



## The Significance of Medicinal Goji Plant in Human Life

Isagaliev Murodjon Tuychiboevich <sup>1</sup>, Djuraeva Dilrabo Eminjonovna <sup>2</sup>

<sup>1</sup>Fargona State University, Head of the Department of Soil Science

<sup>2</sup>Doctoral students of Andijan Institute of Agriculture and Agro-Technology

**Annotation:** Goji, goji berry, or wolfberry (Chinese: 枸杞; pinyin: Gǒuqǐ) is the sweet fruit of *Lycium barbarum* or *Lycium chinense*, two closely related species of boxwood in the nightshade family, Solanaceae. The fruits of *L. barbarum* and *L. chinense* are similar, but can be distinguished by differences in flavor and sugar content.

**Keywords:** Goji, Solanaceae, herba lycii, lycion, superfruit, Mindell, fenvalerate, cypermethrin and acetamidrid.

**Goji (*Lycium barbarum*)** is a berry native to Asia, also called wolfberry. Their scientific name in Russian is dereza. The plant belongs to the nightshade family; it is a deciduous shrub, reaching three meters in height, with hanging, thorny branches and small leaves. Goji is grown in China, Japan, Central Asia, Europe and the Hawaiian Islands. The fruits ripen from August to October. It is better not to eat raw goji berries: in this form they can be dangerous for digestion. The fruits are even picked with gloves on, otherwise you can get a burn on the skin of your hands.

Dried berries have a sweet, sour taste and a bright orange hue. Goji has been used in traditional medicine for thousands of years. There is information that they slow down the aging process, support eye health and strengthen the liver, kidneys and lungs.

The name of this fruit is translated as "fruit of long life". This fruit ranks first in Asia as a nutritional product that increases the strength of the body against the bad effects of the environment.

### Applications:

- Increasing immunity;
- As a strong antioxidant substance (protecting against free radicals);
- Improving metabolism;
- Increasing the body's resistance to stress;
- A means of protection against radiation;
- A very strong natural slimming agent for the body;
- Suppressing strong appetite and suppressing the feeling of hunger;
- Dissolving bad cholesterol and removing cholesterol blockages in the veins;
- An effective remedy against liver hepatitis and gall bladder colds;
- Ischemic heart disease and cerebral circulation disorders;
- Inflammation and benign enlargement of the prostate gland (adenoma);
- Infertility in men and women, impotence in men;

- Activating the endocrine system;
- Normalizing the functional ability of platelets (blood diseases);
- bleeding and varicose veins;
- Increasing the elasticity of blood vessels;
- As an anti-inflammatory and antibacterial agent;
- As an antiparasitic agent;
- Improving eyesight;
- When restoring metabolism in the body;
- Normalization of general and arterial blood pressure;
- When removing excess fluid from the body;
- As an effective remedy for chronic diarrhea;
- Improving the functioning of the nervous system;
- in the regulation of blood sugar level and disease prevention;
- In the prevention of tumor diseases;
- Slowing down aging processes in the body;
- It has the property of rejuvenating the body.

It was not possible to use and no adverse effects were observed.

Conducted scientific research proved that Goji fruit is absolutely harmless for men and women and children of different ages!

Contents:

Germanium is an anti-cancer mineral that is very rare in nature, but it is found in Goji berries.

When Goji fruit is consumed as a supplement to the diet, it is an effective tool for preventing liver cancer (tumor) and improving the functioning of all systems of the human body.

In the course of conducting scientific and medical examinations, it was found that when this Goji fruit was consumed in addition to medicine, the death rate was reduced by 60-70% compared to those who did not consume the fruit. In the patients in the last stage of this disease, it was observed that the growth of tumors decreased sharply.

Beta-carotene, minerals, amino acids and carotenoids contained in goji fruit fight against cholesterol, polysaccharides improve the production of insulin by the pancreas and keep the amount of sugar in the mine in balance. The betanin substance prevents early fatty liver and vascular damage in diabetes.

Goji berries are also used as an aphrodisiac. As a result, testosterone increases in the mine, which in turn leads to an increase in sexual power in men and women.

When consumed in the morning and in the evening for weight loss, it does not disperse the fats in the body, but also encourages them to gain strength. Also, it has been observed that people suffering from insomnia have long-lasting healthy sleep, and the ability to sleep has given people with poor eyesight the opportunity to sleep comfortably even in the dark.

Polysaccharides improve the immune system and increase the number of lymphocytes, resisting the destructive attacks of viruses. It has the property of cleansing the skin and rejuvenating the body. Yogi also improves bone marrow function. It was even observed that it benefited those who could not have children.

Goji berries can be used alone or mixed with other herbs to treat colds and coughs. It is a strong

antioxidant, prevents high blood pressure, improves kidney function, strengthens the heart, and is very effective in liver hypostasis. Strengthens teeth and bones and provides them with Sa substance.

According to the results of scientists' scientific research, the structure of the DNA molecule of the human body is influenced by the polluted environment, chemical effects, etc. If the skin is damaged due to various reasons, Goji fruit will help to restore it. Therefore, the fruit also represents the pricelessness of this fruit.

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