

IMPORTANT ASPECTS OF PEPPERCORNS FOR HUMAN HEALTH

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Abstract: *Peppercorns are dried buds collected from a tree growing in tropical countries. Peppercorns are the dry, reddish-brown, unopened flower buds of an evergreen tropical tree. Their unique aroma is due to the eugenol essential oil they contain. These buds have a place in cooking due to their excellent taste, in perfumery as an essential oil, and in medicine due to their healing properties. Peppercorn buds are famous not only for their unique taste and aroma, but also for their medicinal properties. This spice has long been used in folk medicine for the prevention and treatment of diseases. The spice is a source of vitamins K, B6 (pyridoxine), B-1 (thiamine), C and riboflavin. Peppercorns are an effective remedy for colds, an excellent antiseptic. It reduces pain and spasms, and helps heal small wounds on the skin. Regulates the digestive system and fights loss of appetite, helps with bad breath.*

Keywords: *Spice, peppercorns, essential oil, medicine, buds, caries, periodontitis, pulpitis, gingivitis, bacteria.*

In Eastern countries, peppermint is said to strengthen bone tissue and blood vessels, inhibit the development of cancer cells, and calm the nervous system. Peppermint is beneficial for the oral cavity. This exotic spice freshens breath, and also reduces pain in the gums and teeth, and helps in the treatment of diseases such as gingivitis and periodontitis. The antibacterial properties of the spice prevent the spread of bacteria in the oral cavity. reduces. To do this, you need to put whole or powdered peppercorns on the sore spot in the mouth. In folk medicine, ointments from this spice were used to combat infertility in women. Another valuable property of peppercorns for women is that it reduces pain during childbirth. In addition, this spice improves nervous activity, helps to cope with mental tension and stress. Consumption of peppercorns helps to prevent malignant tumors in women.

Who can't? Peppercorns are not recommended for digestive diseases, anemia, blood pressure, as well as during pregnancy and breastfeeding. It is recommended to buy peppercorns only in packaged form, in grocery stores. You can determine their quality by dropping a few peppercorns into a glass of water. A quality peppercorn will float vertically, with its legs down or sink to the bottom of the glass. If the buds lie horizontally on the surface of the water, they

are stale, the essential oils have evaporated, and are now considered unfit for consumption. Peppercorns have long been a healing agent in India, used for toothaches, joints, indigestion, asthma, coughs, skin diseases, and even headaches. Peppercorns have a rich chemical composition, and their buds contain a very high amount of eugenol essential oil, 20 percent more than their weight. In addition, peppermint contains oleanolic acid, glycosides, caryophyllene, humulene, astringent and fatty substances, vitamins B1, A, RR, B2, C. This spice also contains calcium, magnesium, phosphorus, sodium and iron. Peppermint is a very popular spice, and its dried buds are used. Peppermint is an antiseptic, analgesic, carminative, vasodilator, anticonvulsant, digestive, expectorant, diuretic, antibacterial and antimicrobial agent, although some. Although it is used as a spice in the cuisine of many countries, it is widely used in modern medicine and folk medicine due to its healing properties. Its essential oil calms the nervous system, relieves stress, treats neurosis, and improves local blood circulation. It also has skin-regenerating and softening properties .



Figure 1. Dried peppercorns.

In dentistry. Peppermint is considered an unrivaled remedy for dental diseases. It relieves inflammation in damaged oral mucosa, caries, periodontitis, and pulpitis. In ancient times, toothache was relieved by rubbing peppermint powder on the gums or simply chewing dried buds. Peppermint oil is very useful for purulent toothache . Peppermint is considered an unrivaled remedy for dental diseases. It relieves inflammation in damaged oral mucosa, caries, periodontitis, and pulpitis. In ancient times, toothache was relieved by rubbing peppermint powder on the gums or simply chewing dried buds.

Peppermint oil is a very useful ointment for purulent toothache. It reduces pain and prevents the spread of infection.

In Otolaryngology (ENT)

- For earaches, mix peppermint and sesame oils. Then, heat the mixture and instill 2-3 drops into the ear.
- Boil 5-6 peppercorns in 30 ml of water and use them three times a day with honey as an expectorant.
- Boil 6-7 peppercorns with 15 g of fennel seeds in half a liter of water until a quarter remains. This decoction, combined with sugar, is considered a very effective remedy for colds and flu.
- Chewing peppercorns with table salt relieves coughs.
- If you have a cough and a sore throat, try chewing on roasted peppercorns. It is also a great remedy for stopping inflammation of the throat (pharyngitis).
- To treat asthma, boil 2 peppercorns, 12-15 basil seeds, and 10 peppercorns for 15 minutes and drink with two teaspoons of honey and milk.

In gastroenterology . Peppercorns are an excellent remedy for treating angina and hiccups. To do this, boil 200 ml of milk and add 5 ground peppercorns to it. The decoction should be held in the mouth for a while while it is still warm, and then taken in small sips.

- People with high stomach acid levels can normalize their stomach acid levels by sucking on peppercorns.
- To improve digestion, add a pinch of ground pepper to a teaspoon of honey a few minutes before meals.
- To stop nausea and vomiting, mix peppermint powder and honey to make a paste.

In traumatology . In arthritis and arthrosis, a few drops of peppermint oil added to a massage oil are effective. Wounds that are difficult to heal and scabies can also be treated by applying peppermint oil directly to the affected area as an ointment. Drinking a mixture of a few drops of peppermint and mustard oil is very beneficial for joint pain and muscle spasms.

In gynecology . In gynecology, peppermint oil has a wonderful effect. It is an effective aid during childbirth. Peppermint can also be used to increase uterine tone and normalize the menstrual process.

In everyday life , peppermint oil is also used effectively to kill insects. To do this, it is mixed with water in a ratio of 1:10 and sprayed on the area where the insects are.

How to make peppercorn oil . Add 1 tablespoon of peppercorns to 100 ml of olive oil and bring to a boil over low heat. Then cool the decoction, strain through cheesecloth, and store in the refrigerator.

It is forbidden. Peppermint is not suitable for children under 2 years of age, people suffering from hypertension, and pregnant women. It is also better not to use peppermint in case of gastritis with high acidity, stomach ulcers, as well as in case of indigestion and tension.

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