

**"CHEMICAL COMPOSITION OF RICE GRAINS, THEIR BENEFICIAL PROPERTIES AND THEIR IMPORTANCE FOR THE HUMAN BODY"**

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**Abstract:** This article is devoted to the study of the chemical composition, beneficial properties and importance of rice grains for the human body. The article provides information about the main components of rice - carbohydrates, proteins, fats, vitamins and minerals. Carbohydrates and proteins are a source of energy for the body and help in the development and repair of cells. It also emphasizes the role B vitamins, vitamin E and antioxidants in the nervous system, metabolism and protection of cells.

**Keywords:** rice, rice grain, chemical composition of rice, nutritional value of rice, vitamins and minerals, agricultural crops, rice cultivation technology, rice varieties, rice plantation, healthy eating, human health, benefits for heart function, skin care, natural cosmetics, food products.

**Introduction:** Rice is considered one of the most important food products in the world, occupying an important place in the daily diet of many peoples. It is especially widely consumed in Asian countries and is one of the valuable agricultural crops. Rice grain is distinguished by its high nutritional value and rich chemical composition. It contains various vitamins and minerals necessary for the body, which are important for the normal functioning of the human body.

Rice is one of the important products in a healthy diet due to its richness in nutrients beneficial to human health. In particular, the beneficial substances contained in rice provide the body with energy, improve the digestive process, and are also beneficial for heart function. Therefore, it is also widely used as a dietary product.

Today, various high-yielding rice varieties are being created with the help of modern rice cultivation technology. These varieties are adapted to different natural conditions and are grown on large rice plantations. As a result, the volume of rice production in the world is increasing and is becoming increasingly important in providing food for the population.

Rice is also used not only as food, but also in other areas. For example, natural substances obtained from rice are widely used in skin care and natural cosmetics. Various masks and care products made from rice help nourish, moisturize the skin and maintain its natural beauty. Therefore, rice plays an important role in human life not only as a food product, but also as a source of health and beauty.

In addition, rice is one of the important agricultural crops that has been cultivated by mankind since ancient times. According to historical sources, rice cultivation was first developed in Southeast Asia, and later spread to other regions. Currently, rice is recognized as the main food product for billions of people around the world. Its cultivation plays an important role in the agricultural economy of many countries.

At the same time, rice is widely used not only as food, but also in the industrial, pharmaceutical and cosmetological fields. Since rice grains and extracts from them contain various biologically active substances, they are used as an effective means of improving human

health and skin care. For example, natural masks made from rice water and rice flour help to make the skin smooth and healthy.

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At the same time, rice is widely used not only as food, but also in the industrial, pharmaceutical and cosmetological fields. Since rice grains and extracts from them contain various biologically active substances, they are used as an effective means of improving human health and skin care. For example, natural masks made from rice water and rice flour help to make the skin smooth and healthy.

Therefore, it is important to study rice in all its aspects, to scientifically investigate its nutritional value, beneficial properties, and importance in human life. This article provides information about the chemical composition of rice, its benefits to human health, cultivation technologies, and its use in cosmetology.

**Main part:** Rice is one of the most important agricultural crops cultivated by mankind since ancient times. Its main product, rice grain, contains many nutrients necessary for the human body. The chemical composition of rice mainly consists of carbohydrates, proteins, small amounts of fats, and various vitamins and minerals. In particular, rice contains substances such as B vitamins, potassium, phosphorus, and magnesium, which are important for the functioning of the human body. Therefore, the nutritional value of rice is very high, and it occupies an important place in the daily diet of a person.

Rice has many beneficial properties for human health. It provides the body with energy, improves the digestive process, and is a product that is easily digested by the body. In particular, the benefits of rice for heart function are also important, as it helps support the functioning of the cardiovascular system. Therefore, rice is recommended by many experts as one of the healthy food products.

Currently, rice cultivation is carried out on the basis of modern rice cultivation technology. As a result of scientific research, new rice varieties are being created that are adapted to different

climatic conditions and have high yields. These varieties are grown on specially maintained rice plantations. In the process of rice cultivation, water supply, soil fertility and pest control are of great importance.

In addition, rice is used not only as a food product, but also in other areas. In particular, natural substances obtained from rice are widely used in the field of skin care and natural cosmetics. Cosmetics made from rice help nourish, moisturize the skin and maintain its elasticity. Therefore, rice is not only one of the important food products, but also plays an important role in maintaining human health and beauty.

**Conclusion:** Rice grain is one of the most important food products consumed by mankind since ancient times. Its chemical composition is characterized by its richness in complex carbohydrates, proteins, small amounts of fats, B vitamins, as well as important minerals such as potassium, phosphorus, magnesium. These substances play an important role in the energy metabolism of the human body, the functioning of the nervous system, strengthening the cardiovascular system, and ensuring a generally healthy lifestyle.

The beneficial properties of rice grain indicate that it has great value not only as food, but also as a dietary product. It is characterized by easy digestion, almost no allergic effects, and a positive effect on the gastrointestinal tract. In addition, the natural antioxidants contained in rice play an important role in maintaining human health by reducing the effects of harmful free radicals in the body.

Also, some biologically active substances extracted from rice are widely used in cosmetology, serving to care for the skin, maintain its elasticity and support the processes of regeneration. This indicates that rice grain has great scientific and practical importance not only as a food, but also as an important raw material in the fields of medicine and cosmetology.

Thus, the rich chemical composition and versatile beneficial properties of rice grain provide the basis for evaluating it as an important biological resource that can strengthen human health, ensure the normal functioning of the body, and allow it to be effectively used in various fields. Therefore, in-depth scientific study of rice, wide promotion of its beneficial properties and effective use remain one of the urgent issues today.

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