

Medicinal Properties of Alycha (*Prunus Cerasifera Ehrh*)

Khasanova Gulbahor Rakhmatullaevna

Department of Pharmacognosy and Pharmaceutical Technology, Samarkand, Uzbekistan

Sobirov Hasan G'ulom o'g'li, Ahadov Ilgor Kamoliddin o'g'li

Student 308 group of pharmaceutical faculty of Samarkand State Medical University

Abstract: There are many types of cherry plum (cherry) on our territory of Uzbekistan. There are many types of it, especially in mountainous areas. Therefore, if you think about its beneficial healing properties.

Keywords: fruit, taste, composition, application, juice, juice.

Introduction. Tree or shrub from the Rosaceae family - Rosaceae Juss., often multi-stemmed, 4–10 m high. Cherry plum is widespread in Central Asia and the Caucasus. The crown of the cherry plum is spreading, the branches have thorns. Leaves on short shoots sit almost in bunches. Leaves are 2–10 cm long, 2–4 cm wide, elliptical or ovate, finely serrated at the edges, pointed, glabrous on the outside, reddish below, shortly pubescent, petioles 0.5–2.5 cm long. Flowers solitary, white or pale pink, cross-pollinating. The fruits are round, elongated or flattened, red, pink, dark purple, green or black. The pulp is often sour, less often sweet and sour.

Native to Asia, the cherry plum tree has hundreds of species throughout the world. Cherry plum is deliciously eaten in the form of juice, compote, jam, and fruit drink.

The fruits are collected from the end of June to October. Drying fruits in the sun

Chemical composition. The pulp of cherry plum fruits contains in %: sugars 4–9.94, including glucose 1.4, fructose 1.93–6.09, organic acids 3.12–7.5 (malic, citric), vitamin C (up to 16 mg%), provitamin A (up to 2.8 mg%), pectins, tannins, minerals, fatty oil.

Study: The reaction to pectins is a test for galacturonic acid. Infusion, add a few drops of a 10% solution of basic lead acetate and heat in a boiling water bath. If the initially formed white precipitate gradually turns orange with a reddish tint, then there is an acid

Since tannins in plants are a mixture of different polyphenols, their isolation and analysis is difficult.

There is a general method for determining tannins. To carry it out, the raw materials are extracted in a ratio of 1:10 with hot water, since tannins are poorly soluble in cold water. Then the presence of tannins is determined by the formation of a precipitate formed when they interact with a 1% gelatin solution prepared in a 10% sodium chloride solution. When adding excess gelatin, the cloudiness disappears.

Economic importance. The fruits are consumed both fresh and processed. They are used to prepare compotes, jelly, marmalade, jam, marshmallows, pita bread, liqueurs, and soft drinks. Lavash and cherry plum liqueurs are used as seasonings for many dishes.

In folk medicine, fruits, leaves, flowers, as well as gum collected from the bark of the cherry plum are used as medicine.

An infusion of cherry plum leaves and flowers is used as a mild laxative. A decoction (compote) of dried cherry plum fruits is used to increase appetite and improve digestion in the hypoacid form of gastritis, as well as as a mild laxative (for chronic constipation) and an expectorant (for diseases of the upper respiratory tract). Cherry plum gum is recommended as an anti-cough remedy. Aqueous extracts from the bark and roots of cherry plum are used as a diaphoretic, antipyretic and anti-inflammatory agent.

Due to the presence of anti-inflammatory substances in its composition, a tincture from the juice of cherry plum fruits and branches helps to quickly relieve joint pain and reduce swelling in arthritis, rheumatism, and arthrosis. If you have been suffering from back pain for a long time, you should boil the bark of the cherry plum tree and drink it.

Tincture from the cherry plum branch is a cure for colic and abdominal pain, which are often observed in the summer. To do this, brew a decoction of cherry plum fruits in 2 glasses of water and drink half a glass throughout the day. This tincture also helps with heavy menstruation and severe pain. Cherry plum, containing V vitamins and pectin, not only soothes, but also improves sleep. Perhaps it will make you feel better. If you eat this fruit 3 times a day, 10 pieces before meals, you will probably lose 5-8 kilograms in a month. Also know that 10 pieces of cherry plum can replace one aspirin. That is, it thins and cleanses the blood, relieves inflammation of the urinary tract, increases hemoglobin and prevents heart disease.. Benefit

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