

## CHEMICAL COMPOSITION, HEALING PROPERTIES AND APPLICATION OF TURP IN FOLK MEDICINE

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### ABSTRACT

*The article provides general information about the vitamins, macro and micro elements of the radish plant, its healing properties, benefits for the human body, its use in the prevention and treatment of certain diseases. .*

**KEYWORDS:** *White Radish, Black Radish, Blue Radish, Vegetables, Elements, Vitamins, Bronchitis, Respiratory Tract.*

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### INTRODUCTION

It is known that this vegetable has long been known. Radish is a biennial plant belonging to the cabbage family. Radish has long been cultivated in Egypt, Rome and Greece. At present, it is grown in almost all countries of the world. Radish has long been a source of micro and macro elements and vitamins useful for the human body. The beneficial and healing properties of this vegetable are many. Today there are white, black and green varieties of this vegetable. The shape of this vegetable differs from each other in color and taste, but the specific set of micro and macro elements and vitamins in it does not change. [1]

Radish contains macronutrients: Phosphorus, potassium, sodium, magnesium, calcium. These elements ensure the synthesis of amino acids in the human body, as well as the rapid absorption of vitamins and control metabolic processes.

Micronutrients: Iodine, zinc, and iron these micronutrients ensure the growth and active development of bone tissue. These elements contribute to the hematogenous process. [2]

Vitamins in vegetables: A, B1, B2, PP, C These vitamins play an important role in the human body. Radish also has an active effect on the digestive system, improves digestion, helps reduce blood cholesterol and sugar. It is also recommended that patients with diabetes consume more radishes. The use of radish with other vegetables gives positive results. Also, in the treatment of

bronchitis upper respiratory tract and cough, consumption of a tablespoon of radish juice improves the opening of the airways and the movement of sputum. Radish juice has a pleasant sweet taste, but still has a good effect on the respiratory tract. Radish juice helps reduce bladder stones while reducing the risk of atherosclerosis. [3]

Radish cellulose controls the movement of food consumed along the walls of the body to reduce the amount of cholesterol in the body. Essential oils improve the ability to smell, normalize the production of gastric juice in the body. [4]

Proteins and carbohydrates are responsible for the functioning of all organs of the body and provide the human body with the amount of energy needed for normal life. Macronutrients improve the absorption of amino acids and vitamins in the human body. Controls metabolic processes. It serves to remove toxins and chemical elements that are harmful to the human body.

Micronutrients ensure good development and growth of bone tissue. The human body improves the immune system and increases the fight against immunity. [5]

Deficiency of these substances in the body can adversely affect all organs of the human body and can lead to adverse diseases throughout life.

As I mentioned above, there are three types of radishes in different colors, let's talk about them one by one. Blue radish, like all radishes, contains useful vitamins. It is more effective in patients with diabetes than other types, so it is recommended that patients with this disease consume more of this vegetable. Green radish is also very effective in bruises on the body and can be used as a compress. Excellent salads made from this vegetable are involved in digestion, and if your diet is rich in protein and protein, then this vegetable will help you to quickly absorb and digest proteins and proteins as a satisfying aid. This vegetable is also used in cosmetology, mix radish juice with honey and apply to hair roots. Wrap in a towel and leave for an hour. Then rinse your head in warm water and rub it with olive oil. After shampooing, leave the hair to dry on its own. It is enough to carry out treatment twice a week. This treatment prevents hair loss (Alopecia hair loss) and helps increase hair strength. The daily dose of radish for adults should not exceed 150 grams. Peel a radish, pour 3 kg of vodka per 0.5 liters. Transfer the mixture to a glass jar and store in a dark room. lasts a week. [5,6]

White radish is grown mainly in Central Asia. This variety has a lower fat content than the rest and therefore slightly reduces its therapeutic effect. The available elements have a significant impact on the functioning of the human body. White radish has a positive effect on cardiovascular disease. White radish can be added to almost any salad. It is recommended to steam this vegetable for cooking with all the vitamins and properties. Consumption of white radish with honey is used in diseases of the upper respiratory tract, heart, rheumatism. Finely grate white radish, mix with a tablespoon of salt and honey, place the same amount between two layers of cloth, then tie a bandage to the sore spot. you can feel a lot of good changes in your body. [7]

Black radish is distinguished among its members by its medicinal properties, in the past this vegetable was consumed only by the lower strata of the population, as the mechanism of cultivation of this vegetable was considered simple. Black radish contains the same macro and micro elements as above. Many black radish bacteria actively protect the body from pathogens and microorganisms. [8]

Black radish helps in the secretion of digestive juices and at the same time improves liver function. This vegetable is also responsible for the salt water balance in the body. It is involved in the excretion of excess salt and water in the body. Two parts of radish juice is boiled and cooled. `helps. It is not recommended to give this vegetable to children under three years of age, despite its activity in children's cough. This vegetable is very aggressive for the child's stomach and can cause pain after consumption. [9]

**TABLE 1<sup>ST</sup> NUTRITIONAL CONTENT OF RADISH OBTAINED IN THE AMOUNT OF 100 GRAMS**

General	Chemical composition	quantity composition (mass)
Biologically active substances and vitamins	energy value	34.5 kcal
	Water	88 grams
	organic acid	0.1 grams
	dietary fiber	2.1 grams
	carbohydrates	6.7 grams
	protein	1.9 grams
	oils	0,2 gram
	nicotin acid (Vitamin B3)	0,3 milligrams
	piridoksin (vitamin B6)	0,06 milligrams
	riboflavin ( vitamin B2)	0,03 milligrams
	tiamin (vitamin B1)	0,03 milligrams
	pantotenik kislota (vitamin B5)	0.18 milligrams
	vitamin A	3 international unity (ME, IO)
	vitamin C	29 milligrams
	vitamin E	0,1 milligrams
Electrolyte	sodium	13 milligrams
	potassium	357 milligrams
Minerals	Calcium	35 milligrams
	Iron	1.2 milligrams
	magnesium	22 milligrams
	phosphorus	26 milligrams

## CONCLUSION

This type of vegetable, which is entrusted to us, is of course beneficial to the health of each of us, but if consumed improperly, it can lead to aggressive situations, so we need to pay attention to the composition of each of our products. This is of course beneficial to all of us. From the above data, it is clear that radish contains many vitamins and essential elements for humans. These show that it can be used to improve the human immune system, prevent and treat some diseases. Radish has been proven not to lose its beneficial properties in food supplements made from it. This article clearly outlines the areas of application of radish in folk medicine.

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