



FENNEL AND ITS EFFECTS ON THE HUMAN BODY

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ANNATATION

Fennel contains many nutrients. One cup of fennel provides about 14% of the daily value for vitamin C. At the same time, fennel is rich in potassium K and magnesium Mg and improves the health of the cardiovascular system.

Anethole compound provides a unique smell.

keywords

diarrhea, phenylpropanoid, triterpenoid,(GK-MC), irritable bowel syndrome, epilepsy.

Fennel is widely used and used as a seasoning. The chemical composition of the essential oil obtained by hydrodistillation of its seed was analyzed by the gas chromatography mass spectrometry (GK-MC) method and found to have 28 components. The fruit of dill contains 3.2%, sometimes up to 6% essential oil and up to 28% other oils. Essential oil contains up to 90% anethol.

Fennel contains 12% dietary fiber, 2% carbohydrate, 2% protein, 2% calories, 20% vitamin C from vitamins, 7% folic acid, 3% vitamin A, while 3% niacin minerals contain 12% K, 10% Mn, 5% Ca, 5% P, 4% Fe, 4% Mg. Preparations made from fruit and essential oil are used as a sputum transducer. Whether root, leaf or fruit, Dill is a treasure trove of valuable compounds. For example, a simple fennel fruit extract contains an aromatic Ester of anethole, monoterpene, and phenols (flavonoid kaempferol, scopoletin, and diacetyl), as well as triterpenoids (a-amyrin; steroids: B-sitosterol, stigmasterol) and phenylpropanoids. It also contains rosmarinic acid. The main components contained are 68.53% transanethol and 10.42% estragol. Fennel contains 1-3% volatile oil, about 50-60% anethole, and again contains compounds such as pinene, felandren, dipenten, phenol, camphene, limonene, pheniculum, anisaldehyde, and anisic acid.

Fennel was considered an ancient seasonal herb and appeared in the south of the Middle East. Through naturalization and cultivation, it grows wild in the northern, eastern and Western Hemispheres, mainly in Asia, North America and



Europe. We can find it not only in the wild, but also in the state cultivated by farmers in the fields. Fennel is a spice that retains elements of Ka potassium and Mg magnesium in its composition, has an antioxidant effect. Again, it is considered to have a healing effect in digestion and skin damage.

In fennel cooking, ham has time to show itself, that is, it gives excellent flavor to salads and dishes with a sweet-spicy taste and as the main source of vitamin C. Fennel seeds give our skin a variety of vitamins, which helps us look younger. The skin of the person who eats fennel tea every day will be flawless and shiny, because it, as it were, will fight acne.

Fennel improves nutrient absorption, prevents conditions such as constipation, diarrhea, and irritable bowel syndrome (IBS). At the same time, it calms the body, reduces inflammation and has the property of lowering body temperature. Fennel has a moderate interaction with 78 different drugs. Its mild interactions include;

- Old age
- Ciprofloxacin
- Danshen

Fennel with many benefits is not a benefit if applied incorrectly it is clear that it will cause harm. Its side effects include;

- Chest pain
- Nausea
- Vomit
- Rash rash
- Itchy or swollen skin

For this reason, it is definitely necessary to consult a doctor before use. There are exceptional cases when using dill. They are as follows;

- For pregnant and children, it is better to use honey not from fennel itself
- For those with epilepsy and seizures, Ham is not possible
- It has been proven that milk increases for nursing mothers, but in this it is necessarily necessary to paraphrase with a doctor.

In medicine, fennel tincture is used as an appetite-opening, thirst-quenching and light surgi medicine. To prepare the tincture, pour 1 cup of boiling water into a container with a lid and put 1 teaspoon of the fruit of the chopped dill on it and let it brew for 1 hour. Then it is floated in the gauze. The tincture is drunk at the rate of 2 tablespoons 30 minutes before meals.

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