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Research Article

DIARRHEA AND HEALING FUNCTION FROM WATERMELON SEED

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ABSTRACT

We eat a lot of watermelons from our melons throughout our lives. They are very rich in vitamins and minerals. In addition, watermelon seeds, which are considered a waste product, are also very useful. In studying the composition of melon and vegetable seeds, we considered the amount of watermelon seeds and the oils extracted from them. We found that oils from melons and gourds have their own characteristics.

KEYWORDS

Watermelon seeds, yield, phosphatides, minerals, proteins, waste, viscosity, peel.

INTRODUCTION

Watermelon seeds. Watermelon has been grown in our country since ancient times. Uzbekistan is world famous for its sweet and delicious melons. Watermelon flesh contains up to 12% of easily digestible sugars that accumulate in the form of glucose, fructose and sucrose. It also

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contains C, B1, B2, A, folic acid, pectin, carotenoids, potassium salts, iron, magnesium and calcium, amino acids [1-4]. Watermelon has long been used as a medicine. Scientist Muhammad Azamkhan's book "The Great Ocean" provides information about the use of watermelon flesh in the scorching heat of the year. Watermelon has been used in diseases of the liver, blood clots and the removal of toxins from the body [5-9]. In the Middle Ages, the Arabs said that if watermelon was eaten regularly before meals, it would have the ability to cleanse the body and remove diseases from it. Ancient Indian physicians write that watermelon softens the whole body and is good as a diuretic. The healing properties of watermelon are also used in modern medicine [10-16]. In particular, researchers have found that watermelon's potassium and ascorbic acid, along with other substances, have anti-sclerotic effects. Watermelon juice helps in the treatment of diseases such as arthritis, gout, intestinal diseases, atherosclerosis. Its diuretic properties eliminate tumors in the organs associated with heart and kidney disease. In liver diseases, watermelon juice not only removes excess fluid and toxins from the body, but also provides the liver tissue with easily digestible sugars. According to various scientific sources, it is recommended to eat up to 2.5 kg of watermelon per day in patients with kidney stones, cystitis, nephritis and pyelonephritis without fluid retention. Watermelon does not irritate the kidneys and urinary tract [15-21]. It is used as a medicinal nutrient in anemia, and fructose is well absorbed by the body even when the blood is high in sugar, so it can be eaten in diabetes. It should be noted that excess nitrogen fertilizers applied to melons can adversely affect the nutritional and medicinal properties of watermelons. Watermelons for sale are chemically analyzed by the sanitary epidemiological service. Watermelon (Citrullus) is an annual plant (Cucurbitaceae) belonging to the squash family [22-26].

Watermelon is cultivated in hot and dry climates (Ukraine, Moldova, Crimea, southern Kazakhstan and Central Asian republics).

Watermelon contains: 0.7-3.5% of seeds; When the average yield of watermelon is 60 s / ha, 120-150 kg of seeds are obtained from 1 hectare of land [27-31].

Watermelon is widely used not only for consumption, but also in the canning and juice industry, as well as in the production of watermelon honey, wines, jams, fruit purees and the like. The waste of watermelon used in the manufacturing industry is its seeds, which pass through tomato and grape seeds in terms of fat content. Therefore, in order to increase the range of oils, watermelon seeds can be included as an additional raw material in the oil industry [32-38].

Watermelon seeds are described as follows:

Fat content 12-45% (usually 26-32%); humidity 7-10%; crude protein 18-27%; fiber 38-54%; kul 2.4-2.5%; in addition, 1.0% sugar in watermelon seeds; Contains 8-9% starch.

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The seed coat is 53.4%, the nucleus is 46.6%; botanical fat content of bark - up to 51%; seed yield - 0.464 g / l.

The process of extracting and refining oil from watermelon seeds is not well understood. Watermelon seed husks have been shown to be processed by pressing and extraction methods to obtain oil, but given the lack of consistency in the size, it is advisable to extract the oil through the process of primary pressing and extraction of uncut seeds without pressing. Watermelon seed oil is odorless and has a pleasant taste. The color of the oil obtained from pressing varies from light yellow to orange and glows golden. The extracted oil is green in color.

Table 1. Watermelon seed oil is described as follows:

Specific gravity	**15 at 0.914-0.926**
The refractive index is	**20 1.4710-1.4748**
Freezing temperature	**-5-2**
Acid number	**1-5**
Yodsoni	**106-134**
Rodan soni	**67-58**
Number of soaps	**190-198**
Acetyl number	**5-32**
The number of hydroxyls is	**7-16**

Watermelon seed oil is saturated with up to 30% (total amount) of fatty acids, including palmitic acid 9-11%, stearin 6-10% and less than 1% arachidonic and myristic acids; from unsaturated acids (70% of the total) oleic and linoleic 14-25 and 45-60%.

Unrefined watermelon seed oil is well-suited for consumption as a salad oil and has organoleptic properties. It can be used in the production of refined and hydrogenated oil products for other consumption.

Technical types of oil are used in the production of soap. Forpress kunjara and extraction shrot (in% of absolute dry matter) have the following content:

Substances	Kunjara	SHrot
Crude oils	13 to	1.2
Crude protein	34, up to	39.0
Fiber and pentosans range from	37.0 to	43.0
Kul.	2.5	3.0
atrophied Nitrogen-free extractives	13	14.0

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Due to its high protein content, kunjara and shrot are used as fodder.

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