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ABOUT USEFUL MEDICINAL PLANTS RICH IN LIPIDS USED IN MEDICINE

Shukurova Shoxina Tuyg'unovna
Teacher of the "General Sciences"department of the
Asian International University
***e-mail**:shukurovashoxinatuygunovna@oxu.uz*

Abstract. In this article, we can enrich the knowledge about medicinal plants containing lipids (sesame, almond, peach, olive, sunflower), teach them how to use them correctly, and form practical skills. .We learn how to prepare tinctures and decoctions at home from medicinal plants containing lipids.

Basic concepts. Sesame seeds, almonds, peaches, olives, sunflower leaves, aboveground part of the plant (grass), shoots, barks, flowers, fruits and seeds, underground organs (roots, rhizomes, tubers and bulbs).

Enter. Common castor bean (Ricinus communis) belongs to the Euphoreiaceae family. The flowers are gathered in a shingle. The flower is inconspicuous, unisexual, the flower is simple, the mother flowers are located in the upper part of the peduncle, and the father flowers are located in the lower part. The fruit is three-seeded, three-lobed, and covered with thorns. It blooms in June-September, and the fruit ripens in July-October.

Ricinus communis- is the common castor bean

Appearance of the seed. The seed is egg-shaped, covered with a shiny, hard, brittle, flowery skin. The bark is gray or light brown with red-brown spots and stripes. At the end of the seed there is a small white caruncle-seed growth. The weight of 1000 seeds is 800 g. There are large and small seed varieties of canacunjut. they differ from each other in terms of quantity. The large seed is 15-22 mm long, and the small one is 5-7 mm long. If the seed is not ripe (if the surface of the skin is not shiny), if it is crushed, it is considered to be of poor quality.

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Sesame seeds are not used in medicine because they are poisonous. It serves only as an oil extractable product.

Chemical composition. The seed contains 40-56% non-drying oil, 14-17% protein substances, 0.1-1% ricinine and nicotine alkaloids, 18-19% fiber, lipase enzyme, strong poisonous protein substance - ricin and other substances.

Ricin is a protein containing 17 amino acids. The combination of 2 polypeptides with specific disulfide bonds (the first contains alanine and isoleucine, the second contains alanine-phenylalanine and serine) is the reason why ricin is extremely toxic.

Sesame oil used in medicine is extracted from the seeds by cold pressing method. Hot water vapor is passed through the oil to break down the poisonous substance - ricin. Sesame oil is a yellowish clear dark liquid with an unpleasant smell and taste. It dissolves well in alcohol (unlike other oils). The oil hardens at a temperature of 10-18°C. The oil consists of 80-85% glycerides of ricinol (oxyoleic) acid. It also contains glycerides of stearic, oleic, linoleic and dioxystearic acids.

Sesame oil, oil emulsion, paste made from seeds and ointment made from undecylenic acid. Undecylenic acid is used in the treatment of skin diseases - dermatoses and psoriasis. In addition, the oil is included in Vishnevsky ointment and elastic collodion. melting, extreme viscosity and the property of spreading depends on the presence of oxyolein - ricinoleic acid in its composition. If the oil is heated at a high temperature, ricinoleic acid loses its hydroxyl group, and the oil loses its aforementioned properties. For this reason, sesame seeds are widely cultivated in China and India to use their oil as food.

Almond (Amygdalus communis)

There are 2 types of almonds, only the almonds

divided according to their bitterness: sweet almond - Amugdalus communis, bitter almond Amugdalus bucharic.

Amygdalus communis - almond blossom branch

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Appearance of the seed. The average length of an almond seed is 2 cm, and its width is 1.5 cm. When moistened with hot water, the skin moves quickly. The seed consists of two parts. The root and shoot of the embryo are located on three sides of the seed. Sweet almond seeds are odorless and have a pleasant oily taste. Bitter almond seeds are bitter and odorless when dry.

Sweet almond seeds should not contain broken seeds and bitter almond seeds. The oil in the broken seeds oxidizes and breaks down under the influence of air and moisture during the storage period of the seed (since it does not have a skin).

Chemical composition. Both almond seeds contain 45-62% oil, vitamin B2, 20% protein, 2-3% sucrose and emulsifying enzyme. 2.2-3.5% amygdalin glucoside is found in bitter almond seeds.

Almond oil used in medicine is obtained by cold pressing method. Almond oil is a dark, yellowish liquid with a density of 0.913-0.918. The oil should not solidify when cooled to a temperature of 10°C. Almond oil belongs to non-drying liquid oils, it contains 83% olein, 16% glycerides of linoleic acids and 0.5% non-hydrolyzable substances.

Medicinal preparations. Almond oil and oil emulsion, emulsion made from sweet almond seeds.

RESEARCH RESULTS

1. Sesame oil is used as the best suppository in medicine, as well as in gynecology and in the treatment of eye diseases, wounds, body burns, leishmaniasis and other skin diseases. Sesame oil promotes hair growth.

If sesame oil is heated under low pressure, at a temperature of 240-300°C, the ricinoleic acid in it is decomposed, forming heptaldehyde ethanol and undecylenic acid.

2. Emulsion made from peeled fresh almond seeds is used to relieve stomach and intestinal pains, and almond oil is used as a laxative.

CONCLUSION.

In pharmaceuticals, almond oil is used to dissolve some drugs (camphor, etc.) and to prepare ointments. Bitter almond juice extracted from the seeds of bitter almonds is used for pain relief and as a sedative. Sweet almonds are used in the food industry and perfumery. Due to the fungicidal (killing of parasitic fungi) undecylenic acid, it is used in the treatment of skin diseases - dermatoses and psoriasis.

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