

**CHEMICAL COMPOSITION OF MULBERRY AND ITS USAGE IN FOLK MEDICINE**

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**Abstract:** Hawthorn fruit has soothing, antipyretic, blood sugar regulating and diuretic properties. Sorbet juice is a thirst quencher. It increases blood supply to patients suffering from anemia and produces new blood.

**Key words:** Mulberries, blood pressure, diabetes, Ibn Sina, vitamins.

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**Introduction**

Dear science seekers. I want to tell you how the fruit of mulberry is useful for humans. Where is knowledge if we don't read and write? Because it is Sunnah to seek knowledge from the cradle to the grave.

Mulberry (*Morus*) is a group of trees belonging to the mulberry family; fruit tree; 5 species are cultivated in Uzbekistan. White mulberry (*Morus alba*) and black mulberry (*Morus nigra*) fruits are eaten. Common mulberry (*Morus multicaulis*), Kagayama mulberry (*Morus Kagayamae*) and silkworm mulberry (*Morus bombycis*) are mainly used for silkworm feeding. Blackberry fruit is sweeter and softer than raspberry. China is the homeland of mulberry.

If it is consumed when blood pressure rises, it will bring blood pressure to its own level. Mulberry cleanses the liver, expels worms. Mulberry is used in folk medicine as a medicine to lower the temperature in cases of fever.

If you boil black fig leaves in rainwater and then wash your head in this water, your hair will turn black. According to Ibn Sina's information, the juice or juice of the Shotut fruit prevents the appearance of tumors in the mouth. The leaves cure hangovers and angina. They used it for toothaches and headaches and bleeding diseases. Mulberry or juice cleanses the blood in the human body and even creates new blood, increases the blood of patients suffering from anemia, and helps in the production of new blood. For this purpose, it is recommended to drink 100 grams of mulberry juice 3 times a day on an empty stomach, and it is known from time immemorial that it gives energy to improve appetite. The rowan fruit is considered healing and improves the activity of cardiovascular diseases.

In Central Asia, the fruits of mulberry are used together with chilon jiyida for carlotina and typhoid. It is also used as a diuretic and a good suppressant of blood. It is also prescribed for hypertension and diabetes during fever.

Mulberry (*Morus nigra* L) bark, leaves, fruit and body are useful. leaves contain a lot of vitamin C. The fruit is sweet and juicy, it contains 12% sugar, free malic acid and citric acid. Mulberry contains udder material and protein, iron, glucosides, pectin and others. Mulberry, that is, one of the fruits called the horn of fruits, is a cure for 40 diseases.

Mulberry fruits are eaten wet and in the form of pods. Ibn Sina used mulberry leaves for sore throat, wet fruits and their juice for oral and throat tumors. It is prescribed as a diuretic and tonic.

According to him, 25 grams of water crushed from the leaves is a good treatment for people bitten by black worms.

The norm of mulberry for a person is 150 g per day, if you eat well-ripened mulberry, it will be enough for the body. If nursing mothers eat it, it is possible to cause allergies, and it is not recommended to eat it in the morning on an empty stomach and drink water. In Uzbekistan, there are red and black varieties of mulberry, which differ from each other in the color of the fruit and the taste of the fruit. The amount of Fe is twice as much in white tungsten. P, Na, Mg, Ca, K food fibers from minerals preserve oils. Mulberry is a client of a person. Mulberry is a client of cold and wetness.

Mulberry is rich in very useful vitamins and minerals, from vitamins; Contains vitamins A, B1, B2, B3, B6, B9, K, C, Y. 100 grams of mulberry contains 43 kcal. Dried mulberry retains all its useful properties and taste. Jam made from mulberry is a cure for cardiovascular diseases and colds. Decoctions made from mulberry are used for respiratory diseases in men, as a mental cocktail for men, and for nervousness in fatigue. It improves memory, it is recommended for the elderly, children, pregnant women. Mulberry fruits overripe are eaten against constipation.

## **CONCLUSION**

Today, I have seen many beneficial properties of mulberry for the human body, and I have found out in my experience that mulberry can be used in the industry to prepare soft drinks, medicinal infusions. In medicine, it can be widely used to relax a person, lower body temperature, lower blood sugar, reduce body weight, and increase immunity.

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