

RECIPES FOR NATURAL REMEDIES MADE FROM THE ALOE VERA PLANT

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Abstract: *This article describes the recipes for the preparation of medicinal products from the medicinal plant aloe vera, which are widely used in traditional medicine.*

Key words: *aloe vera, drops, ointment, gastritis, juice.*

Аннотация: *В данной статье описаны рецепты приготовления лекарственных средств из лекарственного растения алоэ вера, которые широко используются в народной медицине.*

Ключевые слова: *алоэ вера, капли, мазь, гастрит, сок.*

The composition of aloe juice includes vitamins (E, C, A and group B), trace elements (manganese, copper, zinc, potassium), polysaccharides, kahetins, enzymes, aloin, phytoncides, organic acids (cinnamic, l-coumaric, malic, isocitric, citric and succinic), phenols, esters and resinous substances. Aloe juice has bactericidal, antifungal and anti-inflammatory properties, helping in the treatment of skin diseases (ulcers, eczema, allergic rashes and redness, dermatitis), internal organs (gastrointestinal tract, liver, kidneys). In complex therapy, it is used to enhance the secretion of gastric juice and bile. For cuts and abrasions, a sheet cut along the length is used to disinfect and stop bleeding. The restorative properties of aloe help in rejuvenating the skin, moisturizing it, giving firmness and elasticity.

Most often, fresh aloe juice or castings crushed into gruel are used for medicinal purposes. When preparing gruel, it is necessary to remove the skin from the leaves along with the prickly edges, and pass the pulp itself through a meat grinder or pound in a mortar. To obtain aloe juice with a high content of regenerating substances (biostimulated leaves), several preparatory procedures should be carried out before

squeezing the juice. To begin with, the plant is not watered for 20 days, thereby creating the effect of natural drought, then the leaf is torn off, wrapped in dark-colored paper, leaving the ends open, and placed in the refrigerator for 10 days. Such manipulations lead to the production of natural biostimulants in the cells of the leaf, which have rejuvenating and regenerating properties. After exposure, the leaves are crushed and poured with water in a ratio of 1:3. Then the mixture is allowed to brew in a sealed container in a dark place for an hour. Ready juice should be filtered and stored in the refrigerator for no more than 14 days. Aloe is used in this form for external rubbing and as a facial lotion. Also, in various folk recipes, alcohol tinctures, concentrates, compresses, ointments and emulsions are prepared from the leaves.

On an industrial scale, an aqueous extract is produced from aloe (to increase immunity, with gastrointestinal ulcers, eye diseases, to reduce the toxic effects of antibiotics), tablets, wound healing ointments (for burns, dermatitis) and syrups (for cough and anemia). Also, intramuscular administration of an aqueous extract of aloe is indicated for bronchitis, pneumonia, bleeding ulcers, diseases of the oral cavity and abscesses. In folk medicine There are a large number of folk recipes in which the main component is aloe. Here are a few of them: To improve immunity: Take 1 tsp daily 3 times a day. half an hour before meals, a mixture of chopped walnuts (300 g), honey (200 g), aloe juice (100 g) and lemon (3-4 pieces).

For throat with acute respiratory infections and sore throat: Take tincture of aloe. To prepare it, you need to grind peeled aloe leaves (250 g) in a meat grinder, sprinkle them with sugar (100 g) and let it brew for 3 days in a hermetically sealed jar in a dark place. Then pour alcohol (250 ml) and still insist 3 days. For a complete recovery, the tincture should be taken in 1 tbsp. 30 minutes before meals 3-4 times a day. Also, for rinsing, use the juice of biostimulated leaves, diluted in water and brought to a boil. With a solution cooled to 40 ° C, the throat is rinsed as often as possible, and with purulent sore throat - every 30 minutes. For gum and oral health: Rinse your mouth with aloe juice diluted in water (50/50), especially retaining the solution in places where the

gums are bleeding or moving away from the tooth. For peptic ulcer of the stomach and duodenum: Crushed aloe leaves (150 g), sprinkle with sugar (100 g) and leave for 3 days in a dark place. Dry red wine is added to the finished mixture and allowed to brew for another day. Take 1 tbsp before meals. 2-3 times a day. The course of treatment is at least 1.5 months. For prostate adenoma and problems with potency: Mix in equal parts (for example, 50 g each) aloe juice, goose fat, butter, rosehip powder and honey, boil in a water bath for 5-7 minutes, cool and refrigerate. Before taking 1 tbsp. the mixture should be dissolved in hot milk (200 g). The course is 7 days, 3 times a day.

Aloe species are frequently cultivated as ornamental plants both in gardens and in pots. Many aloe species are highly decorative and are valued by collectors of succulents. Aloe vera is used both internally and externally on humans as folk or alternative medicine. The Aloe species is known for its medicinal and cosmetic properties. Around 75% of Aloe species are used locally for medicinal uses. The plants can also be made into types of special soaps or used in other skin care products (see natural skin care).

Numerous cultivars with mixed or uncertain parentage are grown. Of these, Aloe 'Lizard Lips' has gained the Royal Horticultural Society's Award of Garden Merit.

Some species, particularly Aloe vera, are used in alternative medicine and first aid. Both the translucent inner pulp and the resinous yellow aloin from wounding the aloe plant are used externally for skin discomforts. As an herbal medicine, Aloe vera juice is commonly used internally for digestive discomfort.

According to Cancer Research UK, a potentially deadly product called T-UP is made of concentrated aloe, and promoted as a cancer cure. They say "there is currently no evidence that aloe products can help to prevent or treat cancer in humans".

Aloe is considered a dietary product that is used in the preparation of salads, snacks and drinks. This plant goes well with apples, onions, carrots, honey, nettles, cabbage, wild rose and sea buckthorn. To get rid of the characteristic bitterness, be sure to add lemon juice or kefir to the dishes. In cosmetology, Aloe is very often used to make masks for the face, scalp and baths. Mask for sensitive skin: dry linden flowers,

chamomile, St. cooling down. In the finished mixture, moisten gauze folded 3-4 times and apply on the face. After 15 minutes, the remnants of the mask must be washed off with warm water. Moisturizing mask: Mix aloe gruel (2 tsp), moisturizer (3 tsp), peach seed oil (3-4 drops) and alcohol (1 tsp), apply the mixture to the previously cleaned face skin and leave for 20-30 minutes. Carefully remove the remaining maxi with a napkin.

Strengthening hair mask: Mix aloe juice (2-4 leaves depending on the length of the hair) with one yolk and apply on the scalp and along the entire length of the hair. Wash off with lukewarm water after 20 minutes. Anti-aging baths: Mix aloe juice (3-5 tablespoons), milk (500 ml) and mint infusion (1-2 tablespoons) and pour into a bath of warm water. You should lie in such a bath for no more than 15 minutes. Other uses Aloe extract is used in the chemical industry for the production of skin and hair care products (creams, masks, scrubs, lotions, shampoos, balms, gels, etc.).

Aloe is categorically contraindicated: during menstruation and during pregnancy, with exacerbation of diseases of the gallbladder, kidneys, gastrointestinal tract, hypertension, varicose veins, with hemorrhoidal and uterine bleeding, with bleeding from the respiratory system, with individual intolerance and children under 7 years old. Botanical description Aloe (lat. Aloë - bitter) is a perennial plant with fleshy, sword-shaped leaves that form rosettes as they grow.

There are more than 500 species of this plant, most of which are distributed in Africa, especially on the Arabian Peninsula, on about. Madagascar and South Africa. Aloe came to Europe in ancient times and spread further throughout the world. The plant grows especially well in temperate and tropical climatic zones. The shape of the leaf, the presence of cilia or thorns, as well as the height of the trunk depend on the species. Some species can reach up to 5 m in height and trunk thickness up to 30 cm. In its natural environment, aloe blooms every year. Flowers are located on a separate arrow and look like bells or tubules of scarlet or light orange color. Plants that are grown indoors rarely reach 1 m and almost never bloom. Reproduction and care Aloe reproduces by shoots that grow near the main stem. Due to the climatic features of the

plant's homeland, at room conditions the plant should be planted in light soil mixed with charcoal, placed on the sunny side and watered no more than 1-2 times a week - an adult plant and no more than 3 times - freshly planted offshoot. Be sure the plant needs complementary foods in the form of liquid fertilizer for cacti.

Leaf collection can be carried out all year round, depending on the needs, however, for the best concentration of nutrients, the plant is not watered for 2 weeks before harvesting. The largest and most fleshy lower leaves, at least 15 cm long, should be used. It is best to break the sheet at the base. They should be used within 4 hours, otherwise all useful substances disappear.

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