



TECHNOLOGY OF CREATING COOL BEVERAGES RICH IN VITAMINS BASED ON ROSE HIP FRUIT

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Annotation: Rosehip is the most valuable natural product, which has many uses for the treatment and strengthening of immunity. Ripe rose hips are bright scarlet or orange. Slightly tart and sour berries have beneficial properties for the human body. Modern medicine actively uses rose hips both in pure form and as part of medicines.

Keywords: wild rose, natural product, treatment and strengthening of immunity, tart and sour berries, modern medicine.

INTRODUCTION

Rose hips are deciduous shrubs and shrubs, sometimes evergreen, with erect, climbing or creeping stems of various heights or lengths, from 15–25 cm to 8–10 m. The height of the same species can sometimes vary depending on growing conditions.

Usually wild roses are multi-stemmed shrubs up to 2-3 m tall and live up to 30-50 years. But some specimens of these species, reaching the age of several hundred years, grow into entire trees. The oldest rose (dog rose) grows in Germany on the territory of Hildesheim Cathedral. Its age, according to various estimates, is from 400 to 1000 years. It reaches 13 m in height, and the girth of its trunk at the base reaches 50 cm.

In the subtropics, evergreen liana roses are found almost everywhere. If they reach a tree-like shape, then the shape of the trunk is usually curved and serpentine. There is information about the achievement of specimens of these roses of considerable age. In the USA, in the city of Tombstone (Arizona), the Banks rose (*Rosa banksiae*) grows, planted there in 1885. She is listed in the Guinness Book of Records as the largest rose. The girth of its trunks is 3.7 m, the occupied area is 740 m². In the spring, about 200,000 flowers bloom on it [3]. At the former dacha of the artist K. Korovin in Gurzuf, two copies of the Banks rose grow, which are presumably 100 years old. The age of about two hundred



specimens of the rose *Rosa ×fortuneana* on the southern coast of Crimea is 100–150 years [1–20].

In addition to evergreen liana roses, there are boreal liana roses, semi-deciduous and deciduous. They develop one or two shoots of considerable length, 5-7 and even up to 9 m in length, which cannot stand on their own and require support in the form of tree trunks and crowns. The stems of boreal rose-lianas are not erect, but not curly, like those of true vines, so they are more correctly called semi-lianas, or liana-shaped. These include the evergreen wild rose (*Rosa sempervirens*) growing in the oak and beech forests of the Mediterranean region, the taiga rose of Maksimovich (*Rosa maximowicziana*), as well as climbing roses of walnut forests and juniper forests of Central Asia, spruce forests of the eastern Tien Shan and oak forests of the Eastern Caucasus. Unlike evergreen liana roses, which originally arose in this form, boreal liana roses arose in the course of evolution as a result of adaptation to the conditions of a dense and humid forest. It is known that a typical steppe species of French rosehip (*Rosa gallica*), falling into similar conditions, acquires a liana-like shape: its branches reach a considerable length, become thin and are woven into the crowns of trees [Fig-1]



Fig-1

METHODS AND RESULTS

Vitamins contained in rose hips are useful in the treatment of colds, and also in the treatment of joints and cartilage tissues. With arthritis, arthrosis and other diseases of the skeletal system (with complex treatment!) Rosehip accelerates the recovery process.

Rosehip helps improve kidney function. It also helps to remove excess fluid from the body, reduces swelling, and prevents stagnant processes.





You can rinse your mouth with rose water or rose oil diluted with water, this is a good prevention of caries.

Rose hips help in the treatment of hypertension by providing a diuretic effect, which helps to lower blood pressure. I recommend that patients with hypertension drink rosehip infusions or decoctions. In addition to reducing pressure, it helps strengthen blood vessels, improve heart function. Rosehip is well suited for people with chronic fatigue, after a long illness and with reduced immunity.

Rosehip tablets, syrups and infusions are used to prevent and treat various diseases that are associated with a lack of vitamins, anemia and exhaustion.

Rosehip-based medicines have a beneficial effect on carbohydrate metabolism, the functioning of the bone marrow, liver and gallbladder.

I recommend using rose hips in the form of oil, which is called "liquid sun". It is made from rosehip seeds. The unique properties of the oil have been known to people since the 17th century. This is a very good tool for increasing interferons in the bronchopulmonary tree (the oil can be dripped into hot water and inhaled in vapors so that the essential oils, evaporating, enter the respiratory tract).

Rosehip oil is a choleric agent, it is recommended for use in hepatitis, cholecystitis, when the separation of bile is difficult.

The oil has a positive effect on the secretion of gastric juice in various forms of gastritis.

With regular use of rosehip oil, cholesterol levels are reduced, which is the prevention of cardiovascular diseases and atherosclerosis.

experimental part

Rosehips washed with cold water are poured with boiling water, boiled in a sealed container at a low boil for 5-10 minutes and sugar is added. Then leave to infuse for 22-24 hours. After that, the broth is filtered. Characteristics of the finished dish or product. Color: red-brown. Taste: sweet taste; aroma of wild rose. Smell: sweet taste; aroma of wild rose.. Consistency: homogeneous, liquid. Appearance: the drink is served in a glass, glass or glass.

CONCLUSION

Mass spectrometric analysis of the rosehip plant shows the fruit is very beneficial to the human organism and the extract can be used. Prepare different drinks that contain vitamins and microelements containing. Dried grains of namatak should be small and not swollen. The smooth and large pods indicate that they have been dried in a gas oven, in which much of their useful properties are lost. Freshly cut pods should be uniform in size and free of stains. We put





namatak in glass jars, cover them with a gauze scarf and store in a cool and dry place.

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