

**USE OF POMEGRANATE IN FOLK MEDICINE AND ITS ROLE IN MODERN MEDICINE**

**Mirzayeva Saidaxon Abdusalomovna**

PhD in Agricultural sciences, professor

**Jo'raboyev Axmadjon Anvarjon ugli**

Medical Faculty treatment direction student

Kokand University Andijan Branch

E-mail: a39497308@gmail.com, tel: +998 95 838 2005

**Abstract.** This article explores the use of pomegranate (*Punica granatum*) fruit in folk medicine. The chemical composition, medicinal properties, and benefits of various decoctions and infusions made from different parts of the pomegranate are analyzed. Based on research, the article highlights the positive effects of the pomegranate fruit on the human body due to its antioxidant, antimicrobial, anti-inflammatory, and blood-purifying properties.

**Keywords:** Pomegranate, folk medicine, modern medicine, antimicrobial, anti-inflammatory, blood purification, immunity, vitamin, mineral

Nature is an invaluable source for restoring and strengthening human health. Since ancient times, various plants and fruits have been used in traditional medicine. One such fruit is the pomegranate. The pomegranate is not only a delicious and nutritious fruit but has also been recognized since antiquity as a traditional remedy for various diseases.

Historically, the pomegranate has been honored for its healing properties and referred to as the "king of fruits." There are hundreds of varieties of pomegranate, and its fruit contains organic acids, vitamins, and antimicrobial substances. Primarily, the stem, branches, flowers, root bark, and fruit of the pomegranate are used for medicinal purposes.

In the Middle Ages, European physicians used pomegranate juice to soothe nerves. In Chinese medicine, infusions made from pomegranate flowers were used to treat dysentery and prevent tooth loosening or loss. Dried powder from the flowers was applied to various wounds. Indian physician Bhukhan used the root of the pomegranate tree to eliminate tapeworms.

The fruit, peel, flower, seeds, and root of the pomegranate contain beneficial substances for the human body and are used to treat and prevent various diseases. In folk medicine, pomegranate juice and decoctions are widely used to boost immunity, purify the blood, treat gastrointestinal disorders, and resolve skin problems. Abu Ali Ibn Sina stated: "Sour pomegranate, especially its juice,

suppresses bile. The peel, especially when burned, is a remedy for wounds. The seeds mixed with honey are useful for tooth and ear pain. This balm can also be applied inside the nose to

eliminate wounds and inflammation. Crushed seeds mixed with honey are also beneficial for oral ulcers" [1].

Pomegranate is rich in healing compounds, containing vitamins C, B1, B2, B6, B15, PP, B12, and A, as well as minerals such as calcium, potassium, iron, iodine, silicon, phosphorus, aluminum, magnesium, chromium, copper, and manganese, along with folic and ascorbic acids.

There are 80 kilocalories in 100 grams of pomegranate. Its peel contains tannins, resins, and coloring agents. The fruit peel and internal membranes contain up to 28% tannins. Pomegranate helps with weight gain, increases hemoglobin, treats colds, relieves pain, alleviates heart pain, improves the function of blood vessels and the urinary tract, treats abdominal pain, regulates bowel movement and gallbladder function, combats liver weakness, and boosts the immune system [2].



**Picture1.** Pomegranate (*Punica granatum*)

In cases of stomach and intestinal problems, a decoction made from pomegranate peel is used to treat gastrointestinal diseases, diarrhea, and dysbacteriosis.

1 teaspoon of dried peel is added to 1 glass of water, boiled for 15 minutes. After cooling and straining, it is consumed 2–3 times a day [3]. To lower blood pressure, pomegranate juice is rich in potassium, which helps reduce blood pressure. It is recommended to drink 100–200 ml daily.

To strengthen immunity, the antioxidants in pomegranate enhance the body's defense mechanisms. It is beneficial to consume the fresh seeds of the peeled fruit.

For wounds and skin diseases, a solution made from pomegranate peel has antiseptic properties and is used to wash wounds and ulcers.

For blood formation, pomegranate is rich in iron and is helpful in treating anemia. It is recommended to eat one pomegranate or drink 100 ml of juice daily.

For cough and joint pain, a decoction of pomegranate peel helps reduce inflammation and relieve pain.

Pomegranate peel is rich in citric acid, tannins, and natural dyes. It contains 6–20% oil, 9–12% proteins, 13–18% starch, over 20% cellulose, and 1.54–1.65% minerals. Even in cold

conditions, it contains a high amount of pectin. Pomegranate peel is very beneficial for the heart—it protects the heart muscle, strengthens and cleans blood vessels, lowers cholesterol, increases the number of beta-cells, and is especially useful for patients with diabetes and cardiovascular diseases. It also affects cancers of the pancreas, esophagus, skin, colon, prostate, and breast.

Ellagic acid found in pomegranate peel helps in cancer treatment. Pomegranate peel tea, prepared at home, helps prevent or treat serious cancers such as skin and pancreatic cancer.

Pomegranate peel has long been used in folk medicine as a healing remedy. It has antibacterial, anti-inflammatory, and blood-purifying properties. Below are some ways it is used in folk medicine:

For oral and throat diseases: Used to treat mouth sores, sore throat, and gum inflammation. The decoction is used for gargling or rinsing the gums.

For skin wounds and ulcers: Pomegranate peel acts as an antiseptic, disinfects wounds, and accelerates healing. The decoction or solution is applied directly to the wounds.

To strengthen the heart and blood vessels: Tea made from dried peel is consumed once a day.

For skin conditions: Relieves eczema, rashes, and itching. The decoction is used for compresses or washing affected areas.



a



b

**picture 2.** Products derived from pomegranate: a - pomegranate peel, b - pomegranate peel powder

Due to its numerous beneficial properties, pomegranate peel has been widely used in traditional medicine. Rich in proteins and tannins, it is particularly effective in treating gastrointestinal problems. The dried and powdered form of the peel is considered effective in stopping diarrhea. When consumed after meals, it helps improve intestinal microflora. Additionally, it can be used as a natural remedy for wounds.

The peel can be ground into a fine powder and sprinkled onto wounds or burns. It reduces inflammation and accelerates the skin's healing process. It also has antiparasitic properties—infusions or powders prepared from the peel are used to eliminate intestinal worms (helminths). For this purpose, 10–15 g of dried peel is infused in a glass of hot water, left for 30 minutes, then strained and consumed on an empty stomach. Decoctions made from the peel have also been used to treat gastrointestinal issues, including diarrhea and dysentery.

### Use of Pomegranate Peel in Traditional Medicine

Table 1

No.	Property	Problem / Disease	Application
1	Increases collagen production	Skin diseases	Decoction is applied topically and taken orally
2	Antibacterial and antiviral	Mouth and throat inflammation	Mouth is rinsed with peel decoction
3	Hemostatic (stops bleeding)	Internal bleeding (intestinal, uterine)	Dried peel infusion is consumed orally
4	Antiparasitic	Intestinal worms	Peel decoction is used as an antiparasitic remedy
5	Gastrointestinal problem treatment	Diarrhea and dysentery	Peel infusions are taken orally

The fruit, peel, seeds, flowers, and roots of the pomegranate have been used since ancient times for the treatment of various diseases. Pomegranate juice has been used to strengthen the immune system and increase hemoglobin levels. The seeds and flowers of the pomegranate have been applied as antiseptic agents for treating wounds and skin conditions.

Oil extracted from pomegranate seeds is highly valuable and beneficial, especially in skincare and overall health improvement.

The role of pomegranate and its products in modern medicine is significant. Scientific research has shown that pomegranate possesses antioxidant, antimicrobial, and anti-inflammatory properties. However, excessive consumption of pomegranate may lead to gastrointestinal issues. Individuals with high stomach acidity or low blood pressure should consume pomegranate products with caution.

**References:**

1. Abu Ali ibn Sina. The Canon of Medicine. Tashkent: Fan Publishing, 1992.
2. G'afurov A., Tursunov H. Medicinal Plants and Their Uses. Tashkent: Sharq Publishing, 2018.
3. Usmonov M. Healing Properties of Medicinal Fruits. Andijan: Ilm Ziyoy Publishing, 2021.
4. Bobokhonov Sh. Treatment with Plants. Tashkent: O'qituvchi Publishing, 2017.
5. Oripov S. Plant Chemistry and Pharmacology. Tashkent: Science and Technology Publishing, 2019.
6. Mirzayeva, S. A. (2020). Biology and Harm of the Main Sucking Pest of Pomegranate. European Research, pp. 58–61.