

## CHEMICAL COMPOSITION OF VEGETABLES

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**Annotation:**Vegetables, which we use extensively in everyday life, are not only a source of food, but are also considered to have many beneficial and unique character traits, including medicinal properties. Let's cite the medicinal properties of such a vegetable as an example of such plants as onions, carrots, cabbage, zucchini, cucumbers.

**Keywords:** vegetable, medicinal, natural, healing, phytoncides, essential, oil, cultural, ECM, wild.

**Introduction:**Humanity has long used the gift of nature—the plant world—to treat and prevent the disease. Nature has given Man all his wealth. A person receives from nature what he needs—air, water, food, clothing, objects necessary for various industries. The importance of the plant world in human life is very great. The green ocean that surrounds it is the source of life on Earth. Green plants enrich the atmosphere with oxygen and cleanse the air of excess carbon dioxide due to the always occurring photosynthetic process in their body.

Plants kill disease—causing bacteria in the air and saturate with flying substances—phytoncides—and act as a dust-removing filter. The climate and microclimate situation in most cases depends on the plants. Another of the plants with such distinctive features, including medicinal value, are vegetable plants. Chef (*Alliumsera* L.) Is a perennial bulbous herb-plant in the legume family (*Alliaceae*). In May–June, the fruit ripens in July–August.

In medicine, the chef's onion (*piozzi*) is used. Onions are harvested and kept wet when grown large, and in this case sent to pharmaceutical plants for the preparation of a medicinal drug. Onions contain essential oil, flavonoids, phytoncides, acids and other substances. The essential oil of onions contains sulfur-containing compounds that give it a unique aroma and taste. The chef's onion, especially *barra burglary*, is a bow to vitamins. It contains 10 -20 mg% vitamin C, 60 mg% b, 50 mg% B2, 4 mg% carotene and other substances.

The main acting biologically active compounds of onions are essential oil and phytoncides. Onion leaf, especially onion head, contains a large amount of essential oil, which has the effect of inhibiting the growth of most microorganisms. For this reason, it is used in inflammation of the upper respiratory tract, throat diseases (*angina*). Sick with the flu or severe colds chop the onion into a bowl and give a good result if they cover the head with a larger handkerchief and smell the onion in the bowl or drip the onion juice into the nose from 1-2 drops. Onions are eaten when the throat is cold and coughing, mixed with honey and apples, crushed. During the period when influenza is common, it is prescribed to eat raw onions in order to prevent it.

In medicine, two types of carrots are allowed to be used. Wild carrots (*Daucuscarota* L.) Is an herb-plant in the *ziradosh* family (*Apiaceae*). It blooms in May-June, and in July the fruit ripens. In medicine, the fruit of wild carrots is used, and the root fruit of ECMA carrots is used. Carrot fruit is harvested when the plant is blooming (in its second year), when the fruits begin to mature, tied into a garden-garden, leaning against each other in a threshing floor and stumping. After the fruits are completely ripe, ripe and dry, the plant is milled, the wind cools down in the car and is sown. The peeled fruits are sent to pharmaceutical plants for the preparation of medicinal preparations.

Wild carrot fruit contains up to 1.6% essential oil, oil, flavonoids, coumarins and other substances. Sowing carrot tubers are much richer in vitamins. It contains 20 mg% carotenoids, vitamins B1, B2, C, pantothen and folatcyslothes. In addition to vitamins, the tubers will again contain flavonoids, anthocyanins, up to 15% sugars, coumarin and other compounds. The main influencing biologically active compounds of carrot fruit are considered to be a complex of essential oil, coumarins and flavonoids in its composition, while those of tubers—a complex of vitamins (carotene in the first Gal).

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