



## MEDICINAL PROPERTIES OF OLIVES

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### **Annotation:**

In this article, the chemical composition of Olives is covered in khaki by the effect of useful components in it on human health.

**Keywords:** olive, olive oil, vitamins, antioxidant.

Olive (*Olea*) is an evergreen tree of the olive family, about 600 of its species are known. Only one species-the European olive (*Olea Europaea*) is considered to be of economic importance. The main countries where it is grown are the countries of the Middle East and the Mediterranean-Spain, Italy, Greece and Portugal. Also, Olive groves are also found in Azerbaijan, Georgia, Crimea, Turkmenistan, Krasnodar Territory of Russia. The height of the planting olive tree is 4-12 m, the trunk is branched. The leaves are small, pointed or blunt, dark green, shiny, located opposite on the stem. The flowers are bisexual, whitish, pubescent or pinkish, 3-5 mm, fragrant. The fruit is a berry, grainy, tuja is black, dark purple. The pulp of the fruit contains up to 80%, and the pulp contains up to 30% fat, protein, vitamin C and carotene. It is drought-resistant, withstands frosts of 13-18°C. Olives live a very long time. In Syria and Palestine, there are olives even two thousand years old. 20-40 kg of harvest is obtained from each bush. It grows



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well on fertile loamy and loamy calcareous soils. Seedlings grown from the cuttings enter the harvest in 10-12 years, from the cuttings-in 4-5 years.

Olives are important in medicine, the food industry and the cosmetics industry because of their amazing properties of fruits, oil and leaves. The olive fruit contains more than a hundred substances, mainly fat, protein, glycosides, medicines. On the other hand, the leaf contains essential oils, alkaloids, organic acids, vitamin C and other nutrients.

The health benefits of olive oil are related to its unique chemical composition. It contains unsaturated fatty acids, vitamins, polyphenols, trace elements and other compounds. Olive oil is olive oil only (*Olea Europaea* L.) since it is an oil obtained by pressing fruits, it does not undergo structural changes and retains useful chemical compounds.

Olives contain 14 percent saturated and 11 percent monounsaturated fats, such as omega-3 and omega-6. More importantly, the fruit contains monounsaturated oleic acid, which makes up 73 percent of the total fruit content. Studies have shown that olive oil can reduce inflammation and prevent cancer. In addition, monounsaturated oil is resistant to high temperatures and does not lose its usefulness even when frying.

Extra virgin olive oil without additives is very nutritious. In addition to essential fatty acids, it also contains vitamins K and E, as well as powerful antioxidants that reduce the risk of chronic diseases. They fight inflammation and protect against the oxidation of cholesterol in the blood, which can help prevent heart disease.

Chronic inflammation in the body can lead to diabetes, arthritis and Alzheimer's disease. Olive oil helps to reduce the inflammation caused by oleocanthal.



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Oleocanthal is an antioxidant that acts like an ibuprofen. Experts have found that the effect of 50 grams of fat is equivalent to a 10% dose of ibuprofen for adults.

Olive oil has a good effect on blood sugar and insulin sensitivity. A study involving 418 people showed that the Mediterranean diet reduces the risk of developing type 2 diabetes by more than 40%. To do this, it is also necessary to take into account the balance of the remaining elements-proteins and carbohydrates.

In developed countries, stroke is the second leading cause of death after heart failure. According to the results of 32 studies involving 841,000 people, scientists concluded that olive oil is the only source of monounsaturated fats that reduce the risk of developing the disease.

Olive oil also kills harmful bacteria, including Helicobacter, a common cause of stomach ulcers. Doctors say olive oil fights eight types of these bacteria, three of which are antibiotic-resistant bacteria. To fight infection, it is recommended to consume 30 grammes of olive oil daily.

Olive oil is the only plant that is chemically close to the oil in breast milk. Olive oil has long been used in medicine. Abu Ali ibn Sina writes: "When applied, olive oil benefits people with diseases of the joints of the legs. Mouthwash with wild olive oil heals bleeding gums, strengthens loose teeth. Removes water (cataract) and protein trapped in the eyes. It is used against pain when twisting the intestines and vomiting."

Adding garlic and carrots to olive oil gives the belly grace in collecting water. A clot of olive oil heals wounds that appear on dry bodies. Olive oil helps well with constipation. It has the property of lightening gallstones. At the same time, olive oil is mixed with lemon.



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Summing up, we can say that olive oil, due to its unique chemical composition, is of great practical importance, and the preparation of biologically active additives from it and its widespread use in folk medicine effectively affects human health.

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