

ABUJAHL TARVUZI (ACHCHIQ TARVUZ) VA UNING XALQ TABOBATIDA QO'LLANILISHI

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ANNOTATSIYA

Abujahl tarvuzi (Achchiq tarvuz)ning asli vatani O'rta Sharq mamlakatlari va Afrika bo'lib, insoniyat tomonidan 3 ming yildan beri yetishtirib kelinadi. Uning shifobaxsh xususiyatlari haqida Ibn Sino asarlarida ham batafsil yozilgan. Xalq tabobatida mazkur tarvuzni oz miqdorda iste'mol qilish tavsiya etilgan. Uning tarkibidagi fruktozalar oshqozon osti bezining yaxshi ishlashini ta'minlashi aniqlangan. Ayniqsa, undagi sitrulin aminokislota buyrak, jigar, yurak faoliyatini yaxshilashda, qon-tomir kasalliklarining oldini olishda hamda davolashda muhim ahamiyatga ega.

Kalit so'zlar: Qovoqdoshlar oilasi, tabobat, achchiq tarvuz, sog'lom insonlar, tarvuz sharbati, ildizli o'simliklar, mevali usimliklar.

ABUJAHL WATERMELON (BITTER WATERMELON) AND ITS USE IN FOLK MEDICINE

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ABSTRACT

Abujahl watermelon (Bitter Watermelon) is native to the Middle East and Africa and has been cultivated by humans for 3,000 years. Its healing properties are also described in detail in the works of Ibn Sina. In folk medicine, it is recommended to consume small amounts of this watermelon. Its fructose content has been shown to help the pancreas work better. In particular, the amino acid citrulline in it is important in improving the functioning of the kidneys, liver, heart, prevention and treatment of vascular diseases.

Keywords: Pumpkin family, medicine, bitter watermelon, healthy people, watermelon juice, root crops, fruit plants.