



## About Plum Fruits: Great Benefits and Little Harm

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**Annotation:** Plum has been known since the time of Kievan Rus. However, it began to be purposefully cultivated from the middle of the 17th century - the trees were brought from Western Europe and planted in the royal garden in Izmailovo, and soon began to appear in other gardens of the aristocracy. This fruit improves appetite and gastrointestinal function, normalizes metabolism and helps prevent constipation; rids the body of toxins and toxins, cleanses the kidneys.

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For more than two millennia, mankind has been enjoying the fruits of the plum, exuding a whole range of attractive aromas, with such different tastes and inherent benefits. There is a version that it appeared in the Caucasus due to the natural crossing of cherry plum and blackthorn. From there it "moved" to Central Asia, and thanks to the campaigns of the Teutonic Order, it settled in Europe.



Plum has been known since the time of Kievan Rus. However, it began to be purposefully cultivated from the middle of the 17th century - the trees were brought from Western Europe and planted in the royal garden in Izmailovo, and soon began to appear in other gardens of the aristocracy. Since then,

this fruit has become very popular in domestic open spaces. Plums are especially important in the culture of China and Japan. There, this plant is planted, including for beauty. Five plum petals symbolize happiness and its components: well-being, longevity, spiritual purity, good luck and nobility. Plums are used not only for food - dyes are extracted from leaves and bark, and wood serves as a raw material for creating musical instruments. And many varieties have been bred, it is belonging to one or another variety that determines the taste characteristics, calorie content, composition, color, size and even smell, which abundantly exude ripe fruits.

### **How to choose ripe fruit?**

Plum is early and late. The first fruits ripen in June. The last crop is harvested closer to October. To determine the quality of a fruit, you need to: pay attention to the appearance - the skin will be uniform, an even white coating will indicate excellent quality, but dark spots - rotting; evaluate by smell - a ripe fruit, with rare exceptions, will smell pleasant and tasty; take it in your hand and lightly press it with your finger - a small dent will remain, but the fruit should not be strongly crushed and fall apart, and also be hard (with the exception of certain varieties). Basically, plums have a rich sweet, honey taste of pulp, they are with a slight sourness or really sour. But each is good in its own way: elongated blue, large black rounded, slightly smaller red, melting in the mouth yellow and white with an unforgettable aroma and taste.

### **Plum benefits**

Scientists have long noted the benefits of products, berries, fruits and vegetables that are characteristic of the area in which you live, and plum is one of them. This culture is very common and grows even in Siberia. But on the shelves of stores you can also find imported from Georgia, China, India, etc. The first plum fruits ripen in June. The benefits, of course, are greater in fresh berries, but skilled housewives make amazing jams and jams, compotes and wines from plums, dry and bake, make marshmallows, confiture and many other gastronomic delights, including meat sauces, such as tkemali from the same variety. It is better to drain the plum before 4 p.m., so that excess, unspent carbohydrates do not “sink” in the waist and hips, and the laxative and diuretic effects do not disturb your sleep. Mikhail Moiseevich Ginzburg, first of all, draws attention to the unique effect that the plum gives: “The useful substances in this fruit improve the general condition of the blood and remove excess fluid from the vessels, which lowers the pressure level. Plum has an anti-inflammatory effect and generally has a beneficial effect on health.” Also, this fruit improves appetite and gastrointestinal tract, normalizes metabolism and helps prevent constipation; relieves the body of toxins and toxins, cleanses the kidneys; promotes the outflow of bile; removes excess salt and fluid from the body, reducing swelling; reduces cholesterol plaques, strengthens the heart and blood vessels, lowers blood pressure, recommended for arrhythmia and hypertension; prevents the formation of blood clots. Plum is rich in fiber and fruit acids, contains a record amount of potassium, vitamins B, A, S, E, PP, calcium and coumarin. The rich composition helps to cleanse and improve the functioning of all body systems. By including plums regularly in your diet, you will provide yourself with: a slender body; health of internal organs; clear, radiant skin, reduction in the number of wrinkles and pigmentation, the ability to get a more even and deeper tan; improvement in the condition of nails; thick and strong hair, as well as solve the problem of baldness and protect yourself from premature gray hair. Thanks to the acids and vitamins in the composition of the plum, it is actively used for beauty purposes not only from the inside, but also from the outside - as a mask. The cleansing and draining effect of plums is highly appreciated by nutrition and body shaping experts. Variants of various diets and fasting days are offered.

### **How to lose weight with plums?**

Nutritionist Olga Belova recommends a plum diet for weight correction for those with a sweet tooth and not only. It is not easy to withstand it, but in a few days you can get rid of 3 to 5 kg and 2-3 cm at the waist. Dark blue-skinned fruits are suitable, they do not have a lot of sugar and carbohydrates, and 100 grams of the product has only 42 calories, a lot of vitamins and trace elements. When switching to a fruit diet, it is important to gradually include plums in the daily menu. The daily ration during the diet will consist of: 1.5 kg of ripe plums; clean drinking water (at least 2 liters). Distribute

the plums evenly into three parts - breakfast, lunch and dinner. During the day, drink clean water, green tea without sugar, you can drink mineral water. Water will dull the feeling of hunger, rid the body of toxins and speed up metabolism. You can replace part of the fruit with a glass of fresh plum juice without sugar during the day and in the evening, this will speed up the process of losing weight. Dine no later than six in the evening. Combine plums with other products, the main thing is that the calorie content does not exceed 1400 kcal. The menu can include: buckwheat porridge, boiled chicken fillet, fruits and vegetables, some low-fat fermented milk products. It is forbidden to eat: fried; sweet pastries, sweets, confectionery, sugar.

This diet must be maintained for 2-3 days. Plums can be supplemented with apples (800 grams of each fruit) and kefir (1 l). Upon completion of the diet, it is important to get out of it correctly by reducing salt and sugar intake in the usual menu and giving up pastries, fast food and carbonated drinks. When switching to a plum diet it is important to take into account its laxative and diuretic effects, as well as existing contraindications.

The calorie content of plums is small due to the large amount of water in the fruits. Calories per hundred grams - proteins 0.7 g, fats-0.3 g, carbohydrates-10 g. Flavonoids and phenolic components in plums inhibit the growth of fat cells. If there are plums in moderation, they will speed up the process of fat burning. Plums are rich in antioxidants, such as anthocyanins, ascorbic acid, carotenoids, vitamin E. Antioxidants reduce oxidative stress by protecting cells from the aggressive effects of free radicals. Scientific studies confirm the link between eating plums and improving memory. Plums, especially dried fruits, contain a lot of potassium. Plums have been shown to reduce the risk of cardiovascular disease, as potassium is essential for normal heart function. This fruit serves as an excellent prevention of constipation by gently stimulating peristalsis in a natural way. Pectins and dietary fiber, both soluble and insoluble, help with this.

The use of plums in cooking. Although the plum is a fruit, it is not only used in sweet confectionery and compotes. Sour varieties are great for sauces and roasted meats.

**Plum Pie** Plums of the "Hungarian", "prune" variety are best suited. The finished pie is served warm with a ball of ice cream: Plum-12 pcs, sugar-3/4 tbsp, butter-115 gr, flour-1 tbsp, chicken egg-2 pcs, baking powder-1 tsp, salt, cinnamon 1 pinch each. Leave the butter at room temperature until softened. After beat it with sugar, then add eggs and salt, mix thoroughly. Mix flour with baking powder and add to the egg mixture - stir briefly. Lubricate the baking dish with oil, put all the dough and smooth. Cut the plums in half and discard the pit. Put on top of the pie - they will cover the dough completely. Sprinkle plums with sugar and cinnamon. Place the cake in a preheated oven at 180 degrees and bake for 40-45 minutes. **Tkemali:** Approximately 1.5 liters of tkemali is obtained from the indicated amount. Use sour plums, depending on the variety, the color of the sauce will also differ - brown from green, red from blue. You can use cherry plum or sloe. It is better to take greens fresh. To do this: Plum-3kg., Water-2st., Dill-(inflorescences and stems, with umbrellas)-250 gr, cilantro-300 gr, mint-250 gr., garlic-5 cloves, red hot pepper (dried) -1-2 pieces, salt, sugar - to taste. Rinse the plum and pour it straight into the pot. Pour in water and cook over medium heat until soft. Then grind through a sieve to remove the bones. Add pepper, salt, sugar, dill tied in a bunch to the plum puree. Simmer for another half an hour. While you can chop the mint and garlic in a blender. Remove puree from heat, discard garlic and pepper. Mix with herbs and boil for another 15 minutes. The sauce is ready. Let it cool and roll it into sterile jars. Store in a dark cool place.

### **How to choose and store a plum?**

Plums are very different depending on the variety, it is quite difficult to navigate the color. Go eat yellow, red, black plums. If the plum should be yellow, then choose fruits without a green tint. Black plum should not be with red barrels. The easiest way is to check the variety and taste of plums with the seller, since yellow fruits are sweet, and black ones are sour. Pay attention to the peel - it should not have cracks and dents. If a wax coating is preserved, this is good, which means that the plums were recently harvested. The ripe fruit is quite elastic, but not too soft - such a plum is already overripe and may have begun to ferment. The stalk of a ripe fruit is dry, it may fall off by itself. Plums should be stored in polyethylene with holes to remove moisture in the refrigerator. Ripe fruits

will lie for a maximum of a month. Relieves anemia, strengthens bones, helps control weight - we talk about the important and valuable properties of almost the main fruit of September.

### **The use of plums in medicine**

Plum in fresh, dried form, as well as its decoctions, have a laxative effect. With constipation, lazy bowel syndrome, it helps in bowel movements. Also, pectins and dietary fiber improve digestion, serve as a nutrient medium for the intestinal microbiota. Plum pulp is added to some pharmacy laxatives with a natural composition. Plum bark is also used in homeopathy. Plums are an excellent remedy for cleansing the intestines, choleric and diuretic. Plums contain a large amount of vitamin A, S, B, PP, trace elements (potassium, magnesium, and iron). The dark blue color of plums is due to anthocyanins, useful substances that have an antioxidant effect, that is, they protect the body from cancer and rapid aging. Especially a lot of fiber is found in the skin and pectins - in the pulp of the fruit. Plums are an excellent means of preventing intestinal cancer, inflammatory processes, hemorrhoids, as they have substances with an anti-inflammatory effect. Plum does not have high calorie content - 35-40 kcal per 100 grams. It also contains many fruit acids and simple sugars (glucose, fructose and sucrose). If plums are consumed in large quantities at a time - more than 4-5 fruits - an excess of sugars combined with fiber can cause fermentation, flatulence and upset stools. Plum can irritate the gastrointestinal mucosa; excessively activate the digestive glands, so its use is not recommended for exacerbations of diseases of the digestive system.

Plums, like plum juice, are able to protect the liver from negative effects, thereby preventing the development of various diseases. During an eight-week study, scientists found that liver function improved significantly after introducing prunes and prune juice into the participants' diets. Therefore, if you want to have a strong liver, we advise you to add plums to your breakfast or fruit salad every time. The use of plums will have a good effect on the condition of not only internal organs, but also bones. One study found prunes and plums to be the most effective (among fruits and dried fruits) in preventing bone loss in postmenopausal women due to phenolic and flavonoid compounds. In addition, according to other studies, plums are an important source of boron, which helps build strong bones and muscles. There is evidence to suggest that boron may also counter osteoporosis, but more research is needed to make this claim. And also the formation of plaques in the arteries can cause atherosclerosis and vasoconstriction, which leads to a lack of oxygen in the tissues of the body. If left untreated, all this will result in heart failure, stroke or heart attack. But prunes will help reduce the likelihood of developing atherosclerosis. Scientists conducted a study and found the following: drinking prunes and prune juice can significantly reduce blood pressure and bad cholesterol levels. Especially prunes help control weight and appetite due to the feeling of fullness that they give. One study showed that eating prunes as a snack can suppress hunger for a long time. But you still shouldn't get carried away with dried fruits - 100 grams of prunes contain 240 calories. The high content of soluble fiber in plums helps maintain stable blood sugar levels. Soluble fiber is good because it slows down the absorption of sugar into the blood. This, in turn, prevents type 2 diabetes.

Plums are also rich in iron. Due to a lack of iron, anemia may appear - a condition of the body in which hemoglobin in the blood is reduced. Symptoms of mild anemia include fatigue, irritability, shortness of breath, and decreased performance. Plum, among other fruits and berries, stands out for its high iron content - 2.1 mg per 100 grams, which is why it will help prevent iron deficiency in the human body and thereby get rid of anemia.

### **Plum harm**

“Plums are a low-calorie food product, but the sugar content can fluctuate (therefore, restrictions on their use in diabetes are natural). Plums contain a lot of organic acids, therefore, with gastritis with high acidity, erosive gastritis and duodenitis, peptic ulcer of the stomach or duodenum, it is necessary to avoid plums in the diet. Since plums have a laxative effect, people with a tendency to diarrhea, a decrease in the enzymatic activity of various parts of the gastrointestinal tract and, accordingly, a violation of food digestion, plums can also be contraindicated even in a minimal amount. It is important to consider the form in which plums are consumed. To prevent the oxidation of phenols during the drying process, the plums are treated with sulfites. This is how dried prunes are

obtained. For people with hypersensitivity to sulfites, such dried fruits can be dangerous,” warns nutritionist Irina Yakovleva.

### **To whom can a plum be harmful?**

Despite all the benefits that plum can bring to your body, in some cases it should be excluded from the diet: with increased acidity and stomach ulcers, any diseases of the gastrointestinal tract, sour and rather rough fruits will complicate the course of the disease; with diabetes and obesity - due to the high sugar content in the fruit; with rheumatism, gout and urolithiasis - due to the diuretic effect of plums. But some concessions are also acceptable. For example, with gastritis and pancreatitis, you can eat no more than 3-4 plums a day, and do this only after the main meal.

Pregnant, lactating mothers and babies should be careful with plums, do not overeat, and sometimes it's better to refuse altogether, since this appetizing fragrant fruit can cause bloating, intestinal colic and even diarrhea. For the same reason, it is not recommended to introduce plums as complementary foods. If contraindications do not apply to you, eat, enjoy and recharge with vitamins.

In conclusion, we can say that plum is a very useful fruit for the human body, it is highly valued for its immunostimulating and blood-thinning properties. It is recommended not to forget the norm when using it, especially for diseases of the gastrointestinal system.

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