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TREATMENT OF THE HUMAN BODY WITH NATURAL PRODUCTS RICH IN BIOMINERALS

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ABSTRACT

Today, it is well known that the disease of every organ and tissue is caused by a cold. Inflammation (inflammation) includes all types of acute bacterial and viral diseases.
This article provides information on the study of the amount of bioelements in a person with a cold and treatment with natural products.

KEYWORDS

cold, therapy, bioelement, fluid, blood plasma, erythrocyte, urine.

Introduction

Scientists such as V. I. Vernadsky, A. P. Vinogradov, V. V. Kovalsky, D. V. Vorobyov, who are considered the founders of the science of biogeochemistry, noted that in addition to macroelements, 32 microelements are also necessary for living organisms [1].

There is a human organ whose damage can be traced back to the common cold, and it poses a great danger to a person of any age. The most developed countries of the world consider paying attention to the health of their population as one of their important tasks. According to the World Health Organization, it has been confirmed that the level of morbidity is related to the elemental composition and active participation in the processes of the organ. However, research conducted by scientists around the world has shown that the number of elements in food is gradually decreasing every year [6, 7].

We all know that strong immunity is the guarantee of human health, the basis of immunity is macro and microelements. It is impossible to imagine life processes without enough minerals. According to the modern classification, most bioelements are elements necessary for the immune system [10].

Each organ of a living organism needs a sufficient amount of macro and micronutrients to function properly. Before starting to study the amounts of some biogenic minerals in the human body, it is necessary to have information about them [3].

To date, there is very little information about the biochemical mechanisms of the interaction of two or more elements. Analyzing the concentration of chemical elements in the body provides valuable information for studying their synergistic and antagonistic properties. The obtained data show that the violation of the composition of chemical elements in the human body is widespread. Due to the increase or lack of bioelements, the people examined further aggravate the imbalance of other important bioelements in the body [8, 9].

In modern literature, the role of many bioelements and the need for their consumption in various diseases are highlighted. During the literature analysis, the results showed that the insufficient consumption and shortage of minerals in the world population was studied [2,4,5].

Although biogenic elements do not have energy, their importance for the human body is considered very high. That is, it participates in all metabolic processes in the body and is part of many higher compounds, including enzymes and proteins. In order to describe the biological role of biogenic elements in the human body, the signs of their increase or decrease, it has been shown that it is important to normalize the composition of elements in the diet [13].

In modern practice, it is possible to check the content of elements in blood, urine, hair, salivary gland and similar biological samples in the human body by several methods. In particular, it can be checked by (AAS) atomic absorption spectrometry method, (AES and ICP - MS) atomic emission and inductively coupled plasma mass spectrometry and other methods. (AAS) method of atomic absorption spectrometry usually analyzes the elements contained in blood and urine, it is characterized by high sensitivity, it allows the determination of many elements in low concentration of microelements in biosubstrates, the disadvantage is that the method of determining several elements at the same time is much is low. (AES and ICP-MS) mass spectrometry with atomic emission and inductively coupled plasma is widely used and considered very effective. This method allows for the determination of one sample at a time and is considered very important in the evaluation of 20 or more macro-microelements in the sample and determines the interaction of bioelements [14, 15].

The development of science and technology has led to more precise and detailed methods of quantitative determination of macro and microelements in living organisms. The method of induction plasma induced atomic emission spectrometry (ICP - AES) provides high sensitivity of research. It allows measuring many elements in a short time with a small amount of material, which plays an important role in the biological research method [17].

Flatulence can be eliminated by taking antibiotics. There are positive and negative properties of any powerful drug, including antibiotics. The positive side is that it destroys harmful microbes, the patient's condition is quickly relieved. However, it lowers immunity. This reduces the ability of the body to fight against various diseases. Therefore, antibiotics should be taken under the doctor's recommendation and supervision [11].

According to the World Health Organization (WHO), out of more than 6 million known chemicals, up to 500 thousand compounds are used in practice. About 40,000 of them are harmful to humans, and 12,000 are toxic. The range of chemical substances increases by 5% every year [16].

Cabbage is recognized as the most widespread, cheap and high-quality plant and constitutes the main part of the total vegetable area. Every person should eat an average of 400 g per day, an average of 125-165 kg of various vegetables per year, of which cabbage should be 30-40 kg [12].

Experimental Part:

In Andijan region, monitoring analysis was carried out among people suffering from local colds. After thoroughly studying the modern database on the distribution of minerals in the biosphere of Andijan region, the physiological conditions of the human body were determined for research. Regional (regional) and age-related changes in the level of bioelements in the human body were observed in Andijan region. Patients treated in the Therapy Department of the Rehabilitation and Prosthetic Center of Andijan Region, Andijan City, were examined. Between 2019 and 2023, 100 human samples (blood

plasma and urine) were taken and examined. From the obtained materials, 1 - 5 ml was taken for examination during the acute period of the disease (1, 3 and 7 days). The (ICP-AES) method was used to determine the quantity, quality and imbalance of elements in the Biomol-Med laboratory. The mineral content of each sample was checked with great precision. The content of minerals in the obtained samples was compared with the maximum concentrations. The level of bioelements was compared with the biologically acceptable levels for the corresponding organs in the body of a healthy and sick person. As a result of the research, it was found that the amount of minerals found in the healthy and sick human body is 50-60% different.

Discussion:

Prevention of colds (inflammation) on earth is one of the urgent directions of modern medicine and folk medicine. However, it is not enough to study the effect of development in the early period of colds. The urgency of the problem of ventilation is due to its wide distribution among different groups of the world's population (approximately more than a billion), the abundance of synthetic drugs, the high price and ineffectiveness of the methods used.

To prevent this, it is important to develop accurate, accurate and fast diagnosis methods. Currently, despite the fact that synthetic drugs are widely used in the treatment of diseases in Eastern and Western countries, treatment using medicinal plants through folk medicine methods is also successfully carried out.

Today, the issue of food supply made from natural products has become one of the priority tasks in all countries of the world. One of our main goals is to perfectly study and develop the positive aspects of food supplements of natural origin obtained from medicinal plants using folk medicine methods for the human body.

Undoubtedly, for each of us, fresh juice is beneficial for health. Cabbage juice that we offer helps to prevent and treat colds (inflammation). 100 ml of cabbage juice mainly contains 70 ml of cabbage juice squeezed from a cabbage leaf through a blender, additionally 10 ml of honey, 10 ml of milk and 10 ml of coffee water. Honey and milk are added to the juice according to taste and drunk 4-5 times a day. In particular, it is necessary to consume 30 ml in the morning during breakfast, 25 ml during lunch, 25 ml during the second lunch, and 20 ml during dinner. This condition lasts 3-5 days.

Result

As a result of the conducted research, it is possible to come to the following conclusion. From the given results, we can see that more than 80% of infected people have recovered. Because of this, cabbage has healing properties such as adaptogenic, immunostimulating, antipyretic, anti-inflammatory and appetizing. Cabbage contains a large amount of minerals, organic acids, protein, sugar and vitamins, which helped to increase the immunity of the body, preserve and rejuvenate tissues. In addition, honey, milk and coffee are the most effective natural remedies for clearing the respiratory tract and providing a pleasant aroma, and they were used as a component in the complex treatment of inflammation.

Conclusion

Currently, product composition is an important issue for ensuring economic efficiency. The price of any product made from this plant is low, it is characterized by high biological activity and low

harmfulness. It is necessary to strive to consume more natural products made from vegetables and fruits. Medicinal cabbage juice, a dietary supplement created by us, has almost no side effects in the treatment of colds (inflammation), and we recommend its use.

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