



THE CHEMICAL COMPOSITION OF SPINACH AND ITS USE IN FOLK MEDICINE

NASIROVA VISOLAKHAN MIRZAYUNUSJON QIZI

Graduate student of Kokand SPI

KHOJAEV VAKHOBJON UMAROVICH

Professor of Kokand SPI, d.ch.s.

KARIMOVA DILOVAR BATIROVNA

Associate professor of Kokand SPI, PhD.

Annotation:

This article describes the biological description of spinach, its chemical composition, as well as the possibility of making a biologically active substance from it.

Key words: Spinach, vitamins, macronutrients, microelements, folk medicine.

Spinach (*Spinacia*) is an annual plant in the Salt Marsh family. Its homeland is central and Southwest Asia. For the first time, spinach was mentioned in the 6th century BC, it was eaten in Persia. 1,500 years later, he entered China and then Europe. Its beneficial properties cause it has become the favorite yegu of the Kings. It is now grown as a vegetable in the United States, Canada, Eurasia, including the Republic. Planted in the field in early spring. The seed germinates in 3-4 days. In 30-45 days after germination, the leaves are ready for



consumption. The yield is 150-300 c/ha. The type species *Spinacia turkestanica* Iljin is found as a weed in cultivated areas and in grasslands on mountain slopes. The height is 60 cm, the leaves are patchy-cut, those at the bottom of the STEM are banded, the rest are banded, sequentially located. The fruit is a spiny ballmeva. After the spinach sprouts, the grass matures in 30-40 days, and the seeds in 90-100 days. Resistant to Frost 8-9°C.

Spinach has long been appreciated as a nutrient. Its chemical composition is rich in vitamins A, C, E and K, and is also a source of folate, fiber, magnesium and several important antioxidants (Table 1). 100 gramms of spinach is 23 kkal and contains 2.9g of protein, 0.3g of fat, 2g of carbohydrates, 0.1g of organic acid, 1.3g of nutrient fiber, 91.6g of water and 1.8g of zol.

Table 1.

The nutritional value of spinach (compared to the amount of 100g)

Vitamins		Macronutrients		Microelements	
Name	Quantity (mg)	Name	Quantity (mg)	Name	Quantity (mkg)
Vitamin A	0.75	Potassium	774	Aluminum	104
Beta carotene	4,5	Calcium	106	Boron	37.1
Vitamin B ₁	0,1	Silicon	51.2	Vanadium	7.9
Vitamin B ₂	0,25	Magnesium	82	Iron	13510
Vitamin B ₄	18	Sodium	24	Iodine	15.9
Vitamin B ₅	0,3	Sulfur	28.6	Cobalt	1.6
Vitamin B ₆	0,1	Phosphorus	83	Lithium	0.7
Vitamin B ₉	0.08	Chlorine	43.5	Manganese	897
Vitamin C	55			Copper	13
Vitamin E	2.5			Molybdenum	5.2



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Vitamin K	0482			Nickel	1.4
Vitamin PP	1.2			Rubidium	18.7
				Celine	1
				Strontium	67
				Fluorin	44.6
				Chrome	2.8
				Spirit	530

By the amount of iron, spinach even passes through lentils, the amount in 100 grams of spinach is 13.5mg. It is also rich in beta-carotene (4.5mg), which has beneficial effects not only on vision, but also on the immune system, and calcium (106mg), which is essential for healthy teeth, bones and muscles.

Spinach with its unique chemical composition is used in folk medicine as a urinary medicine and in anemia, rickets. A special protein substance hydrolyzed from its Leaf is used in medicine as a means of enhancing pancreatic activity. Spinach improves vision, tightens the skin, raises immunity, strengthens the nervous system and memory, helps to get out of stress, and also normalizes blood pressure.

In conclusion, the vitamin and mineral-rich composition of spinach allows its use in folk medicine. Also, the development of biologically active additives from it leads to the development of pharmaceutical.

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