

THE ORIGIN OF WATERMELON AND ITS EFFECT ON HUMAN HEALTH

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Abstract. Resolution PQ-4668 dated April 10, 2020 "On additional measures to develop folk medicine in the Republic of Uzbekistan" was approved on November 26, 2020. Decision PQ-4670 dated April 10, 2020 "On measures for the protection, cultivation, processing and rational use of available resources of medicinal plants growing in the wild". On the basis of Decree No. PF-139 dated May 20, 2022 "On the effective use of the raw material base of medicinal plants, measures to create value chains by supporting processing", it was mentioned that watermelon is important in maintaining human health.

Keywords: fructose, sucrose, glucose, vitamin C, PP, B2, tocopherol (vit E), carotene, folic acid, organic acids, pectin, folic acid (vitamin C), cystitis, nephritis, L-citrulline- amino acid, VI, folate, pantothen.

Introduction. Watermelon is native to the deserts of central and southern Africa. Kalahara watermelon still grows wild today. Nowadays, it is grown as a type of vegetables all over the world. Watermelon is an annual herbaceous plant belonging to the gourd family. The stem lyes, creeps or hangs with curls, branched plant which can grow up to 4 m long. The fruit is different in shape, color and size, many-seeded, juicy, pleasant, tasty, red, spreading, fleshy, berry fruit. Red flesh of freshly cut ripe watermelon is used for food.

The sweet fleshy part of ripe watermelon contains up to 12% sugars (consisting of fructose, sucrose, glucose and other organic substances), vitamin C, PP, B2, tocopherol (vit E), carotene, folic acid, organic acids, pectin and other substances.

Watermelon flesh is rich in minerals (potassium, iron, magnesium, calcium and other elements).

The soft part of the fruit is pleasant, tasty and quenches thirst. Because it consists of 80-90% water. The fruit contains up to 3-4% seeds. Its seeds contain 25-30% fat, sugars, nitrogenous and other compounds.

Jam, povidlo(a type of jam), wine, watermelon honey, 'bodroq' (watermelon popcorn) and other products are made from watermelon. Watermelon has been used in folk medicine for the treatment of various diseases since ancient times. Watermelon flesh has a lot of water and is low in calories. But it is rich in various biologically active substances. Therefore, it is used as a diet food in the treatment of various diseases, to quench thirst, and to reduce fever.

Due to the sufficient amount of folic acid (vitamin C) in the watermelon, it is used for the anti-sclerosis effect and also for removing cholesterol from the body. Therefore, it is of great importance in the diseases of atherosclerosis, hypertension, arteritis, gout. It is also very useful for women with anemia and during pregnancy and breastfeeding.

Watermelon has strong diuretic and expectorant properties. It is important for kidney and urinary stones, small sand diseases, cystitis, nephritis, heart and kidney diseases. It is

recommended to eat 2.0-2.5 kg of watermelon flesh per fresh fruit. Watermelon is very useful for liver diseases. It expels various toxic substances from the body and accelerates the rate of bile excretion.

Watermelon, which most of us love to eat, has many benefits that we know and do not know. Below are some great facts about watermelon that will be interesting and useful for you. Watermelon itself is rich in L-citrulline, an amino acid that relieves joint pain. It is recommended not to throw watermelon rind. First of all, they are very tasty. Cut the watermelon rind into several small pieces and put them in a blender with lemon, cucumber and ice cubes. You can add sugar and greens according to taste. The result is an excellent juice rich in C, B1, B2, carotene, folic and pantothenic acids.

Watermelon seeds improve skin condition and act as an effective anti-inflammatory agent. In addition, it is rich in iron, zinc, proteins, and has the property of driving sand from the kidneys. Watermelon is 91 percent water. In addition, it is a low-calorie product. 100 g of watermelon contains only 38 calories. Eating 2 watermelons is very good for your eyes and thinking ability. Experts say that the presence of vitamins A and B6 in the delicious watermelon fruit firstly protects the eye from various infections and provides clear vision, secondly it strengthens memory and increases the speed of thinking. Several products have been scientifically proven to help the human body fight against UV rays.

Watermelon is one of these products. The presence of lycopene in it helps to fight against various radiations. Watermelon has the ability to accumulate sugar. Fresh watermelon contains between 5 and 13 percent of easily digestible sugar. Fructose and glucose accumulate when watermelon is cut. Sucrose (sugar) is formed later than this. Therefore, people with diabetes are advised to eat a small amount of cut watermelon.

Watermelon improves digestion, cleanses the cardiovascular system, kidneys and liver. It helps remove cholesterol from the body. Patients with problems with stones in some organs are recommended to eat more watermelon. If you have no good reason not to eat watermelon, then we recommend eating 2-3 kg of watermelon in your daily diet.

Watermelon is considered the most harmless field vegetable. Because its hard shell does not allow various, harmful substances to enter from the external environment. Especially in recent years, the cultivation of watermelon has increased somewhat. Not everyone knows whether it contains various harmful substances. To determine whether the watermelon is "healthy", cut the watermelon a little and put it in clean water.

After a few hours, the water becomes cloudy, then everything is fine. If the water turns bright pink, red and yellow, then it is not recommended to consume the watermelon. Choose a watermelon with an average weight of 5-7 kg. A longer, slightly flatter watermelon is sweeter and has fewer seeds. If the tail of the watermelon is dry and yellow, it indicates that it is overripe.

If the tail is green, it is a sign that the watermelon has some ripening. A sweet watermelon makes a dull sound when struck, and a cracking sound when crushed by hand. A good watermelon will have a nice shiny color on top and yellow spots on the underside.

CONCLUSION

What can be inferred from the abovementioned information about watermelon is that this product can be used in prevention methods by common people in their everyday life, which means less pressure on health care system and pharmacy and less likelihood of possible disorders in humans.

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