

## **The Role of Bitter Watermelon (Abujahl Watermelon) in Human Health and Folk Medicine**

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**Abstract:** This article provides information about the effects of bitter watermelon (Abujahl watermelon) on human health, its medicinal properties, and its use and significance in folk medicine. It was found that most of the patients who consumed bitter watermelon juice for 2-3 days had a blood glucose level close to normal.

**Keywords:** citrullus, bitter watermelon, medicine, c.vulgaris, watermelon juice, diabetes, medicinal watermelon.

Representatives of the watermelon (citrullus) family are annual and perennial plants, the stems grow creeping. Watermelon originates from the desert and semi-desert regions of Africa and Asia, of which 2 are cultured. [7]

1. Ordinary watermelon (c.vulgaris). All edible varieties of watermelon belong to this species. It is cultivated in the CIS region along the Lower Volga, Ukraine, Moldova, Crimea, Caucasus, and Central Asia. Many cultural varieties have been created in Central Asia. the most common are white watermelon, ola watermelon, porcelain watermelon, Black watermelon, Koziboy, Khaikora, Mokki and others. These are cultivated in many places. The local people can easily distinguish them from each other depending on the shape, color, seed, flesh characteristics and taste of the fruit.
2. Hashaki watermelon ( c. colocynthis). these are annual plants with thick stems and large flowers. the taste of the fruit is a little bitter, the flesh is hard. Watermelon hay is used as fodder in Lalmikor farms. another type is colocynth watermelon (c. colocynthis), which is found as a weed. this watermelon is found in the Tajan oasis of Turkmenistan and in the remote areas of the Karakum deserts. [2]

Watermelon, which today is called bitter watermelon, was called "Abu jahl" in ancient times. This type of watermelon is currently found wild in South Africa, the Arabian Peninsula and Iran. Bitter watermelon is a perennial plant in its homeland, and an annual plant native to Central Asia. bitter watermelon can be grown in all parts of our country.[5]

Abujahl watermelon is a perennial herb with a thick, nodular root belonging to the family of gourds. The stem is creeping or prostrate, 2-4 m long. The leaves are mostly ovate, the edges are carved, the flowers are yellowish-white; pollen flowers (from 7-15) are located in the upper part of the stem - in the shingle, and seed-bearing flowers (from 5-12) are located in the lower part of the plant. The fruit is black or brown, round, 7-8 mm in diameter. The seed is flat-ovoid, small. It blooms in May-July. in Central Asia (including Uzbekistan), Found in Europe, Caucasus, Iran and Scandinavia. abujahl watermelon is a medicinal plant; It has been found that the roots

contain glycosides, starch, flavoring agent, tar, urea, and salts of malic acid. [9] the essence prepared from the fresh root of Abujahl watermelon, dug before flowering, is used for homeopathiyatsya. A solution of the root in alcohol is used in folk medicine to relieve pain, to treat injuries and wounds, to relieve cough, and to relieve leg pain. abujahl watermelon juice is also used to treat ringworm.[4]

**Results and discussion.** Bitter watermelon grows well in our khorazm conditions and 30-45% of the plant blooms and bears fruit. The fruit contains 10-11% organic dry matter, 8-9% sugar and 1-1.5% glucosides. Bitter watermelon juice can be used as an effective measure to reduce glucose levels in diabetes.

This watermelon is planted in mid-April, blooms in July and produces 2-4 fruits per plant. its weight is 0.5-3 kg, and its yield is 10-12 tons per hectare. It is known that the number of people suffering from diabetes is increasing among the population of the whole world. in many countries, patients are advised to eat bitter watermelon in the treatment of diabetes.

Ibn Sina, the Sultan of medical science: "Abujahl watermelon, especially its seeds and skin, expands blood vessels and cleans the skin. Abujahl watermelon seeds protect against sunburn, remove freckles and dandruff, and have diuretic properties. removes kidney, bladder and liver stones. [10]

Scientists say that it is not recommended for a woman whose body is weakened by toxicosis (poisoning) to eat melon in the first half of pregnancy, in order to prevent miscarriage. But if a woman is healthy, she can eat melon regularly during pregnancy. In folk medicine, melon is also recommended for anemic patients who have dried up. In case of freckles and freckles on the face, when the spot is removed, a melon pod with a thick peel is tied on the face for several hours. This sugarcane crop can be called a real "spring" of glucose and vitamins. These useful substances improve the work of the liver, kidneys, heart, stomach, lungs and other organs, and refresh a person in general.

Doctors and scientists of our country have been testing bitter watermelon as a cure for diabetes for several years. and the results obtained by scientists show their results. It was found that most of the patients who consumed watermelon juice for 2-3 days had a blood glucose level close to normal.

Another useful feature of bitter watermelon juice for the human body is that its juice also removes various parasitic worms from the human body. even healthy people will not be without benefits if they drink watermelon juice 1-2 times a year.

The chemical composition and structural structure of bitter taste glycoside contained in bitter watermelon were determined in the preliminary laboratory tests conducted by scientists. In the future, after passing our laboratory tests, it is possible to start the production of medicines used in the treatment of diabetes based on bitter watermelon. Neither bitter watermelon itself nor its juice can be stored for a long time. Because as a result of the change of the active substances in its composition, the effect properties decrease, the taste changes and it becomes unfit for consumption. In order to store bitter watermelon juice for a certain period of time, it is steamed in an open container in water at 60-70 degrees, boiled until it becomes a porridge, and a small amount of pure honey is added to it, and the lid of the container is closed.

### **Conclusions.**

In short, bitter watermelon juice is widely used in folk medicine. but only today, according to the recommendation of our scientists, it is used in the treatment of diabetes. as a result of the research conducted in scientific research institutions, a number of works are being carried out on the full study of the biology, agrotechnics and biochemical composition of bitter watermelon and the development of various medicines from it.

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