

## MEDICINAL PROPERTIES OF BITTER ALMOND SEEDS, METHODS OF PREPARATION OF MEDICINE

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**Abstract.** The article shows that the medicinal properties of the Nail plant and the use of various products made from the plant and the ways of application in different cultures are covered.

### Access

Medicinal calendula (*Calendula officinalis* L.). - Native to Southern and Central Europe. It is widely cultivated as an ornamental and medicinal plant in all the republics of Central Asia. This medicinal plant belongs to the *Astragalus* family.

This plant is also known to many of us by the name of calendula. This plant has been widely used in folk medicine since ancient times. Currently, it is widely used in official medicine.

### RESEARCH MATERIALS AND METHODOLOGY

Bitter almond (*Amygdalus communis* L. Varietas amara D.C.) seeds are peeled and oil is obtained by cold or hot pressing. Bitter almond seeds contain olein (from 66.69% to 69.5%), linolenic acid (from 18.86% to 22.31%) from unsaturated fatty acids, and palmitin from saturated fatty acids. (up to 5.71%) stearin is 1.50%. 21 different constituents were identified, accounting for 99.90% of the total essential oil, of which benzaldehyde (62.52%), benzoic acid (14.80%) and hexadecane (3.97%) were the most abundant components. Bitter almond kernel is poisonous because it contains amygdalin glycoside. When amygdalin breaks down in water, benzaldehyde and cyanide acid are formed, which are toxic to life.

### RESEARCH RESULTS

During the COVID-19 global pandemic and currently, there are very few drugs used to control the epidemic. But many clinical practices have shown that traditional Chinese medicine plays an important role in the treatment of the epidemic. Among them, ephedra-bitter almond is a common combination drug in anti-COVID-19 prescriptions. This study aims to investigate the main components and mechanisms of ephedra-bitter almond anti-drugs for COVID-19 based on network pharmacology. Applying bitter almond oil from the outside will significantly slow down the aging process of the skin by protecting against UV rays, normalizing the sebaceous glands, and preventing the enlargement of skin pores. Bitter almond is an effective remedy for persistent cough, cleanses the internal organs, stops shortness of breath, pleurisy and vomiting blood. Ibn Sina recommended treating tinnitus and earache with bitter almonds or pureed almond oil, and mixed it with musallas to wash hair and get rid of

dandruff. Bitter almond powder protects the skin from freckles, freckles and aging. The composition of bitter almond oil varies depending on where it is grown.

Bitter almond porridge is recommended in cosmetics. With its beneficial properties, bitter almonds have long had their place in folk medicine. Its decoction, which is prescribed to drink, is a cure for the eyes. Bitter almonds remove freckles on the face.

### CONCLUSION

The development of technologies for deep processing of almond kernels provides an opportunity to obtain bioactive substances, pharmaceuticals, proteins and other products based on this product. It should be noted that bitter almond juice, ethanol, and even ground bitter almond kernel powders are important products because they contain amygdalin diglucoside. Today, bitter almond oil is widely used in skin and hair care. But it is necessary to take drugs that show this poisonous substance.

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