



CHEMICAL COMPOSITION OF PARSLEY (PETROSELINUM) AND ITS USE IN FOLK MEDICINE.

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Annotation: This article describes the chemical composition of parsley and its use in traditional medicine.

Key words: parsley, flavonoids, phytoncides, apigenin, diosmin.

Parsley is widely cultivated as a spicy plant everywhere in Uzbekistan. Ibn Sina used parsley as a stimulant for the liver, spleen, and also as a diuretic and treatments of inducing menstruation in women. [1]

Parsley (*Petroselinum* L.) is annual or biennial plant from the family of Umbelliferae parsley came from the coast of the Mediterranean Sea. It has 4 different types from which only *Petroselinum sativum* is cultivated. In the first year it produces leaves and tubers. The leaves are shiny, triangular, double-pinnate.

The flowers are small, pollinated from the outside, the inflorescences are umbellate, the seed is small. Parsley is a cold-resistant, moisture-loving and light-loving plant; Seeds germinate at 3-5°. There are two types of parsley in which the root, leaves, and leaves alone are edible. The root and stems of parsley are used in the food industry and medicine. Parsley root, the leaves of which are eaten, is thin and branched. Parsley seeds plant in prepared soil in early spring or late autumn. There are two types of parsley, Lilia and root type parsley Sakharnaya which are cultivated in Uzbekistan [2].

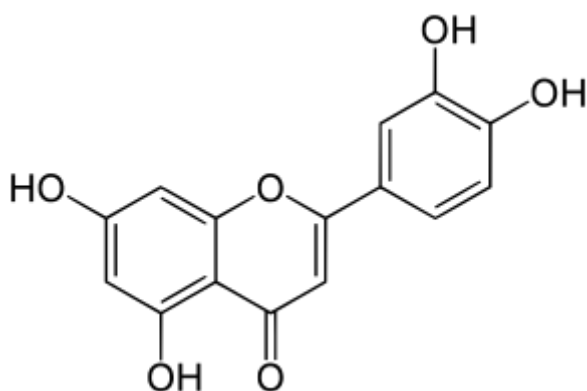
The pleasant spicy aroma and taste of the parsley plant allows it to be used in many dishes to balance the taste. Parsley grows wild on the Mediterranean coast and in southern Europe and is cultivated in many countries around the world. Translated from Latin, the name of parsley means "growing on a stone" - and indeed, this plant grows well on stony soils. These greens give food a light and sweet taste, saturate the body with essential nutrients. Frozen parsley will retain its nutritional properties for months and even years does not change its composition with proper storage. Parsley is also known for its anti-inflammatory and diuretic properties. It is used to strengthen the gums, improve appetite and digestion, as well as to remove salts from the body. Parsley is one of the main spices in many Western cuisines, for example, it is widely used in Ukrainian, Brazilian, Middle Eastern, Mediterranean and American cuisines, often used to flavor dishes and preserved foods.[3]

The ancient Egyptians called parsley the "herb of courage". In Romania, parsley was given to soldiers before the war because it contains apeole, a substance that gives courage to a person, along with a number of medicinal properties. [1]

The chemical composition of parsley. Parsley root and leaves are rich in vitamins and minerals. The leaves and roots contain protein, fat, as well as essential oils, vitamins such C, A, B₁, B₂, ascorbic and nicotinic acids, thiamine, carotene, riboflavin, retinol, flavonoids (adipin,

Below are the formulas of some of the chemical compounds that make up parsley:





luteolin

- **Vitamin B₆**, contained in parsley, is involved in improving immunity, excitation processes in the central nervous system, the conversion of amino acids, the metabolism of tryptophan, lipids and nucleic acids, and contributes to the normal formation of red blood cells.

- vitamin C is involved in redox reactions, the functioning of the immune system, accelerates the absorption of the gland.

- Vitamin K regulates blood clotting. The lack of vitamin K in the body leads to an increase in blood clotting time and a decrease in the amount of prothrombin in the blood.

- Cobalt is part of vitamin B₁₂. It activates the metabolism of fatty acids and folic acid.

- Manganese is involved in the formation of bone and connective tissue, is part of the enzymes involved in the metabolism of amino acids, carbohydrates, catecholamines; necessary for the synthesis of cholesterol and nucleotides. Insufficient consumption leads to growth retardation, disorders in the reproductive system, increased bone fragility, impaired carbohydrate and lipid metabolism.[4]

Parsley seeds are known to be more beneficial than leaves. In modern medicine, parsley is used as a medicine to stop uterine bleeding, as a diuretic for jaundice, kidney and bladder diseases. Parsley is widely used not only in modern medicine, but also in folk medicine. The following are examples of traditional medicine treatments for certain diseases using parsley.

Gout and rheumatism: pour 2 cups of boiling water to a teaspoon of dried root and herbs, leave for nine hours. Consume 2-3 tablespoons for three days before having food.

For urolithiasis: pour two teaspoons of finely chopped leaves and roots with a glass of boiling water, wrap well and leave for 2-3 hours. Take 1 cup three times a day before having meals.

Diabetes mellitus: take 300 grams of parsley and garlic, one kilogram of zest and lemon seeds. Pass through a meat grinder and store in a dark place for two weeks. Then take one spoon of this mixture before meals.[1]

In conclusion, we can say that parsley is used not only as a spice, but also in folk medicine for the treatment of various diseases. We know that today many people uptake various medicines for cure diseases and unfortunately they suffer side effects from such medicines, such as acquiring new diseases or weakening the immune system. Therefore, we believe that the use of natural medicines is more effective in the treatment of diseases. One such natural remedy is parsley. Therefore, we recommend adding parsley to daily diet.

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