



## Preparation of Biologically Active Nutritional Supplements for Children and Adults Based on Medicinal Products and their Use in Folk Medicine

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**Abstract:** This article presents three types of 100 gram "NABIZ-1: -2: -3" biologically active food additives preparation methods. "NABIZ-1" bread made of figs, apricot kernels, walnut kernels, jiida, date fruit, mulberry, raisins, honey, bran sweet potato flour, cow's milk and sunflower oil, "NABIZ-2" made of figs and mulberry kernels, raisins, honey Information about the composition of jam and the preparation and properties of "NABIZ-3" drink made from figs, mulberries and raisins, honey is highlighted.

**Keywords:** figs, apricot kernels, walnut kernels, dates, dates, mulberries, raisins, natural honey, bran flour, cow's milk and sunflower oil, medicine, medicine, folk medicine.

### Introduction

Today, the extraction of natural medicinal substances from plants and the development of technology for the preparation of new types of natural medicinal products from local dry fruits are considered to be one of the urgent topics. The ancient knowledge accumulated by mankind should not be forgotten and lost, but it is necessary to improve them based on the needs of the times. It is important to create new nutritional supplements that have therapeutic properties and eliminate existing diseases. In the works of Bukratius, Galen, Aristotle, Abu Ali Ibn Sina and other scientists, the information about nutrition covers a thousand years of history. Bukrot writes the following about nutrition in his work called "On Diet": 1) The composition of food products and drinks consumed by humans is diverse. 2) It is possible to increase or decrease the composition of this or that food product. 3) The food or drink consumed affects the human body and its physical condition. According to Bukrot, the amount of food taken depends on a person's age, weight, weather, place of residence, and the season of the year. Abu Ali Ibn Sina expressed invaluable opinions about the oral cavity, digestion and appetite, eating habits, the importance of water, the organization of children's meals, and the requirements for the elderly. The ancient Greek philosopher Socrates expressed the following opinion about the standard of eating: "Man does not live to eat, but eats to live."

### Theoretical part

People have been using medicine since ancient times. As a result of the ancient people helping themselves and each other, medical knowledge was gradually created and followed its own

development paths over the centuries. The development of medical knowledge has become highly specialized and fragmented by the present time. Nevertheless, folk medicine has not lost its importance even in modern times, folk medicine has had a positive effect on people for centuries [1-5].

With the appearance of humanity on earth, medicine also appeared. After all, there is humanity and there is disease. In the treatment of the disease, he turned to medicine, which is a unique product of human nature. In nature, they have created the most favorable conditions for human health, nutrition, living and reproduction. Using nature wisely, people should protect themselves and others, including nature. It is a clear proof of this that people have been preserving their health and that of others for several thousand years, with the so-called folk medicine, the methods of rational use of natural medicinal products made from plants and animals [3].

In the last 30 years, the deterioration of the ecological situation on our planet has caused climate instability, the use of various chemical preparations in modern medicine, and due to several reasons, the number of mental and nervous diseases is increasing in all countries of the world, including Uzbekistan.

It is necessary to recognize and admit that modern medicine has unlimited possibilities, and they mainly refer to chemistry. Now the human body is so full of chemical elements that we need to look for ways to reduce them. Statistics show that 78 percent of the population has chronic diseases, each of them has at least 7-8 diseases. Disease is a loss of energy, resulting in aging and death [4-6].

Today's researches confirm that the modern man is drastically different from the people of our ancestors, has changed to the negative, lacks or increases the necessary elements in the diet, differs from us. Modern medicine is not able to cure diseases, as a result, new diseases are created in people. People are forced to take drugs every day, all the time, for the rest of their lives. As a result, human consumption of proteins decreased by 2.7 times, fat consumption increased by 2 times, consumption of semi-saturated fatty acids increased by 3.2 times compared to saturated acids, sodium intake increased by 4.9 times, potassium intake by 4.6 times and calcium intake decreased by 2.5 times [4-8].

From a long time ago, our ancestors, that is, our grandfathers and grandmothers, five ancestors, were engaged in the profession of doctors - "khatmgar" (massagers), and based on the spiritual legacy left by my grandfather Akramjon and my mother Saylikhan, who brought me up from my youth, they cured many diseases, including nervous, hereditary and mental diseases. In treatment and prevention, along with massaging, the method of treatment with the addition of bran bread, jam and drinks made from the fruits of heaven, rind and raisins has been proven to be effective in history.

In A.Orinboev folk medicine, my ancestors, that is, my grandfathers and grandmothers, five of my ancestors were doctors - "khatmgar" (massagers), and based on the spiritual legacy left by my grandfather Akramjon and my mother Saylikhan, who brought me up from a young age, they treated many diseases, including nervous, hereditary and In the treatment and prevention of mental diseases, it has been proven in history that the method of treatment with the addition of fruits, dried pulp and raisins, bran bread, jam and drinks has been effective in treating and preventing mental diseases.

Dried grapes (raisins) are rich in glucose (65-80%), which is quickly absorbed by the body, and are high in calories. Due to the high content of resveratrol in grape skins and seeds, it has the power to fight cancer. Due to its anti-inflammatory properties, it can easily treat the onset of breast cancer, colon and rectal cancer. Raisins are a very high-calorie product from a medical point of view, which is used for anemia, impotence, decreased immunity, and nervous tension. Compared to freshly picked grapes, the healing power of raisins is stronger. White grapes strengthen nerve fibers, clean the intestines from toxins and infections, and black grapes are the most useful medicine for nervous people, that is, they calm the nerves and remove fatigue [9-12].

Chemical composition and energy content of dried raisins: dry matter 77%, carbohydrates 61.0%, nitrogenous matter 1.5-2.5%, ash 1.9-2.2%, vitamins necessary for the human body are present. 1 kg of raisins has 2400-3250 calories of energy [9-12].

The chemical composition of fig fruit contains 20-30% sugar, 0.5-4.2% pectin substances, 3.4-7.4% clechatka, up to 0.1% organic acids, carotene, calcium, iron, phosphorus and other elements. When dried figs contain up to 86% sugar, 0.22-0.59% organic acids, fat-soluble vitamin A (retinol), water-soluble vitamin C (ascorbic acid), mineral salts (phosphorus, magnesium, calcium, iron) and it is very healing [13-14].

In medicine, fig fruit has diuretic and sweat properties. Poisoning can be treated with figs. Because the substances contained in it improve the functioning of the gastrointestinal tract, expel poison from it, and improve the functioning of the kidneys and liver. Figs are also used in other diseases: in case of sore throat and cough, pour hot milk over figs, let them steep for a while and give them to the patient before meals. Figs are also known to reduce fever. For this, a patient with fever should prepare a tincture of dried figs and drink it. Figs reduce the amount of cholesterol in the blood. Therefore, it is an excellent remedy for cardiovascular diseases and obesity. Figs contain a large amount of iron. Therefore, it is beneficial in anemia. Fig juice softens the stomach. Even drinking fig jam in hot tea can achieve the same result. If figs boiled in milk are pressed on purulent wounds, they ripen faster and burst [13-14].

Bread is one of the most wonderful food products, it has a very long and rich history. Bread has been and continues to be the main source of energy for humans. Bread is revered in all cultures of our planet, and the types of this product are innumerable.

### Results and Discussion

In the "Scientific Medical Center" at the "Ninavo Evening" scientific experimental seed breeding, multi-disciplinary farm. Biologically active additive "NABIZ-1" bread made from figs, apricot kernels, walnut kernels, jiid, date fruit, mulberry, grape raisins, natural honey, bran sweet potato flour, cow's milk and sunflower oil (Fig. 1) and figs, mulberry kernels, biologically active additive "NABIZ-2" jam made from grapes, raisins and natural honey (Fig. 2) and biologically active additive "NABIZ-3" drink made from figs, mulberries, grape raisins, natural honey have strength (Fig. 3) methods of preparation were newly created, also a new version of complex effective treatment of nervous, hereditary and mental diseases was developed and experimental work was carried out using Sauna, Sandal and Magnetic mask. In the treatment and prevention of the above diseases, a new method created on the basis of folk medicine has been effectively used in the treatment of patients for several years.



**Figure 1. "NABIZ-1" bread with biologically active supplement of 100 grams made from figs, apricot kernels, walnut kernels, jiid, date fruits, mulberry raisins, natural honey, bran sweet potato flour, cow's milk and sunflower oil**

Biologically active supplement "NABIZ-1" bread in folk medicine increases the mental and physical strength of children and adults, improves blood and substance exchange, strengthens brain and nerves, slows down the aging process. "NABIZ-1" bread is eaten 15-20 minutes before meals, three times a day, one grain, added to half a cup of warm water. Storage conditions: Store in a dark place at a temperature of 5-15 degrees. Shelf life: 6 months.

"NABIZ-1" bread has 840 kcal, sweet potato bran flour has 611 mg, walnuts have 69 mg and sunflower oil has 58 mg of vitamins and amino acids saturated with magnesium and calcium salts. Humans, especially children with defects, are born with a deficiency of B vitamins, rich in magnesium and calcium. The daily norm of group B vitamins is 0.8 - 1.2 grams. If children with disabilities eat 1.5 - 1.7 grams of magnesium and calcium-rich products every day, it will improve and increase their mental and physical activity. If "NABIZ-1" bread is consumed by people of all ages, it increases immunity to diseases, thins blood, improves the functions of blood vessels, digestive and excretory organs, and slows down aging.



**Figure 2. "NABIZ-2" jam of 100 grams of biologically active supplement made of figs, mulberries, grapes, natural honey.**

Biologically active supplement "NABIZ-2" jam in folk medicine increases the mental and physical strength of children and adults, improves blood and substance exchange, strengthens brain and nerves, slows down the aging process. "NABIZ-2" jam is consumed 15-20 minutes before meals, three times a day, one teaspoon, mixed with half a cup of warm water, 15-20 minutes before meals. Storage conditions: Store in a dark place at a temperature of 5-15 degrees. Shelf life: 6 months. "NABIZ-2" jam contains all drugs of group V and helps to activate mental and physical activity of children and adults.



**Figure 3. "NABIZ-3" drink of 100 grams made from figs, mulberries, grapes**

Biologically active supplement "NABIZ-3" in folk medicine increases mental and physical strength of children and adults, improves blood and substance metabolism, strengthens brain and nerves, slows down the aging process. Drink "NABIZ-3" 15-20 minutes before meals, three times a day, one teaspoon, mixed with half a cup of warm water, consumed 15-20 minutes before meals. Storage conditions: Store in a dark place at a temperature of 5-15 degrees. Shelf life: 6 months.

Children and adults fed with the above three types of biologically active nutritional supplements make them healthy and strong, both mentally and physically, as well as superior to their peers. The above three types of biologically active food supplements have been used as an experiment for several decades in the "scientific MEDICINE center" belonging to the scientific experimental seed multidisciplinary farm "Nainavo Akshomi" in Shahrikhan district, for the treatment of children born with defects, especially children born with "down syndrome". are being used effectively in their work. It can also be used by students of other special schools, that is, schools for the blind and deaf. It has been proven that it helps blind children who eat them to increase their eyesight, they don't need glasses, and it also helps deaf children to hear.

If these three types of biologically active food additives are used in special schools that educate all disabled children in the Republic, that is, if they are given to disabled children three times a day, the efficiency of the funds spent on them can be achieved, compared to the current one. If these three types of biologically active food supplements are consumed not only by disabled children, but also by healthy children, they will become more healthy and strong, with intelligence and strength added to their minds.

When healthy people consume it regularly, it increases immunity against diseases, slows down the aging process, and due to the newly created cells, the process of aging can begin. In the last 50 - 60 years, it is observed that the strength of food products grown by 40 - 50 percent has decreased under the influence of chemical fertilizers. For example: in 1980, 100 grams of mutton contained 209 kilocalories, by 2020 it will be 120 kilocalories, beef from 166 kcal to 96 kcal, chicken from 120 kcal to 61 kcal, and chicken eggs to 157 kcal. It was found that it decreased from kcal to 82 kcal. As a result, the people who consume the food products grown in the country also experience weakness, weakness, and a decrease in their immunity to diseases, which in turn affects the increase in the number of diseases.

**Table 1 The energy consumed by a person weighing 65 kilograms per day**

<b>№</b>	<b>Name of pointers</b>	<b>Calorie kcal</b>
1	To sleep – 0,93	483,6
2	To go to sleep – 1,10	286,0
3	To sit down – 1,43	371,8
4	Read (read aloud)- 1,50	390,0
5	To sew by hand - 1,59	413,4
6	To knit by hand – 1,66	431,6
7	Dressing and undressing – 1,72	223,6
8	Play a song or music – 1,85	481,0
9	To work at the port – 1,93	1003,6
10	Typing or typing on a computer – 2,05	533,0
11	Iron on a heavy iron – 2,15	279,5
12	To wash the dishes – 2,45	637,0
13	Walking down the street – 2,86	743,6
14	To swim – 7,14	1856,4
15	To run – 8,14	2124,2
16	For light work – 2,43	1579,5
17	For average jobs – 4,14	2421,9
18	For heavy work – 6,43	3761,6

**Table 2 Daily caloric-energy and nutrient requirements for growing children**

№	Children's age	Calories	Protein, grams	Oil, grams	Carbohydrate, grams
1	From 1 to 3 years	1000-1300	4,2	4,0	10
2	From 4 to 7 years	1500-1800	3,5	3,5	11
3	From 7 to 9 years	1800-2000	3,0	3,0	12
4	From 9 to 11 years	2000-2400	2,5	2,5	13
5	From 12 to 14 years	2400-3000	2.3	2.3	14
6	From 14 to 18 years	3000-3600			

**Table 3 The daily energy and nutrient requirements of an adult**

№	Population group	Age	Weight loss	Protein, gram	Oil, gram	Carbohydrate, gram
1	Those who don't do physical exertion are in demand	18-40	2800	96	90	382
		40-60	2600	89	81	355
2	Those who do not require much physical strength, mechanism	18-40	3000	99	97	413
		40-60	2800	92	91	385
3	Mechnized, which requires a lot of physical effort	18-40	3200	102	103	445
		40-60	2900	93	94	401
4	Heavy mechanization of the cocktail	18-40	3700	108	120	522
		40-60	3400	100	110	480
6	Men	60-70	2350	80	76	320
7	Women	55-70	2100	70	66	280

In the near future, it consists of a thorough scientific study of biologically active supplements prepared by these methods, to improve scientific research works with modern methods and to give a scientific conclusion, to conduct in-depth analyzes with modern equipment and tools, to study and to provide reliable and guaranteed service to people based on folk medicine.

It is known that parents and parents of children, and persons responsible for them, carry out health care in special schools and at home. Billions of funds of parents and guardians are being spent for this. The effectiveness of these spent funds is very low. When we analyze the funds spent on education, upbringing and health care of children and adults, life proves that billions of funds are ineffective. If we count all the monthly salaries paid to them in special schools for four meals a day, medicines, equipment and teachers, the fact that huge amounts of money are spent in vain for the education and health of children and adults is causing a lot of damage to the economy of our country.

In the complex treatment and prevention of nervous, hereditary and mental diseases, including Down's syndrome, seizures, tremors, biologically active additives "NABIZ-1" bread, "NABIZ-2" jam and "NABIZ-3" drinks are used. good results can be achieved.

### Conclusion

"NABIZ-1" bread, "NABIZ-2" jam and "NABIZ-3" drinks are biologically active supplements that increase the mental and physical strength of children and adults in folk medicine, improve blood and substance metabolism, strengthen brain activity and nerves, slow down the aging process. , prepared on the basis of natural products. The conditions and period of consumption and storage of biologically active supplements were determined.

50 gr for each child and adults in the morning at home. "NABIZ-1" bread, one teaspoon of "NABIZ-2" jam, 50 mg of "NABIZ-3" drink is given for breakfast. The same amount is repeated at 16:00 and 20:00. It is consumed every day for a week for a month.

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