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PRODUCT OF FLOWER POLLEN (PERGA) OF BEE AND ITS USEFUL PROPERTIES

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Abstract: In this article, the product of bee pollen (perga) contains a storehouse of biologically active substances, nutritional and healing properties of plants and bees. In nature, there is no analogue of natural food in terms of the concentration of components necessary for the development and functioning of the body. It consists of a collection of proteins, sugars, fats, mineral salts, almost all vitamins, enzymes, phytohormones, natural antibiotics, etc., which are balanced and organically connected with each other, which provides a comprehensive therapeutic effect. information about.

Key words: Pollen, perga, vitamin, therapeutic, biological, concentration, protein, sugar, fat, mineral salt, enzymes, gastrointestinal tract, liver, cardiovascular, hepatitis.

INTRODUCTION

Bee pollen is flower pollen collected by bees from flowers and condensed into clusters, with honey poured over it. The top layer of pollen in the cell is impermeable to air. Under anaerobic conditions, the amount of lactic acid in the cell increases under the influence of enzymes, bacteria, and yeast, and the pollen mixture turns into A. pollen (perga) in the presence of honey. A.g. it contains 13-60% proteins, 25-70% sugar, fats, mineral salts, vitamins, enzymes, hormones. A. g. is a valuable protein-carbohydrate feed for bees. Bees spend a lot of pollen, especially during the breeding season in the spring. Its shortage in the spring stops the reproduction of bee families. One bee family consumes 20-30 kg of pollen in a year. A. g. from bee flowers. in medicine, it is used in the treatment of heart, gastrointestinal, kidney, liver and anemia diseases. It contains a storehouse of biologically active substances, nutritional and healing properties of plants and bees. In nature, there is no analogue of natural food in terms of the concentration of components necessary for the development and functioning of the body. It consists of a collection of proteins, sugars, fats, mineral salts, almost all vitamins, enzymes, phytohormones, natural antibiotics, etc., which are balanced and organically connected with each other, which provides a comprehensive therapeutic effect. There are the following ways to pollinate crops with the help of bees and increase their yield:

One of the methods used to ensure that bees go to the desired plant is to train them, that is, to form a reflex in them to go to a certain plant. For this, it is necessary to put the flower from the dust of the specified plant into the prepared syrup (1 part of sugar, 2 parts of

water) and leave the entire rune in this syrup. In the morning, before the bees fly out, 200 g of this syrup per family is poured into the hives.

Teaching bees to collect honey from a certain place. In the evening, prepared honey is poured into the manger, the remaining honey and the bees inside are taken to the center of the area designated for pollination, covered with gauze, and the honey is poured again. If you keep feeding with this honey for several days in the hive, the bees will go to the trained place.

One interesting method is to collect bee dust with a dust collector. At this time, the bees go to collect dust again.

A large number of bees per unit area of a pollinated crop.

Formation of a steady reflex in bees to attend to plants.

Development of optimal periods of use of pollinating bees. Biological and physiological characteristics of plants, their cultivation techniques, growing season, temperature factor, etc. are taken into account.

Changing the location of pollinating bee families every 5-7 days.

Research methodology: INDICATIONS: Chronic diseases of the gastrointestinal tract of pollen; asthenia, depression; physical and mental fatigue; together with cardiovascular diseases; vascular atherosclerosis; liver diseases; menopause; infectious hepatitis; myopathies, multiple sclerosis; bedsores, poorly healing wounds; losing weight; sexual dysfunction in men and women; with damage to the parent organs and nervous system.

PERGA is pollen processed and stored in honey, which bees use to feed their babies. There is no match in nature for its composition and effectiveness! After eating bee bread, the baby's weight increases 1500 times in 6 days! No product in nature has such high biological activity and strength. Many people know that mother's milk, flower pollen, propolis obtained from bees are a cure for a number of diseases. Bee pollen is made of pollen collected by bees from flowers and condensed into nectar, on which honey is poured. The top layer of pollen in the cell is impermeable to air. The flower pollen product contains a large amount of protein. Its amino acids eliminate mental and physical fatigue. When the spring comes and the flowers open, the nectar-gathering bees hand over their load to another bee and immediately go to collect nectar again. Among the bees, there are weak ones that cannot fly far. They received the nectar of their hardworking friends, brought it to the nest, brought it into the nest, and placed it in a suitable place. Some bees bring pollen to their queens as a royal treat. If the queen bee dies, there will be chaos and weakness. In a word, beekeeping has always been a natural pharmacy of mankind, and the nature and climatic conditions of our country are extremely favorable for doing it. In particular, the most important resource for its development is cultivated fields, gardens, flower beds and avenues. The fact that these fields are free from various drugs and chemical elements is important for the development of the field.

Research results: EFFECTIVENESS: anti-anemic agent, enhances the formation of red and white blood cells, stimulates the growth of rapidly regenerating tissues. Helps regenerate damaged tissues, including liver, which leads to the restoration of its function (hepatoprotective effect). Recommended for weakened children's bodies. Increases mental and physical performance, increases libido and male sexual power. Strengthens the general condition, has a calming effect. Affects the recovery of metabolic processes during aging, helps prolong life (pollen is the elixir of youth). Enhances the effect of many drugs.

Summary: DIRECTIONS FOR USE: 0.5-1 tsp. 2-3 times a day before meals.

ADDITIONS: allergy to bee products, severe damage to kidney parenchyma. If you are allergic to plant pollen, it can be mixed with honey, because the addition of nectar, bee gland secretions and honey will eliminate pollen allergens.

Pollen and bee bread should be stored in a tightly closed container at a temperature of 0 to 10 C, with a humidity of no more than 65%. Avoid exposure to direct sunlight.

INFORMATION: 1 teaspoon of dry pollen - 3.5 g, with a top - 6 g, a tablespoon - 12 and 21 g, respectively, dessert - 7 and 13 g. 1 ball of bee bread - 150 ml.

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