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MEDICINAL PROPERTIES OF THE ROSEHIP (BEGGERA ROSEHIP) PLANT

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Abstract: This article provides information about the types of the rosehip plant, the chemical composition of its fruit, its medicinal properties, and its role in human life.

Keywords: rosehip fruit shape, varieties, preparation of decoction, preparation of remedies, chemical composition, medicinal properties, vitamins, diseases.

Аннотация: В данной статье представлена информация о видах растения наъматак, химическом составе его плодов, лечебных свойствах и роли в жизни человека.

Ключевые слова: Форма плодов, сорта, приготовление настойки, лекарственное средство, химический состав, лечебные свойства, витамины,

болезни.

Annotatsiya: Ushbu maqolada Na’matak o‘simligining turlari, uning mevasining kimyoviy tarkibi, dorivorlik xususiyatlari va xalq xo’jaligidagi o‘rni haqida ma’lumotlar berilgan. **Kalit so‘zlar:** meva shakli, navlari, damlama tayyorlash, preparat tayyorlash, kimyoviy tarkibi, dorivorlik xususiyati, vitaminlar, kasalliklar.

In Uzbekistan’s medicine, preparations derived from medicinal plants constitute 30-40% of all medicines used. It is known that there are 10,000 to 12,000 species of medicinal plants worldwide. The chemical, pharmacological, and medicinal properties of more than 1,000 plant species have been studied. In Uzbekistan, there are 577 species of medicinal plants, of which 250 species are currently used in medicine. One of these medicinal plants is rosehip, and in this article, we will discuss its medicinal properties and its role in human life.

Rosehip belongs to the genus Rosa (Cynosbatum). The rosehip species is a thorny shrub that can grow up to 2 meters tall. Its branches are flexible with shiny reddish-brown or red-brown bark covered with white and thorny spines. The leaves are odd-pinnate and arranged alternately on the stem. Each leaf consists of 5 to 7 ovate, serrated leaflets. The flowers are large, occurring singly or in clusters of 2-3 on branches. The flowers can be red, pink, yellow, or white and are fragrant. The bracts in front of the flowers are lanceolate. The calyx and corolla each have 5 parts, and there are numerous stamens and pistils.

The fruit is a juicy false fruit formed from the flower base. Inside, it contains several true fruits—nutlets formed from the pistils. The nutlets are sharp-pointed, hard, and angular in shape. Flowering begins in May and lasts until July, while the fruit ripens in August and September.

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Rosehip species grow in forests, along irrigation canals, among shrubs, in mountainous sandy and rocky areas, and other places. Some species of rosehip differ from each other based on the color and shape of their fruit, the color and size of thorns on the bark, as well as the number and arrangement of thorns on the branches. Of the 36 species of rosehip growing in Central Asia, 17 are found in the flora of Uzbekistan. Among them, the following 5 species are used in medicine: Begger rosehip (Beggera rosehip) – Rosa heggeriana Schrenk, Common rosehip (dog rose) – Rosa canina L., Fedchenko rosehip (Fedchenko rosehip) – Rosa fedtschenkoana Regel, and Dargumon rosehip (dubious rosehip) – Rosa ambigua Russ, among others.

The product contains (on a dry basis) 4-6%, sometimes up to 18% vitamin C, 0.3 mg% vitamin B2, KI (40 biological units per 1 g of product), vitamin P, 12-18 mg% carotene, about 18% sugars, 4-5% crude fiber, around 2% citric and malic acids, 3.7% pectin, and other substances. According to the State Pharmacopoeia XI, vitamin C content should be at least 1% in whole product, 2% in cleaned (peeled) product, and not less than 1.6% in powder form.

Rosehip seeds contain oil, and its roots and leaves contain crude fiber. The fruit of rosehip contains a mixture of several vitamins, which is why its preparations are used to treat and prevent avitaminosis. Additionally, rosehip fruit is used in the confectionery industry to enrich products with vitamins. The soft fleshy part of the fruit is oily and is applied or soaked on gauze to treat tropical ulcers, eczema, and damaged mucous membranes.

When a person’s energy decreases or in early spring when the body lacks vitamins, rosehip decoction is recommended. The fruit of rosehip enhances human immunity. Compared to boiling, vitamin retention is higher when rosehip is brewed in a thermos. The vitamin C content thins the blood, lowers blood pressure, and helps remove microbes from the body.

Rosehip syrup or tea made from its fruit is recommended in cold seasons for people suffering from chills. However, rosehip decoction or infusion is not suitable for people with hot constitutions, as it can negatively affect the pancreas.

In conclusion, although the benefits of rosehip are undeniable, like any medicinal plant, if not used properly and in moderation, it can have adverse effects on the body. Therefore, before vitaminizing with its decoction, it is advisable to learn about its positive and negative effects on the individual.

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