

PLANTS WITH ANTI-INFLAMMATORY AND ANTIMICROBIAL PROPERTIES POMEGRANATE + BASIL

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Relevance:

Plants that do not have a harmful effect on the human body, but have a wide range of antimicrobial activity, are used in the treatment of the initial stages of the pathogenesis of many inflammatory diseases of an infectious nature. The food we eat directly affects our life activity, well-being and quality of life. Now healthy food is very popular and traditional medicine is gaining popularity in Uzbekistan.

Goal:

Determine the effect of pomegranate and basil on the body, and conduct antimicrobial studies.

Materials and methods of research.

Students of the medical faculty of the 2nd year, in the number of 71 people, were examined. Smears of nose and throat washes were taken. Bacteriological studies of the material were carried out.

The results of the study. We examined students, of whom there were 26 boys and 45 girls. We took nose and throat washes, then sowed them on nutrient media, and when the results were obtained, the children were given pomegranate and basil juice. Then the studies were repeated. According to the results, we found that after drinking pomegranate and basil juice, the health condition improved. And the pathogenic microbial content of the oral cavity decreased by 30%. This is due to the fact that pomegranate and basil have the following properties.

Basil herb infusion is recommended for gastritis, colitis, it is prescribed for neuroses, as an expectorant, for epilepsy, flatulence, headache, hepatic and intestinal colic, bronchial asthma, low blood pressure, colds and runny nose, inflammation of the bladder and kidneys, to increase lactation in nursing women. And pomegranate seeds contain a lot of vitamins: C, B6, B12, R. There is also a high concentration of trace elements: calcium, magnesium, potassium, manganese, phosphorus, iodine, iron, sodium. Pomegranate has an anti-inflammatory effect. On the territory of our region, various medicinal plants are widely distributed, such as raichon (basil), coriander (coriander), fennel, mint, and others that are widely used as spices in dishes and salads, as well as basil is used as plants with a fragrant smell. In Mediterranean and Indochinese cuisines, it is used as a seasoning for tomatoes and dishes made from them. It can be used with fresh fruit, added to jam. In folk medicine, basil leaves have found their application. Basil seeds are a natural antioxidant that is essential for healthy and youthful skin. Basil seeds are very useful, they have all the necessary vitamins and trace elements that contribute to the removal of harmful cholesterol from the body.

In the Surkhandarya region, a wide variety of varieties and forms of pomegranate were identified, which differ in the ripening period and taste qualities of the fruit, and other economic characteristics. The local population prefers to cultivate pomegranates on their homesteads, since this crop is economically profitable in local conditions and is most adapted to soil and climatic conditions.

Conclusions and recommendations.

Pomegranate and basil juice have powerful anti-inflammatory and antimicrobial properties that reduce the risk of developing these diseases.

Drinks made from basil leaves and pomegranate juice perfectly quenches thirst, has an unusual delicate sweet taste. The drink undergoes heat treatment at a temperature of 95°C (pasteurization), thanks to which it does not lose its properties throughout the entire shelf life. It is recommended to use for people with poor health in its pure form or as part of cocktails