

## MEDICINAL PROPERTIES OF POMEGRANATE FRUIT AND PEEL

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### Abstract

Pomegranate is not only a sweet, but also a useful fruit, the healing power of which is not only in its grains, but also in its peel and seeds. Pomegranate peel is a universal tool in the treatment of many bacteria and infections that poison the body. Pomegranate peel contains dyes, potassium, calcium, magnesium, iron, chromium, boron and other macro and microelements.

**Keywords:** Pomegranate, fruit, vitamins, grain, fruit peel, angina, pharyngitis, gingivitis, stomatitis, pomegranate seeds.

Pomegranate (*Punica granatum* L.) is a subtropical fruit plant belonging to the Anorgulaceae family; 2-10 m tall tree or shrub. Native to Central Asia, Azerbaijan, Iran and Afghanistan; wild species around the Mediterranean Sea. In the south of Central Asia, it is found in Crimea, Caucasus, Iran, Afghanistan, Old Asia, Dagestan and Uzbekistan.

The leaves are small, lance-shaped, the branches are thorny (sweet fruits have fewer thorns). It blooms in June-July. The flowers are bisexual, large (up to 8 cm in diameter), pale red, one, two, sometimes up to five at the tip of the branch. The pistil (mother) is normally developed, the cup-shaped flower has fruited, the pistil is short, the bell-shaped flowers usually do not fruit. Pomegranate is pollinated from outside. The fruit is large, round, reddish (red skin) or flowing (white skin), weighing 250-1000 g. The fruit has 6-12 cells, the grain is light pink or dark red.



Pomegranate is a fruit rich in medicinal substances, it contains vitamins C, V1, V2, V6, V15, RR, V12, and A, calcium, potassium, iron, iodine, silicon, phosphorus, aluminum, magnesium, chromium, copper, and manganese. , folate and ascorbic acid in sufficient quantity.

100 g of pomegranate fruit contains protein  $\approx$  1.67 g%, fat  $\approx$  1.17 g%, carbohydrates  $\approx$  18.70 g%, dietary fibers  $\approx$  0.9 g%, organic acid  $\approx$  1.8 g%, water  $\approx$  81 gr %, mono and disaccharides  $\approx$  14.5 gr %, PP vitamin  $\approx$  0.4 mg %, Vitamin A  $\approx$  5  $\mu$ g%, vitamin B1  $\approx$  0.04 mg%, vitamin B2  $\approx$  0.01 mg%, Vitamin B5  $\approx$  0.5 mg%, Vitamin B6  $\approx$  0.5 mg%, Vitamin B9  $\approx$  18  $\mu$ g%, Vitamin C  $\approx$  4 mg %, vitamin E  $\approx$  0.4 mg %, calcium  $\approx$  10 mg %, magnesium  $\approx$  2 mg %, sodium  $\approx$  2 mg %, potassium  $\approx$  150 mg %, phosphorus  $\approx$  8 mg %, iron  $\approx$  1 mg %.

It contains a lot of iron and increases the amount of hemoglobin in the blood. In the treatment of anemia, it is useful to drink half a glass of pomegranate juice 30 minutes before meals. Pomegranate fruit improves protein, fat and carbohydrate metabolism in the body. It is a cure for angina, pharyngitis, gingivitis, stomatitis, bronchial asthma. Pomegranate relieves sore throat and kills infections in the oral cavity. Pomegranate has less juice than other fruits. For this reason, even those on a diet can eat it. For example, if patients with diabetes drink pomegranate juice before meals, the amount of sugar in the blood will decrease. People who live near radioactive rays and work in such conditions should eat a lot of pomegranate. Because this fruit protects the body from harmful rays. If your skin is oily and you have a lot of pimples on your face, make a mask by crushing pomegranate seeds. Pomegranate lowers blood pressure. If you add it to tea and drink it, it calms the nerves and brings you to a good night's sleep. Not only the grain and water of pomegranate, but also the peel is useful. Prevents inflammation of kidneys, ears, eyes and gynecological organs. Pomegranate is a diuretic, especially for the removal of sour kidney and urinary tract stones.

Pomegranate is not only a sweet, but also a useful fruit, its healing properties are not only in its grains, but also in its peel and seeds. Pomegranate peel contains up to 28% of preservatives, resins, dyes, fruit peel and interlayers.

Pomegranate peel is a universal tool in the treatment of many bacteria and infections that poison the body. Intestinal ulcers, dysentery, dysbacteriosis, salmonellosis, ringworm, cholera, typhoid and many other diseases can be treated in a short time (in 5-7 days) with the tincture of the bark. Pomegranate peel contains dyes, potassium, calcium, magnesium, iron, chromium, boron and other macro and microelements.

The presence of peltérin in the skin, roots and branches of pomegranate distinguishes it from other plants and fruits.

Pomegranate peel is a source of vitamin C. Therefore, it improves metabolism and helps to treat all types of bleeding and acute piles. If you mix pomegranate peel in water and rinse your throat with cough, it will improve the itchiness of the throat.

If the pomegranate peel powder is infused with mint, ginger, cumin, and green tea, it is beneficial for disorders in the digestive system and intestinal motility disorders. It cleans the kidney and liver, and gets rid of pests. For this purpose, boil 1 teaspoon of

pomegranate peel powder in 1 glass of water, let it rest for 5 minutes and drink it with honey.

Gargling pomegranate seeds with boiled water will relieve toothache, gum inflammation, and colds. Because it has the ability to fight against bacteria and viruses in the oral cavity.

When treated with this agent, harmful bacteria are killed, but beneficial bacteria survive.

The thin membrane between the pomegranate seeds has long been used to treat hernias and various cancers. Boiling pieces of pomegranate peel in water and rinsing the mouth cures bleeding gums and strengthens them.

Tincture of pomegranate peel in alcohol is also used in a number of diseases. To prepare this tool, the peel of 1 pomegranate is crushed and soaked in 100 ml of 40 percent alcohol. After standing for 1 week, glycerin is added in a ratio of 1:1. If the resulting ointment is applied to the wound, it will heal quickly.

Pomegranate skin ointment can be used to treat flu, colds and flu. For this, the mouth is gargled 5-6 times a day with a tincture of pomegranate, oak, willow bark powder. To prepare this liquid against microbes and viruses, 1 tablespoon of the mixture is steeped in 1 glass of boiling water. Let it rest for 4 hours. Then drink a third of a glass 3-4 times a day.

Pomegranate skin ointments should not be used when there is a tendency to constipation, when piles and kidney diseases are aggravated.

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