



## THE BIOLOGICAL PROPERTIES OF RED BEANS (BEANS) AND THE BENEFITS FOR THE HUMAN BODY

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**Annotation:** the origin, biology, chemical composition of the bean plant in this article, information about the vitamins contained in it is presented. Botanical signs, biological characteristics of the bean plant are given in detail.

**Keywords:** legume family, beans, biology, vitamins, seed color seedpalla leaf, grain dressing, Bean benefits.

The role of legumes among the foods that a person desires throughout his life is incomparable.. Vitamins in them are considered very important for the human body. One such bean cereal is red beans (beans). The bean crop is a food crop rich in protein and vitamins, its origin is much more complicated and the types of Ham are several different. Bean (*Phaseolus*) is a 1-year legume cereal crop in the legume family. We understand common beans (*Phaseolus vulgaris*), common beans (*Phaseolus willd*), sharp-leaved beans (*Phaseolus lunatus*) (*Phaseolus aureus*) common Moss in US. In our God, beans have been planted for a long time and have taken their place from the table of Uzbeks. When we say beans, we bring before our eyes the seeds of beans, which are covered with dark pink crimson (in some cases they say red), white black, or grain red, black, malla spots.. Beans have a very diverse botanical appearance with over 200 species but Asian beans and American beans differ from each other in their botanical form. This difference makes the pods different or sharply distinguished in shape, appearance, color of seeds, weight, weight. In agriculture, Ham is grown in many crops today.

The cultivation of food products such as those from all over the world is given a great value in our country, as far as possible the cultivation of crops with food products is the main task of today to obtain high dressing and export to foreign countries.

The fact that beans contain too many vitamins and the abundance of benefits for the human body causes Ham today the demand for Bean grains is growing. In particular, in ancient times, the grandfather of ham Ibn Sina mentioned in his works about the benefits of the bean plant for the human body: while the red bean grain is dry, it has excess moisture and heat high in its nutritional level it will quickly become a digest in the stomach and come out, the beans rested less on the belly, Today, the benefits of ham for many organisms have been identified: red beans are an easy-to-digest product that is a good substitute for vegetarians and provides protein bn. Dishes made from beans are served with a parchese dish and again with a curative Ham. Beans are among the most necessary types of food in atherosclerosis, kidney stones, hypertension, pyelonephritis, and heart rhythm disturbances, preventing several diseases. It also improves or regulates carbohydrate metabolism in the body, and in the production of adrenaline and hemoglobin in the body, muxim is cisobized. Its most important property contributes to the production of insulin in the metabolism and significantly lowers blood sugar levels and is of great help to patients with diabetes mellitus. Since beans have antibacterial properties, foods made from it prevent stone from being found in the tooth and improve the process of colds in the liver. When the beans are cooked or heated, the toxic substances contained in them break down.

Beans are rich in useful vitamins, especially Vitamins of Group B. vitamins V6, V1b, B2 reduce the level of

harmful cholesterol

Digests food well:

Klechatka helps to eliminate constipation and abdominal rest. In other words, they push food, forcing the intestines to work more actively. Therefore, for those who care about the good digestion of food, they should consume one or two servings of legumes a week.

Reduces harmful cholesterol levels:

And again klechatka: cholesterol does not pose a danger to the body if you eat 25-30 grams of legumes a day, following the recommended daily norm. If the cholesterol level is already high, legumes should be started to be eaten more often.

Protects bones:

Beans, in general, too much magnesium in legumes is important for more than 300 reactions that occur in the body, including metabolism. Obviously, metabolism, in turn, is responsible for the strength and stiffness of bones.

Helps control blood pressure:

Potassium at normal blood pressure is a necessary substance: this microelement stimulates the activity of blood vessels, that is, promotes good movement in blood vessels, while normalizing blood pressure.

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