



CITRUS LEMON L. THE CHEMICAL COMPOSITION AND HEALING PROPERTIES OF

Asqarov Ibrahim Rahmonovich

Andijan State University, Professor, Department of chemistry, doctor of Chemical Sciences

Atakulova Nargiza Bakhtiyorjon qizi

Teacher of the Department of chemistry, Andijan State University

Anvarova Mahliyo Ma'ruffjan qizi

Teacher of the Department of chemistry, Andijan State University

Annotation. Information about the chemical composition and healing properties of lemon has been cited. The cited data was based on scientific sources.

Keywords. Citrus lemon L., ascorbic acid, pyridoxine, potassium, calcium, magnesium, phosphorus, iron, copper, selenium, sodium, zinc.

Citrus lemon L. 80% of the peel is water. The remaining 20% contains a large amount of useful minerals, fats and vitamins. Citrus lemon L. the bark has been found to contain micro-and Macroelements such as potassium, calcium, magnesium, phosphorus, iron, copper, selenium, sodium, zinc, high fatty acids such as palmitin, olein, linol, linolene, and vitamins of Group E, C, B [1; 42-50-B., 2; 160-168 P.].

Citrus lemon L. it has been found to contain up to 5.96% ascorbic acid in the fruit and 18.43% in the peel, as well as up to 9% pyridoxine. Citrus lemon L. although the pectin content in the succulent fruit of is very high, in the peel it is 4 times higher [3; 116-121-b.].

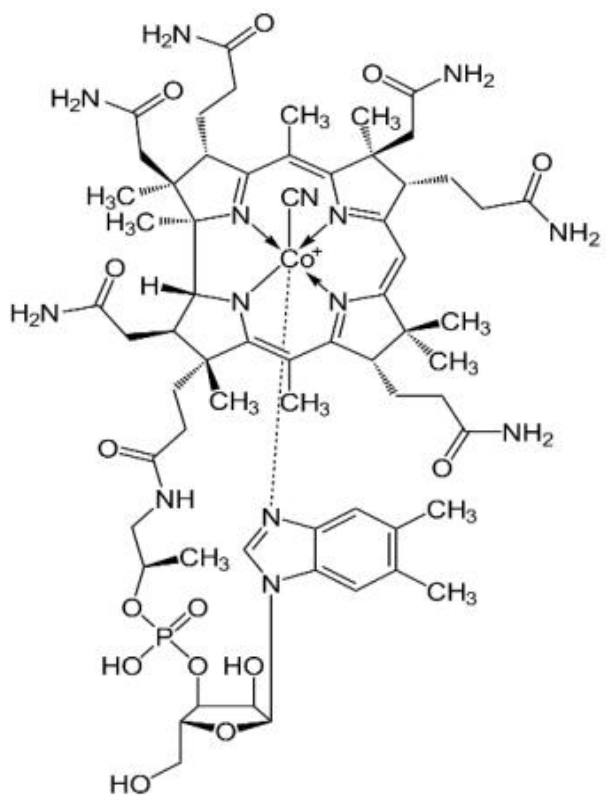
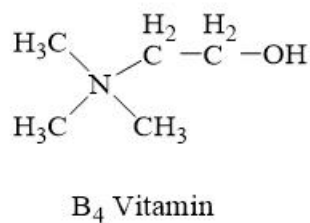
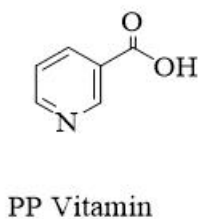
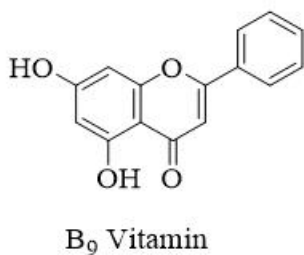
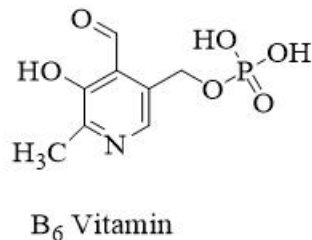
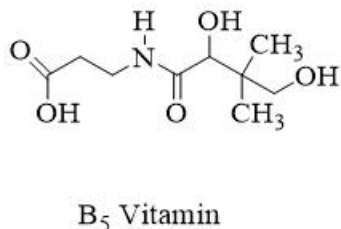
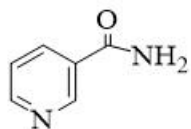
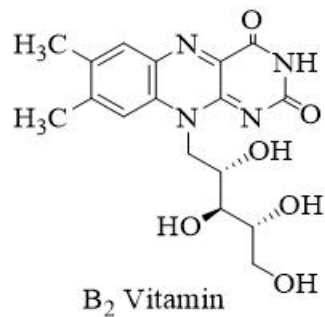
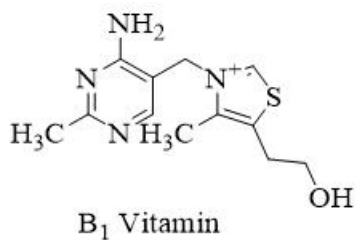
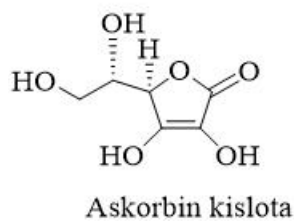
Citrus lemon L. there is no starch in the composition, the succulent fruit contains in 100 g of its product - 0.4 g of sucrose. The content of purine bases in 100 g of succulent fruit is 6.7% of the daily norm. The amount of oxalic acid is 83 mg, which is 20.8% of the maximum daily norm of its consumption [4; 481-498-B].

Citrus lemon L. the peel is a dense, yellow color, 5 mm thick, a layer of white film on the inside, in which the light yellow pulp of the fruit, cut into 10-12 pieces, is stored. While 20% of the peel is composed of minerals, vitamins and fats, 80% is water. The top layer of the peel contains 0.6% essential oil, which is mainly composed of terpene (90 %) and citral aldehyde (6%). Essential oil has a light yellow color, a pleasant aroma and pronounced bactericidal properties. The chemical composition is mainly found in macronutrients such as K, Ca, Mg, P, Fe, Cu, Se, Na, Zn [2; 160-168-b.].

Citrus lemon L. the calcium content in the bark is almost identical to ascorbic acid, which helps to strengthen bones and teeth, and when the teeth are wiped they become white [5; 1459-1460-b.].

Citrus lemon L. the bark is involved in the Prevention of osteoporosis, arthritis, arthrosis and other bone diseases. Improves oral hygiene, kills harmful bacteria that cause dental diseases. The oral cavity heals mechanical damage such as cracks in the mucous membrane, scratches, small wounds. Citrus lemon L as a preventive measure in the development of stomatitis, gingivitis, periodontitis and other diseases. bark is used [5; 1459-1460-b.].

Citrus lemon L. the usefulness aspects of the fruit are known to us from history. It was often drunk in tea and is still drunk in this order today. In doing so, its bark is removed. But now Citrus lemon L. it has been found to have more useful properties of its powdery part than the interior of (4) [4; 562-573-b.].



B₁₂ Vitamin

Figure 3. Citrus lemon L. water-soluble vitamins in the composition.

Citrus lemon L. the chemical composition of organic acids contains pectin substances, sugar (up to 3.5%), carotene, phytoncides; vitamins — thiamine, riboflavin, ascorbic acid (up to 0.085%), folic acid, rutin, flavonoids, coumarins, galacturonic acid, sesquiterpenes, gesperidine, eriocytrin, eridictiols. Citrus lemon leaf contains 55-880 mg % vitamin C [12; 303-311-b.].

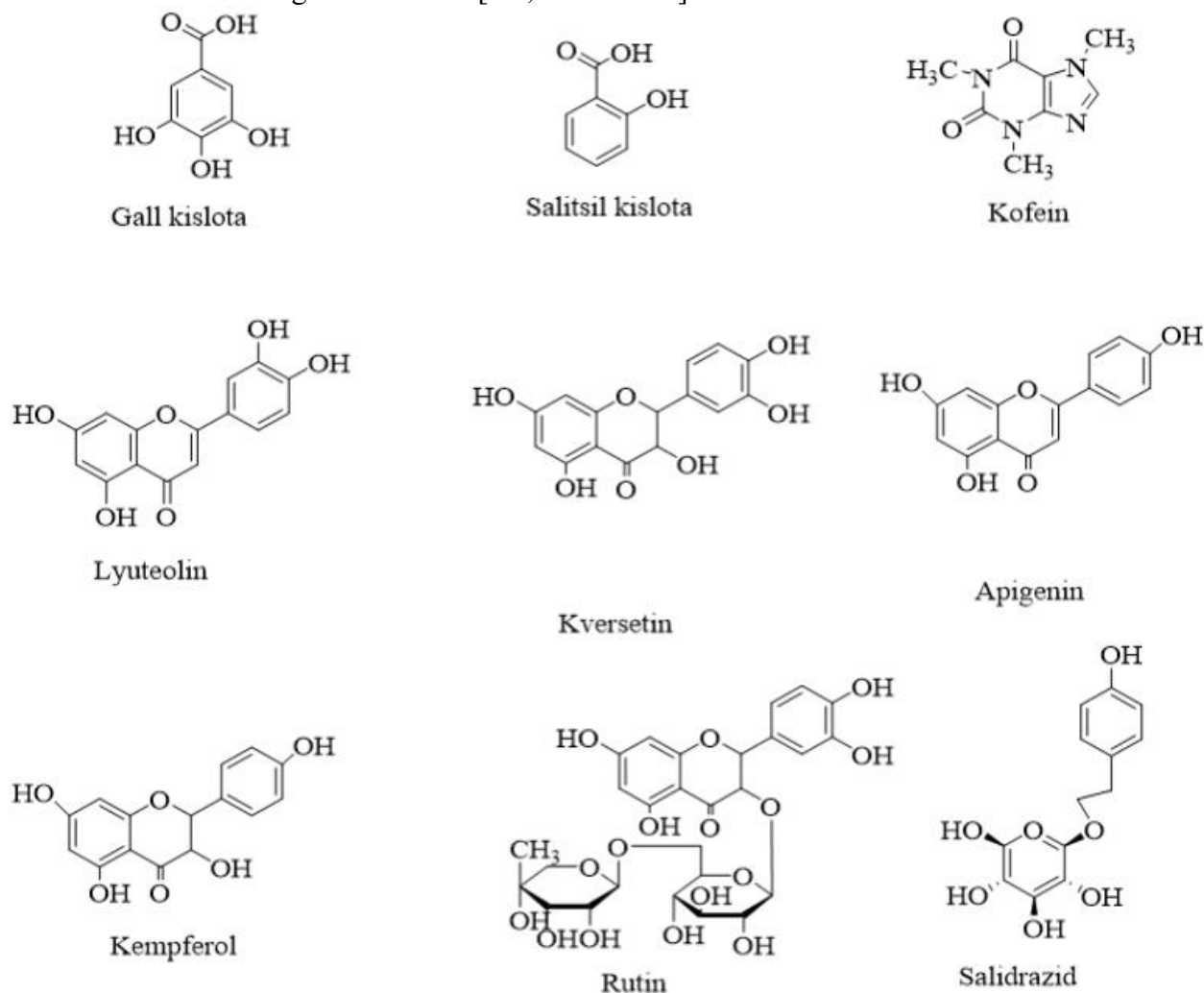


Figure 4. Citrus lemon L. biologically active substances in the composition.

Citrus lemon L. as above. - it is considered the most valuable healing and refreshing fruit. Its ETH contains about 2% sugar, 6-8% various acids (mainly citric acid), more than 1% pectin substances, about 0.5% various mineral salts, 60-90 mg vitamin C, a certain amount of vitamins of Group A, B₁, B₂, PP. Citrus lemon L. even when stored and processed long, the vitamins contained in it are well stored, which is its valuable property [13; 907-915-b.].

Citrus lemon L. when the peel is consumed, the human body is cleared of toxins and slags. It ensures the production of enzymes in the stomach and intestines that accelerate the digestion and absorption of food. Because of its high fiber content, food can prevent constipation. It has an antiseptic effect, killing harmful microbes that disrupt the functioning of the stomach and cause inflammation. Also citrus lemon L. the presence of a huge amount of vitamin C in the bark helps to get rid of colds. Strengthens the immune system in autumn and spring. Citrus lemon L. frequent use of bark prevents the body from colds [14; 160-168-b.].

Citrus lemon L. the beneficial properties of bark have been known for many years and have been used for many years to improve the functioning of the heart and intestines. More Citrus lemon L. the bark is also used to improve the gastrointestinal tract and at the same time the cardiovascular system, as well as to increase immunity, in the case of halos from excess weight. Due to the high content of fiber in the bark, it accelerates digestion and accelerates the development of enzymes. The human body is cleansed of toxins and scales. One of the main properties of bark is the high content of vitamin C, which is considered essential for the prevention and treatment of colds. Another 1 lemon per day can cover up to 30-35% of the human

body's need for vitamin C. Also citrus lemon L. high fatty acids such as palmitin, olein, linol, linolein and Group B vitamins, Group E, C - vitamins make up [4; 645-B.].

In various diseases of the cardiovascular system, in the treatment of singa, tuberculosis, bod, angina, lemon consumption is recommended when the metabolism of substances in the body is disturbed. PP group vitamins in lemon help lower blood pressure and prevent blood flow to the brain [5; 201-203-b.].

Citrus lemon L. in the world migration. when the waste is analyzed by scientific literature, it is of great importance to prepare food additives that prevent many diseases and are a treatment for their diseases. Citrus lemon L. varieties grown on the edge have been studied and analyzed. But the chemical composition of lemon fruit peel, seeds and pulp of the “Meyer” variety, grown in Uzbekistan, has not been sufficiently studied, food additives have not been produced that prevent and help treat diseases.

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