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The Role of Pomegranate Fruit in Human Health

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Abstract:
For pomegranate seedlings, cuttings are selected from fruitful, healthy bushes selected in advance from the pomegranate orchard. Among fruits, pomegranate is a subtropical crop. Pomegranate juice restores appetite, lowers body temperature and blood pressure, reduces the damage caused by viruses and microbes in the stomach. In the world of medicine, the juice of the sweet pomegranate fruit removes existing stones from the kidney, urinary tract, and gallbladder.

Keywords: Pomegranate, for human health, subtropical, cosmetology, medicine.

Introduction

Among fruits, pomegranate is a subtropical crop. Therefore, pomegranate breeding and breeding is one of the problematic scientific researches. The distribution of pomegranate origin, and taking into account these environments depending on the soil and climatic conditions, instead of geographical distribution, the opportunity has come to breed table pomegranate fruits from the existing samples through natural selection. As we mentioned above, pomegranate has a history of at least 2000 years in Malakat. According to historical sources, Pomegranate was regularly served on the table of Sahibquran Amir Temur. Even during Babur's time, the taste and sweetness of "Dono Kalon" and "Sammon" pomegranates were noted in Margilon. Among subtropical plants, pomegranate (Punica granatum L) is of particular importance with its important properties. Pomegranate is completely different from other fruits in that its fruit is a natural ecological product [1] .

Because the Pomegranate tree, which is considered a waste, is valuable wood, and the peel of the pomegranate fruit is considered a valuable medicine. After a thorough analysis of the above, it is necessary to first study the cultivated areas of the pomegranate crop in Er Kurra. Pomegranate natural area. Pomegranate crops are naturally found in Central Asia, Turkey, Azerbaijan, the southern part of South America, North-West India, North-Eastern Afghanistan, the Greater Caucasus Mountains in the South Caucasus, Asia Minor, and the coast of the Arabian Sea. Pomegranate growing wild is widespread in eastern Transcaucasia, in the Lenkorn-Astarin massifs of Azerbaijan. In Uzbekistan and Tajikistan, it is found on the slopes of Hisar, Darvoza and Karategin mountain ranges.

Pomegranate, as a subtropical crop, is very resistant to drought, but also grows well in irrigated land. More Stony steppe, mountain foothills growing in saline lands have been of constant interest to our scientists since ancient times. N.I. Vavilov 1931 many scientists, including A.D. Strebkova O.P. Kulikov 1955, 1965 O.P. Kulikov, A.S. Masino 1969, A.S. Kutuzova 1977 M.M. Mirzaev 1977; A.A. Golny 1972; G.K. Tokhtasinova; M.A. Turakulov; N.B. Japakov; P.J. Mirmajidov; I.R.Rakhmonov 2017 who conducted scientific

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research works in different periods and periods [2].

However, today, one of our urgent tasks is a resource-saving modern technology for growing seedlings of reliable, ecologically clean pomegranate fruit varieties. Taking this into account, the need to create new modern agro-technologies of pomegranate selection, seed production and cultivation is being demanded by life itself. The composition of pomegranate fruit is 75% of the highest quality juice, it contains 20% sugar, 3% fat, up to 15% protein, up to 4% citric acid and many vitamins. Pomegranate juice restores appetite, lowers body temperature and blood pressure, reduces the damage caused by viruses and microbes in the stomach. In the world of medicine, the juice of the sweet pomegranate fruit removes existing stones in the kidney, urinary tract, and gall bladder. The Egyptians used pomegranate pods and peels to treat dysentery, worms, and Sri Lankans used a decoction made from pomegranate flowers to prevent and treat eye infections [3].

Abu Ali Ibn Sina, the world-famous medical law, also wrote about the healing properties of pomegranate: "If you get used to eating pomegranate for breakfast, onion for lunch, and honey in the evening, your blood will be as clean and clear as tears." One of the invaluable medicinal qualities of pomegranate is that its juice prevents the development of endocrinological diseases in the human body and blood.

It also has the properties of blood purification and liver-kidney activation. Pomegranate grains squeezed out of juice contain 20% starch and not less than 4% fat and are processed and used in medicine and cosmetology. Black, yellow, brown, pink natural dyes are obtained from the peel and root of the fruit and are used for dyeing gauze.

It can be concluded here that the pomegranate plant, starting from its root: trunk, leaves, flower, fruit, is a medicinal plant that is used in the prevention and treatment of various diseases. That is why pomegranate is valued as a source of health in many parts of the world.

The appearance of the genus Punica L. dates back to very long geological times, the end of the Cretaceous period and the beginning of the Tertiary period. According to A. Dekandol and I. V. Palibin, according to the information of Punicf granatum L., they made a conclusion based on the internal remains of pomegranate, its flower and leaves found in the south of France and Azerbaijan. Taking into account these data, as well as the geographical distribution of pomegranate, B.S. Rozanov places the time of appearance of this type of pomegranate in the Upper Oligocene or Lower Miocene. Pomegranate is one of the ancient crops in our country. It is distributed in the southern regions of Uzbekistan, Denov, Dashnabad and Kashkadarya regions of Surkhandarya region, Kitab Varganza, Chust Kosonsoy, Torakorgan, Sirdarya region, Mirzachol, Syrdaryo, Mirzaabad, Gulistan, and Boevut districts of Namangan region.[4]

Kuva district is a real masterpiece of pomegranate cultivation in the Fergana Valley. Farmers of this land are famous for their hard work, and especially in terms of pomegranate cultivation, there is no shortage of them. Therefore, Guva pomegranates are known and famous not only in our country, but also abroad. Pomegranates are grown in every farm and household in Kuva district of Fergana region. The people living there learn all the secrets of pomegranate cultivation from a young age. Pomegranate garden, or pomegranate

grove, is left as a legacy from generation to generation.

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