

## Medicinal Uses of Lentils

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**Annotation.** In the world, the lentil plant has become an important factor in providing a nutritious diet. Lentils are higher than other grain crops in terms of economic efficiency. Like many other legumes, it has an easily digestible protein content. The protein content of lentil seeds is 26-31%. The importance and useful aspects of the lentil crop for the human body, as well as the products obtained from it, are presented and conclusions are given.

**Key words:** Legumes, lentils, nutrition, protein, immunity, antioxidant, antibacterial, disease, pure, ecological, medicinal, product, lentils, protein, amino acid, medicine, vitamins.

Today we can see lentil grains in markets and stores. Lentils are very diverse, there are yellow green, black and brown. Lentils contain potassium, calcium, iron, phosphorus and a little more vitamins B6 and B2. At the same time, lentils contain carbohydrates and proteins. Regardless of whether or not the shell of the lentil grain is, lentil grain is a product rich in proteins and enriches the body with protein. Lentil grain contains 23-32% and sometimes 45% protein. In addition, lentil grain is an excellent dietary food for patients suffering from obesity and cardiovascular diseases due to the relatively low content of fat and sodium, but high content of potassium and calcium.

Doctors say that regular consumption of lentils helps people get rid of nervous diseases and calms people down. According to modern research data, lentils have other medicinal properties. Studies have shown that our consumption of this legume is directly related to reducing the risk of diabetes, cardiovascular diseases and cancer. In addition, lentil grain is also used as an auxiliary agent. Because lentils contain antioxidants and antibacterials. In ancient herbalists, lentil infusion was mentioned as a remedy against smallpox. In traditional medicine, lentil drug accelerates the treatment of diseases of the gastrointestinal tract, kidneys, and liver, and is also considered a cure for eye diseases.

A detailed description of the properties of lentils in Eastern medicine was determined by the well-known scientist Ibn Sina. According to Ibn Sina, lentils are a product that requires moderation. So, if you eat lentils with fatty meat and almonds, there will be no harm. The calorie content of green and brown lentils is about 300 Kcal/100g of dry product. After 5-7 times the amount of moisture when boiled, the calorie content of 100 grams of boiled lentils will be 100-105 kcal. For dry cleaned red lentils, these indicators are 315-320kcal/100g. That is, cooked lentils are a high-calorie product. And at the same time, women who keep their figure attract attention. Lentil plant is also used as a moisturizing mask.



In conclusion, the lentil plant has a positive effect on the human body with its energy and nutrition, and is widely used in the prevention and treatment of many diseases.

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