



Uses of sea buckthorn and its beneficial properties in medicine.

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ABSTRACT

The effectiveness of the sea buckthorn plant in medicine lies in the fact that this plant was used in ancient folk medicine for diseases of the lungs, liver, stomach and bones. In the conditions of Siberia, medicinal substances were prepared against dysentery, skin diseases, and rheumatism. In many ancient medical works, sea buckthorn was used against lung diseases. In addition, sea buckthorn preparations promote blood circulation in the body, and its fruits help in the treatment of throat diseases.

Keywords:

Sea buckthorn fruits, medicine, vitamin

Sea buckthorn ingredients were widely used in ancient Chinese and ancient Mongolian medicine. In Tibetan medical treatises, plant constituents have been mentioned since the 8th century. In particular, it is indicated that sea buckthorn is useful for metabolic disorders and diseases of the stomach, which the Tibetans consider the main place for the production of "fiery" heat. Along with other medicinal plants, sea buckthorn should increase heat and eliminate the cold of mucus. Modern followers of the traditions of Tibetan medicine usually understand the "coldness of mucus" as a decrease in biotropic processes in the body that need to be activated with the help of certain products. biotropic function determines the stability of the internal environment of the body by controlling peristalsis, the degree of expansion of peripheral vessels, sweating and secretion of the salivary glands, and sinus rhythm disturbances. Thus, sea buckthorn, according to Tibetan medicine, has a complex effect on the

body, which gave reason to use it also in the treatment of blood and heart diseases, intoxication and purulent inflammation of the pleura. [2]

The vitamin and mineral composition of sea buckthorn depends very much on its variety, place of growth, and even harvest time. So, during the fall, more minerals accumulate in the berries and leaves of the plant than in the August harvest. But this rule is not universal. Potassium, magnesium iron in autumn in sea buckthorn fruits, on average, more than in summer, and, for example, sodium, calcium and phosphorus - less. Of the fifteen sea buckthorn minerals among the macronutrients, the content of potassium and calcium is most significant in the berry, and among the microelements - iron. Sea buckthorn leaves collected at the end of summer can serve as a good source of zinc. By the way, the bark is considered one of the best plant sources of serotonin. Depending on the varieties and conditions, the vitamin composition varies

markedly. But, on average, 100 grams of sea buckthorn berries "fit" about 2-3 norms of the daily requirement of the body for vitamin C, half the norm of vitamin B6, a third of the daily norm of vitamin E and beta-carotene, a precursor of vitamin A. There are also vitamin P in berries, as well as phenolic compounds with P-vitamin activity. Together with vitamin C, they provide a synergistic effect in the prevention of atherosclerosis. Thus, sea buckthorn can indeed be called a "vitamin treasury" without much exaggeration. 100 grams of berries per day "closes" and 100% of a person's need for organic acids (malic, tartaric, citric, oxalic, etc.), which are involved in many biochemical reactions. Sea buckthorn is one of the few plant foods in which all the omega fatty acids known today have been found, including the relatively recently discovered Omega-7. [1]

Medicinal properties Numerous studies of sea buckthorn have shown that both its fruits and plant parts, depending on the conditions, systemically exhibit antioxidant, anti-inflammatory, antitumor, anti-stress, anti-thrombotic, adaptogenic, neuroprotective, antibacterial, cytoprotective, immunostimulating properties. This means that plant extracts can potentially be successfully used in the treatment of various tissue injuries and pathologies, diseases of the gastrointestinal tract, liver and kidneys, blood vessels and heart, and joints. The physical abilities of the fruits (including the juice squeezed out of them) and sea buckthorn leaves can positively influence the metabolic parameters of laboratory animals and improve their physical abilities. Experiments with rats showed that the intake of aqueous extracts of dried leaves increased the endurance of animals during exhausting physical exertion and prevented oxidative processes. [5,6]

Several studies have been devoted to the effect of sea buckthorn on eye health. In particular, seed preparations helped prevent light-induced aging of the retina, fruit oil helped with dry eye syndrome, leaf extracts prevented the development of cataracts. With functional disorders in children, berries restored appetite and restored digestive functions. Applications

of sea buckthorn oil in combination with ozone therapy help treat periodontitis in smokers. Leafy extracts of the plant reduce the degree of inflammation in diseases of the joints. [8]

Sea buckthorn oil has shown therapeutic properties for ulcers and erosions of the stomach. Both oil and leaves are able to reduce radiation damage and prevent the manifestation of behavioral pathologies in animals under the influence of radiation gamma radiation. The use of sea buckthorn berries in food, although it did not reduce the duration of infectious diseases, nevertheless, reduced the concentration of C-reactive protein in the blood of patients. The results of numerous studies indicate the effectiveness of sea buckthorn extracts in the healing of wounds of various nature. [4]

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