

PEAR AND ITS USEFUL PROPERTIES

Omatillo Zohidjon o'g'li Qayumjonov

Andijan State University

omatilloqayumjonov111@gmail.com

Abstract: The article provides information about the main properties of pear fruit and its positive effect on the human body in certain medical conditions and diseases. Modern specialized literature and relevant scientific data were systematically reviewed. The use of pear in various medicines and the effectiveness of its use in various diseases and the scientific basis of diet with its use are considered.

Keywords: Pear, pear fruit, useful properties, using in folk medicine.

Introduction

Pear is one of the delicious fruits that help with various diseases. Since pears contain fructose, that is, natural sugar, it is recommended to eat them if there are problems with the pancreas. It also makes stronger the stomach. Due to its potassium content, it helps the heart work well and keeps its rhythm normal. It helps the heart to beat regularly and healthy. Pear fruit also gives good benefits in areas where the heart plays. The amino acids in it help our body fight stress, make us stronger and protect us from viral infections. This fruit helps our body break down food better and use it for energy. It gives strength and helps to get rid of fatigue and stress. Pregnant women can get a lot of benefits from this fruit, because it contains folic acid. The importance of pears in weight loss is also very great. Pears are a good choice for people trying to lose weight because they are very low in calories. If you eat a pear 2-3 hours after a meal, it will keep your stomach full for a long time due to its sweetness. Eating pears can help you lose weight, and a number of scientists from Florida State University have proven this point. 40 men and women aged 45 to 65 participated in a 12-week special test. Participants who consumed two medium-sized pears lost significantly more weight than a control group who drank one cup of the calorie-rich drink. Scientists say that the dietary effect of pears is not related to the reduction of calorie consumption, it happens by metabolism. Pear improves digestion. This is because hard varieties of pears are very rich in fiber and polyphenols, which stimulate the intestines. In other words, people who eat pears every day may only hear about digestive problems. It also significantly reduces the risk of diabetes. A large study conducted in America a long time ago proved it that it is true. Regular consumption of pears can help reduce the risk of developing type 2 diabetes, regardless of your age. This fruit is rich with potassium, which is a boon for people who eat a lot of salty, processed foods. Potassium helps our body get rid of extra salt and prevents swelling. Having the right amount of potassium and sodium in our body helps to maintain normal blood pressure. If the patient's blood pressure rises, a bowl of dried pears and apricots mixed with water, boiled on medium heat and left to rest. Then you need to drink half a glass three to four times a day. In addition, it has thirst-quenching and mood-enhancing properties. It is recommended to eat it 30-50 minutes after a meal. Eating pears helps keep blood vessels healthy and stops kidney and bladder inflammation.

Materials and methods

If a person eats 3-4 ripe pears every day, it will help prevent diseases such as obesity, liver and diabetes. Its tincture is also useful in cases of gout. For this, take 2 teaspoons of dried, crushed pear and pour 1 cup of hot water over it. After waiting two hours for the drink to cool, drink 1-2 tablespoons three times a day. When the gallbladder is inflamed, it is useful to eat two pieces of this fruit every day during lunch or to drink juice made from wild pear without adding sugar. Pear is a fruit rich in dietary fiber, antioxidants, minerals and vitamins necessary for health. Pears are a source of dietary fiber. Regular consumption of this fruit protects against colon cancer. Pears are low-calorie fruits. Its energy value is 58 kilocalories per 100 grams. Eating a lot of these fruits will help you lose weight and reduce cholesterol. Pear fruit is rich in vitamin C. If a person eats 100 grams of fresh pear, he will get 7% of the daily requirement of vitamin C. Pears contain small amounts of beta-carotene, lutein and zeaxanthin. Together with vitamins C and A, they protect the body from harmful substances. Pear is also a source of several minerals - copper, iron, potassium, magnesium and B complex of vitamins. In traditional medicine, pears are used to treat constipation, gallbladder diseases, and arthritis. Eating sweet pears helps stop coughing and heals lung ulcers. Eating pears, especially sour ones, makes the penis stronger. Reduces bile secretion, quenches thirst and stops vomiting. The seeds kill small and large worms. The juice obtained from it tastes better than apple juice. If the pear is dried, boiled, and the decoction is drunk, it makes the stomach move. It also has binding properties. In traditional medicine, people use special decoctions made from freshly cut fruit and juice, as well as pear peel, to help with urination, reduce fever, and stop coughing. They are also recommended for regulating the work of the digestive tract and as an anti-intestinal remedy. Pear fruit is useful for bladder diseases and good for mushroom poisoning. Pear juice mixed with wine can help treat malignant tumors in the body, and the juice can be used to treat swollen necks and kidney problems. Eating a ripe pear provides moisture to the brain, helps to prevent flu or colds, and blocks the path of various harmful substances to the brain. This fruit eliminates the inflammation of the bladder, regulates the blood composition, softens the stomach, after digestion of the food in the stomach, it blocks the way of the ascent to the brain, especially if the pear is eaten after a meal. It is better to drink pear decoction in case of fever, cough, diarrhea. Pectin, a substance found in pears, has a laxative effect and has been found to improve bowel movements. Eating two slices of pear every day can make breathing easier for asthma sufferers. To treat diarrhea, take half a cup of crushed, dry pear fruit, add two cups of boiled three spoons of oatmeal and let it rest for an hour. Then it is filtered and consumed half a glass 4 times a day on an empty stomach. If the pear is frozen and applied to the wounds, it will heal in a week.

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