzbekistan are known all over the world for their sweetness, unique taste, smell, and long shelf life.

Nowadays, the demand for insurance products is increasing day by day. Melon, which is a product of citrus crops, has several beneficial properties for human health.

A sweet, pleasant, delicious, fragrant, fully ripe fruit of sershira is used for consumption. It is also eaten freshly cut, dried - pods, sometimes seasoned and vinegared (usually unripe fruit). Jam, jam, compote are made from the fruit, as well as juice, melon honey and other products. Melon is an important, nutritious and healing food.

In folk medicine, melon has been widely used in the treatment of various diseases since ancient times. Even Ibn Sina used it a lot in his time. He recommended the use of fruit pulp in the treatment of gout, tuberculosis, and gout. Melon is used as an expectorant, anti-cough and anti-inflammatory, diuretic, and dewormer in cases of constipation and hemorrhoids. Melon's soft flesh and its juice satisfy thirst well and calm the nerves

Currently, there are more than 160 varieties of melons in Uzbekistan, which differ from each other in terms of quick ripening, yield, resistance to diseases and other adverse conditions, taste, storage, transportability,

suitability for processing and drying. The sugar content of melon varieties is 10.4-14.9%.

Melon fruit is very juicy (retains up to 92% water), contains 4.5-20% sugars (sucrose, glucose, fructose and other sugars), organic (malic, citric) acids, vitamin C, V1, V2, RR , R and E, carotene, panthenate and folic acids, pectin, aromatic and other substances. The edible soft part of the melon contains a large amount of iron, potassium and other elemental salts. The seed is also rich in biologically active substances (more than 25% fat, sugars, protein and other compounds).

It has been proven in science and in everyday life that the amount of water in melons fully satisfies the water balance needed by the human body. That's why melon can be included among diet products.

Melon seed decoction, edible soft part and fruit juice are recommended to be used as a diuretic for kidney and urinary tract diseases, and as a choleric agent for liver, gall bladder and tract diseases. Melon is very useful in these diseases.

Melon contains a lot of easily digestible sugars. Therefore, it is not suitable for patients who are prone to fullness (obesity) and suffer from diabetes. Otherwise, the patient's condition will worsen. People with food allergies should also refrain from eating melon.

Summary.

The high amount of carotenoids contained in melon helps to prevent and stop the development of cancer. Anticoagulant adenosine contained in melon activates blood breakdown and prevents heart and vascular diseases, i.e. stroke. Potassium also improves the heart and vascular system and stops the occurrence of hypertension. So Eat More Melons.

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