



Medicinal Properties of Black Cumin

Ne'matova Gulafruz Nasrulloevna

Teacher of the "General Sciences" department of the Asian International University

Received: 2024 29, Jul

Accepted: 2024 28, Aug

Published: 2024 23, Sep

Copyright © 2024 by author(s) and BioScience Academic Publishing. This work is licensed under the Creative Commons Attribution International License (CC BY 4.0).



Open Access

<http://creativecommons.org/licenses/by/4.0/>

Annotation: In this article, we can learn about the medicinal properties of black cumin and its role in folk medicine. Also, through this article, we can learn about the use of different parts of black cumin, which have a natural beneficial effect on the human body, as well as the preparation of infusions and decoctions, unlike synthetic chemical drugs.

Keywords: Allergy, drug addiction, *Carum carvi*, Umbrelliferae, essential oil, muscle spasm, diuresis.

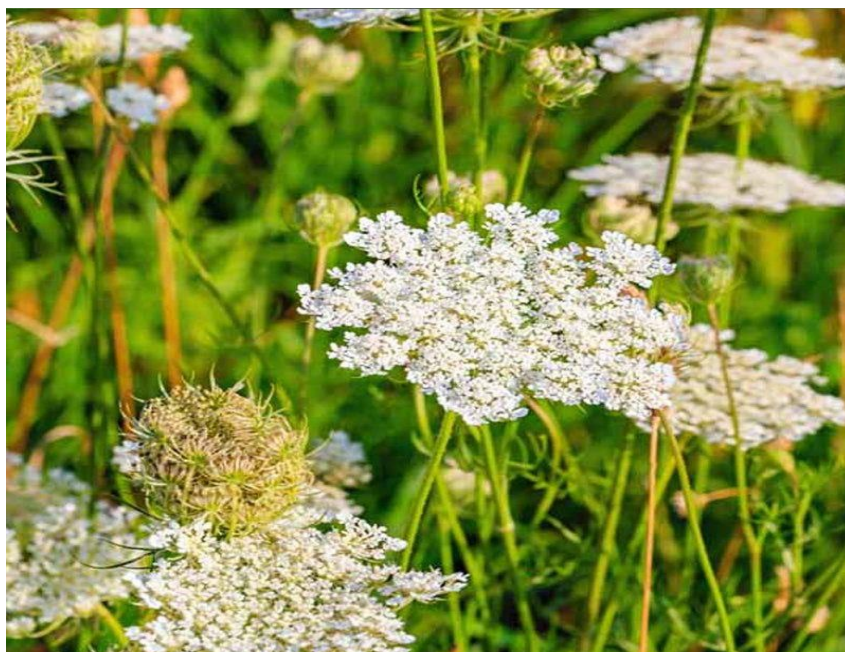
INTRODUCTION. In recent years, as a result of the sharp increase in the demand for medicinal drugs, the process of abandoning synthetic chemical drugs and switching to natural drugs is taking place all over the world. Because industrially produced drugs cannot always literally cure a patient. While they treat some diseases, they can also cause many new diseases. In particular, allergies, drug addiction, toxicomania and others are among them.

The history of folk medicine goes back a long time. Humans have been using medicinal herbs since they began to enjoy nature's bounty.

The nature of Uzbekistan is distinguished by its unique beauty, sun, air, soil and water. That is why its flora is extremely rich.

Black cumin (*Carum carvi*) is a biennial herb belonging to the Umbrelliferae family. It reaches 30-80 cm in height. In the first year, root leaves grow from the root, and in the second year, root leaves and stems grow. The stem is upright, cylindrical, multi-faceted, branched at the top. The leaves of the root are arranged in a row with a long band, and those of the stem with a short band. The leaf is divided into 2 and 3 linear leaf lobes. The flowers are small and clustered in a complex umbel. The sepals are indistinct, the corolla is white or pink, the paternity is 5, the maternal node is 2-digit, located below. The fruit is a long double pistachio. It blooms in June-July, the fruit ripens in July-August.

Black cumin is found wild in Europe, North Africa, Asia. It has been cultivated in Asia Minor since ancient times before our era. The plant began to be cultivated in European countries by the 19th century. Currently, black cumin is one of the most common plants, and it grows wild in European countries such as England, Holland, Denmark, Poland, Hungary, Norway, and the United States, as well as in forests, forest edges, and grasslands. It is found mainly in the forest and forest desert zones of Ukraine, Belarus, the European part of Russia, in the south of Siberia, in the mountainous regions of the Caucasus and Central Asia. It is grown in Russia, Ukraine, Belarus.



***Carum carvi* is common black cumin**

CHEMICAL COMPOSITION. The fruit contains 3-7% essential oil, 14-22% fat, 20-23% protein, flavonoids (quercetin and kaempferol) and additives. The essential oil is extracted from the crushed fruit using steam. Black cumin essential oil is a yellowish liquid with a density of 0.905-0.915; refractive index 1.4840-1.4890.

Black cumin content may vary depending on climatic conditions and soil structure. Black cumin grown in the conditions of Uzbekistan differs in its chemical composition from that cultivated in Europe.

Black cumin is widely used in folk medicine. For example, cumin seed decoction is recommended for consumption in case of anemia, stomach ache, dysentery, chronic liver diseases, lack of breast milk, constipation. Abu Ali ibn Sina recommended the fruit of black cumin as an antidote to heart trouble, to relieve hiccups, to drive wind and nausea, to help digest food, and as a perspiration factor.

In the practice of folk medicine, black cumin decoction is used in the treatment of uterine diseases, it is also used as an eye-strengthening agent. The expectorant properties of black cumin are also used.



BLACK CUMIN FLOWERS.

In medical practice, cumin fruit is recommended to improve the functioning of the human gastrointestinal system, to optimize the work of glandular secretions. Black cumin oil destroys harmful microbes in the body. Another of its positive aspects is that it facilitates digestion, helps to separate bile. Black cumin tincture is important in the treatment of constipation, flatulence, colitis and other chronic intestinal diseases.

A.D. According to the information provided by Turova, black cumin not only improves the appetite, but also relieves unpleasant pains around the stomach, smooth muscle spasms (intestines, uterus, bladder, etc.), increases diuresis, harmonizes the activity of the mammary glands, etc. 'am helps to break up.

RESEARCH RESULTS.

To prepare tincture based on black cumin at home, 1 tablespoon of black cumin is taken and covered with 200 g of boiling water for 30 minutes. 1 tablespoon of its juice is drunk 3-4 times a day.

The following process can be used to prepare an appetizing tincture based on black cumin. For this purpose, equal amounts of ermine grass, yarrow root, and clover leaves are taken and mixed well. Take a spoonful of the mixture, soak it in 200 g of boiled water for 20 minutes, then strain and drink a spoonful 15 minutes before meals.

Essential oil obtained from black cumin fruits is added to improve the smell of medicines prepared in pharmaceutical practice.

Black cumin is often used in combination with other herbal products. For example, black cumin can be used together with valerian, marsh sushinitsa, and chamomile.

Black cumin oil is a clear, colorless to slightly yellowish liquid. Cumin oil turns brown on exposure to air and sunlight. 1-3 drops of cumin oil in sugar can be consumed several times a day.

There is also a medicinal preparation called cumin water, which is used for intestinal pain in children, as well as an external treatment.

The pulp of black cumin fruits is valued as valuable food for cattle because it contains 20-25% protein. Black cumin is very important in agriculture. For example, cattle and cows raised in fields

planted with alfalfa and black cumin, no matter how full they are, will not be suffocated, but will gain weight, increase milk production, and it will be healing.

CONCLUSION.

Black cumin can also be grown in our republic. Davai al-Gilani, a great judge who lived and worked in the 16th century, wrote the following verses about cumin in his book "Fawayid al-insan" ("benefits to people"):

It is beneficial for the stomach,

The third quantity is the place of illness:

From it the power of pink grows again,

It has a driving character, it cuts again.

It is enough to drink two dirhams from it,

Purulent wounds are finally found.

If the face is washed with cumin water, it will be clear, its consumption should be in a certain amount, if it is consumed a lot, it will turn the face yellow. Crushing cumin with vinegar and smelling it, as well as crushing it and twisting it into the nose, stops nosebleeds.

Drinking vinegar mixed with water is beneficial for difficulty breathing. He himself, especially the wild one, grinds the stone. It is useful in dribbling urine, hematuria, colic pain and bloating. Black cumin fruit is also of great importance in food, perfumery, etc.

List of references:

1. Dudchenko L.G., Kozyakov A.S., Krivenko V. V. Achchiq-aromatik va achchiq ta'mli o'simliklar,- K.: Naukova Dumka. 1989.-304p.- 100000 nusxa,- ISBN 5-12-000483-0
2. SSSR florası. 30 jildda / Akad rahbarligida va bosh murrirligida boshlangan, V.I.KOMAROVA: Ed. B. K. Shishkin jildlari,- M.-L.: SSSR Fanlar akademiyasining nashriyoti, 1951, - T. XVII.-S.121. – 390 B. -3500 NUSXA
3. Uralov A.I., Pechenitsin V.P. Zavisimost semennoy produktivnosti lukovichnix vidov ALLIUM L., ot kolichestva listyev na generativnom pobege. Dokladi AN Ruz, 2015,74-77s.
4. Tuyg'unovna, S. S. (2023). USEFUL PROPERTIES OF THE MEDICINAL PRODUCT AND USE IN MEDICINE. *Gospodarka i Innowacje.*, 40, 179-181.
5. Tuyg'unovna, S. S. (2023). CHEMICAL COMPOSITION OF MEDICINAL PLANTS AND CLASSIFICATION. *EUROPEAN JOURNAL OF MODERN MEDICINE AND PRACTICE*, 3(11), 33-35.
6. Shukurova, S. (2023). DORIVOR ACHCHIQ BODOM URUG'INING SHIFOBAXSHLIGI, DORI TAYYORLASH USULLARI. *Центральноазиатский журнал образования и инноваций*, 2(10 Part 3), 116-120.
7. Tuyg'unovna, S. S. (2023). DORIVOR NA'MATAKNING FOYDALI XUSUSIYATLARI VA TIBBIYOTDA QO'LLANILISHI. TA'LIM VA RIVOJLANISH TAHLILI ONLAYN ILMIY JURNALI, 3(9), 11-13.
8. Shukurova, S. (2023). DORIVOR O'SIMLIKLARNING KIMYOVIY TARKIBI VA TASNIFI. *Центральноазиатский журнал образования и инноваций*, 2(11), 5-10.
9. Shukurova, S. (2023). KIYIKO'T VA YALPIZDAN FOYDALANISH USULLARI. *Центральноазиатский журнал образования и инноваций*, 2(12), 171-177.
10. Shukurova, S. (2024). TARKIBIDA GLIKOZIDLAR BO'LGAN DORIVOR O'SIMLIKLAR. *Центральноазиатский журнал образования и инноваций*, 3(1), 217-222.

11. Tuygunovna, S. S. (2023). Ways to Use Mint and Peppermint. *EUROPEAN JOURNAL OF BUSINESS STARTUPS AND OPEN SOCIETY*, 3(12), 20-23.
12. Tuygunovna, S. S. (2023). Medicinal Plants Containing Glycosides. *EUROPEAN JOURNAL OF BUSINESS STARTUPS AND OPEN SOCIETY*, 3(12), 24-27.
13. Tuyg'unovna, S. S. (2024). DORIVOR O'SIMLIKLAR XOMASHYOSINI ISHLATISHGA TAYYORLASH. *ОБРАЗОВАНИЕ НАУКА И ИННОВАЦИОННЫЕ ИДЕИ В МИРЕ*, 38(7), 123-132.
14. Tuyg'unovna, S. S. (2024). TARKIBIDA LIPIDLAR BO'LGAN DORIVOR O'SIMLIKLAR. *ОБРАЗОВАНИЕ НАУКА И ИННОВАЦИОННЫЕ ИДЕИ В МИРЕ*, 38(7), 133-140.
15. Tuyg'unovna, S. S. (2024). TARKIBIDA VITAMINLAR BO'LGAN DORIVOR O'SIMLIKLAR. *ОБРАЗОВАНИЕ НАУКА И ИННОВАЦИОННЫЕ ИДЕИ В МИРЕ*, 38(7), 141-147.
16. Tuyg'unovna, S. S. (2024). ABOUT USEFUL MEDICINAL PLANTS RICH IN LIPIDS USED IN MEDICINE. *ОБРАЗОВАНИЕ НАУКА И ИННОВАЦИОННЫЕ ИДЕИ В МИРЕ*, 39(3), 235-241.
17. Tuyg'unovna, S. S. (2024). THE PROCESS OF PACKAGING MEDICINAL PLANTS. *ОБРАЗОВАНИЕ НАУКА И ИННОВАЦИОННЫЕ ИДЕИ В МИРЕ*, 39(3), 248-256.
18. Tuyg'unovna, S. S. (2024). MEDICINAL PLANTS THAT ARE WIDELY USED IN NATURE, RICH IN VITAMINS. *ОБРАЗОВАНИЕ НАУКА И ИННОВАЦИОННЫЕ ИДЕИ В МИРЕ*, 39(3), 242-247.
19. Tuyg'unovna, S. S. (2024). TARKIBIDA EFIR MOYLAR BO'LGAN DORIVOR O'SIMLIKLAR. *ТА'ЛИМ ВА RIVOJLANISH TAHLILI ONLAYN ILMIY JURNALI*, 4(3), 164-167.
20. Tuyg'unovna, S. S. (2024). MEDICINAL PLANTS CONTAINING ESSENTIAL OILS. *ОБРАЗОВАНИЕ НАУКА И ИННОВАЦИОННЫЕ ИДЕИ В МИРЕ*, 41(4), 62-69.
21. Tuyg'unovna, S. S. (2024). TARKIBIDA ALKALOIDLAR BO'LGAN DORIVOR O'SIMLIKLAR. *ОБРАЗОВАНИЕ НАУКА И ИННОВАЦИОННЫЕ ИДЕИ В МИРЕ*, 41(4), 70-77.
22. Tuyg'unovna, S. S. (2024). CULTIVATION OF MEDICINAL PLANTS AND FORMS OF PREPARATION. *EUROPEAN JOURNAL OF MODERN MEDICINE AND PRACTICE*, 4(5), 71-75.
23. Tuyg'unovna, S. S. (2024). SYSTEMATIC ANALYSIS OF MEDICINAL PLANTS. *Лучшие интеллектуальные исследования*, 19(5), 159-164.
24. Tuyg'unovna, S. S. (2024). DORIVOR O'SIMLIKLARNING SISTEMATIK TAHLILI. *ТА'ЛИМ ВА RIVOJLANISH TAHLILI ONLAYN ILMIY JURNALI*, 4(4), 180-184.
25. Tuyg'unovna, S. S. (2024). BAKTERIYALAR GENETIKASI. BAKTERIYALARDA GENETIK ALMASHINUV MIKROORGANIZMLARNING O'ZGARUVCHANLIGI. *MASTERS*, 2(5), 183-192.
26. Yomgirovna, R. G. (2024). Role of Medicinal Plants in Nature and Human
27. Life. *EUROPEAN JOURNAL OF MODERN MEDICINE AND PRACTICE*, 4(5), 140-143.
28. Rahimova, G. (2023). MAKTABLARDA BIOLOGIYA FANINI O'QITISHDA ZAMONAVIY INTERFAOL METODLARDAN FOYDALANISH. *Центральноазиатский журнал образования и инноваций*, 2(10 Part 3), 103-109.

-
29. Yomgirovna, R. G. (2023). AGROBIOLOGICAL PROPERTIES OF BENTONITE IN AGRICULTURE. *TA'LIM VA RIVOJLANISH TAHLILI ONLAYN ILMIY JURNALI*, 3(9), 126-130.
 30. Rakhimovna, T. D., & Yomgirovna, R. G. (2023). AGROBIOLOGICAL PROPERTIES OF BENTONITE IN AGRICULTURE. *Conferencea*, 9-14.
 31. Yomgirovna, R. G. (2023). AGROBIOLOGICAL PROPERTIES OF BENTONITE IN AGRICULTURE. *Gospodarka i Innowacje.*, 40, 179-183.
 32. Yomgirovna, R. G. (2023). AGROBIOLOGICAL PROPERTIES OF BENTONITE IN AGRICULTURE. *TA'LIM VA RIVOJLANISH TAHLILI ONLAYN ILMIY JURNALI*, 3(9), 126-130.