

Pumpkin (Тыква) – Cucurbita L

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Abstract: Fruits, vegetables, legumes, as well as numerous wild edible plants are a powerful source of nutritional and healing agents.

Keywords: fruit, bark, seeds, phytosterol, flavonoids, nature, jaundice.

An annual plant from the pumpkin family – Cucurbitaceae Juss. In Egypt, Iran and Central Asia, pumpkin has been well known since ancient times. There are 13 types of pumpkin in the world, from which over 200 varieties have been obtained. In the USSR, 3 types are grown - large-fruited pumpkin (*C. maxima*), ordinary or hard-rind pumpkin (*C. rere*), butternut squash (*C. moschata*).

The large-fruited pumpkin has a spherical fruit, white or gray in color, weighing up to 40–50 kg, with yellow or orange low-fiber loose pulp, with a soft bark.

The fruits of the common or hard-rind pumpkin are oval-cylindrical, with a smooth yellow-orange surface or a yellow-green pattern. The pulp is orange or orange-red, sweet in taste, with numerous yellowish-white seeds.

The fruits of the nutmeg pumpkin are of various shapes, most often elongated, sometimes club-shaped with an interception, pinkish-brown or yellow in color with various shades. The pulp is orange, dense, tender. The bark is soft. About 50 varieties have been obtained from these species in the USSR through selection.

The stems of the pumpkin are climbing, up to 10 m long, covered with stiff hairs. The leaves are large, dull green, kidney-shaped, elliptical, with 5–7 toothed lobes, covered with stiff hairs. The flowers are large, yellow, dioecious, staminate, in bunches, bell-shaped. Blooms in June July. The fruits ripen in August–November. In Tajikistan it is grown in gardens everywhere.

Chemical composition: The pulp of pumpkin fruit contains: % sugar 8–10, protein up to 15, fatty oil 0.13, pectin 5.16, organic acids 0.1–0.2, fiber I–14, phytosterol (traces). Vitamins in mg%: C 0.2–8.0, carotene 1.96, B1 0.047, B2 0.065, PP. 0, 5. Content of macroelements in mg%: potassium 170, calcium 40, magnesium 14, sulfur 18, phosphorus 25, chlorine 19. Content of microelements in mg%: iron 800, cobalt 1.0, manganese 40, copper 180, fluorine 86, zinc 240. Pumpkin is 92% water.

Pumpkin seeds contain: fatty oil 20–50%, consisting of linoleic, oleic, palmitic and stearic acids, protein substances 35%, as well as tyrosine, leucine, phytosterol and other substances. Pumpkin leaves contain 620 mg% vitamin C. Pumpkin flowers contain dyes, flavonoids and carotenoids.

Economic importance. Pumpkin is widely used boiled, fried and baked. Most often, pumpkin is boiled with milk, sometimes with added sugar, and in many cases with the addition of unripe beans or peas.

In folk medicine, boiled pumpkin pulp is recommended for patients with anemia, jaundice, tuberculosis, constipation, and as a diuretic for liver and kidney edema. The pulp from raw pulp or obtained after grinding peeled pumpkin seeds treats skin wounds, burns, dermatitis, eliminates freckles, acne and spots on the face. Pumpkin seeds are used as an anthelmintic.

In ancient medicine, according to the descriptions of Ibn Sina, the nature of pumpkin is cold and wet. He classifies pumpkin as a nutritious food. Considers it harmful to the stomach of adolescents and young men. Pumpkin decoction is recommended for the treatment of cough and chest pain. According to him, squeezed pumpkin juice with rose oil soothes earaches and is good for sore throats. According to the descriptions of Avicenna and many other oriental physicians, pumpkin in any form calms increased sexual excitability.

According to Muhammad Hussein Sherazi (18th century), pumpkin cools and strengthens the body, therefore it is useful for people with a hot nature, opens blockages and therefore acts as a diuretic, softens the intestines, treats jaundice and acute fevers. Among the negative properties, he names kulanj, i.e. intestinal colic that occurs after taking it. In order to prevent side effects, it recommends cooking pumpkin with the addition of unripe grape juice, pomegranate, vinegar, quince, garlic, pepper, nano, cumin or mustard. All of these products have the property of enhancing the secretory function of the stomach and intestines, therefore, after adding any of them, the process of digesting pumpkin improves, and the negative properties of pumpkin that can cause bloating, stomach pain, stomach colic, etc. are prevented. Ancient doctors did not prescribe pumpkin to people with natural the stomach is cold, i.e. for patients with a hypoacid form of gastritis or peptic ulcer of the stomach and duodenum.

In modern medicine, pumpkin pulp is used as a dietary product, and the seeds are used against tapeworms. Boiled fruit pulp and especially fresh juice from unprocessed fruits improve intestinal motility and have a beneficial effect on chronic colitis accompanied by constipation. Fresh juice obtained from raw pumpkin is prescribed 2-3 glasses per day. Periodic intake of pumpkin is especially beneficial for people with senile or primary constipation. The mechanism of the therapeutic effect of pumpkin for senile constipation is associated with the presence of fiber in its composition (14%). Vitamin components, as well as a complex of sugars in the composition of the pulp of pumpkin fruits are positively

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