

MEDICINAL SIGNIFICANCE OF CAPERS PLANT

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Annotation: Hic articulus informationes praebet de commodis proprietatibus Capparis Spinosa, praesertim de classificatione morpho-biologica et de munere in cibo.

Key words: Panicum capparis spinosa, berries, rutin, saponin, alkaloid.

Introduction: Capers (*Capparis spinosa* L.) plant is a semi-shrub belonging to the Caparaceae family. The stem and branches are horizontal, the leaf is oval, the flower is large, white or light pink. The fruit is red fleshy and has many seeds. Capers are a spreading plant with a blue stem, reaching 2-2.5 m in height. The short banded flower is located in the axil of the leaf. In July-August, the fruit pod ripens and bursts. The roots of capers release an acid that dissolves various barriers. That's why it grows on paved and concrete areas. This wonderful plant has chosen the most unfavorable place for growth. At the same time, capers are a plant rich in sap. It blooms from mid-May to November. It secretes nectar similar to honey. The stem is prickly, branched. The plant contains rutin, vitamin C, sugar, iodine and other substances. At the same time, there are organic substances such as proteins, hydrocarbons, essential oils, and biogenic elements such as Ca, Mg, Na, K, P, Fe, Zn, Cu, Mn. Widely distributed in the Crimea, Caucasus, Central Asia, North Africa and the rocky lands of the Mediterranean Sea. Cultivated in Southern Europe. Buds and fruits of capers are eaten with vinegar or salt. The fruit contains 18% protein and 36% oil. It is a multi-seeded berry that grows in deserts and hills, on roadsides, on walls, among crops, and its fruits are fleshy, up to 2 cm long. Seeds ripen in July-August. The fruits of this medicinal plant contain saponins, alkaloids, 32.9%

carbohydrates, 150 mg ascorbic acid, 3.75% oil, stachydrin alkaloid in the root bark. Capersdorivor is used as a food as well as a plant. Buds, buds, and developing fruits of capers are pickled in acetic acid and used in food as medicine known as capers. [1.2].



Figure 1: a) Capparis Spinosa plant; b) its bud.

Unopened buds and leaves are picked in May-August. At the same time, the bark of young, woody branches and roots is removed, crushed and dried in the sun or at a temperature of 50-60°C. A decoction made from the bark has an appetizing effect. It is used in folk medicine to treat purulent wounds. Pressing freshly squeezed bark on an aching tooth gives a positive result. Sometimes it has an antiseptic effect when applied to open purulent wounds. In addition, the plant is used in the treatment of angina pectoris, thyrotoxicosis, hemorrhoids, and diabetes. To make nastoika from root bark, 0.5 l of boiled water is poured over 20 g of ground bark, and it is left to stand for 1-2 hours. Drink half a glass three times a day before meals [1.2]

Marinade made from capers is a delicious French dish that brings peace to the taste buds. Buds, fruits and tender branches can be used as a spice in vinegar. Capers are widely used in cooking and baking. Most people do not know about these properties of capers and their health benefits. The taste of the green buds of

capers is not very good, a little more bitter. But after it is processed, this taste is lost. Salted and marinated kovul is eaten by adding it to meat dishes and salads. After the capers are dry, spices such as olive oil, jambil, and zirk are added in warm condition, and then this mixture is kept in a water bath for 10 minutes. In order to preserve the taste and smell, it is necessary to put the kovull a few minutes before the food is ready [3].

Capers, unopened buds, are still a mysterious exotic for many Russians. The first recipes for dishes with capers were invented by the ancient Greeks and Arabs, although for them the bitter flower bud was not a delicacy, but a medicine. Capers have been eaten to relieve heartache, lower blood pressure, treat teeth, gums, rheumatism, and headaches. Gradually, people learned to use medicinal buds for culinary purposes. Capers are usually harvested by hand early in the morning, dried in the sun, and then salted according to old recipes to remove the unpleasant bitterness.

The use of capers in cooking has gained popularity due to its sharp, salty and sour taste, which makes dishes spicy and unusual. It enhances the unique taste of the flower buds and increases the sensitivity of the taste buds, so the food becomes more delicious.

Capers are added to meat, fish, sauces, salads, etc., we use pureed or finely chopped capers to soften the sharpness and distribute the spicy flavor evenly throughout the food. It is recommended to taste dishes with capers at the very end, because during long-term heat treatment, their unique taste is lost. If the capers are too salty, you can soak them in water a little before cooking.

There are many recipes for making pickled capers, capers are meat (especially lamb and beef), poultry, fish, white cheese (feta and mozzarella), pasta, rice, pickles and eggs. It is very tasty. Bell peppers, olives, onions, dill and tarragon also go well with capers. Salted sprouts are an important ingredient in Olivier salad and Georgian salt, although they can be added to any dish that requires spiciness. Some lovers of

hot spices prepare sandwiches, pies and desserts with capers - as they say, the flavors are unique.

It would not be wrong to say that capers are a treasure under our feet. As an example of this. During lunch, some kind of fruit salad is served along with other dishes. Guests are interested in it and taste it. They ask each other what is this? But no one can answer the question. At the end of the hospitality, they will have to ask the hosts themselves: can you give me the recipe for this delicious salad? The hosts laugh in response. The reason is that this is a salad made from capers imported from our country. "We consider Uzbekistan to be a mine of capers. We can buy 100 grams of it for 1 US dollar," they say. And this is what the foresters of Andijan said: that the kovull growing in our hills has such a value in the world [4].

CONCLUSION

The flora of our country is very rich and they are used for various purposes. For example, it is used in pharmaceuticals, food industry and other purposes. An example of such plants is capers. Capers are considered to be one of the most useful plants, the flower of this plant is rich in nectar, and it fascinates the Shiroili man. Therefore, it would be appropriate to study, develop and create plantations of the Capers plant.

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