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THE USE OF FIG IN NUTRITION AND MEDICINE

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Annotatsiya. Ushbu maqolada anjir mevasining oziq-ovqat va tibbiyotdagi qo‘llanilishi tahlil qilingan. Unda anjirning kimyoviy tarkibi, foydali xususiyatlari hamda inson salomatligiga ijobiy ta’siri yoritilgan. Shuningdek, anjirning oziq-ovqat sanoatidagi o‘rni, turli mahsulotlar tayyorlashda qo‘llanilishi va xalq tabobatidagi ahamiyati ko‘rib chiqilgan. Tadqiqot natijasida anjirning tabiiy, shifobaxsh va yuqori oziqaviy qiymatga ega mahsulot ekanligi asoslab berilgan.

Kalit so‘zlar: anjir, anjir mevasi, oziq-ovqat mahsuloti, tibbiyot, foydali xususiyatlar, vitaminlar, minerallar, xalq tabobati, sog‘liq, ovqat hazm qilish.

Аннотация. В данной статье анализируется использование плодов инжира в пищевой промышленности и медицине. Рассматриваются химический состав инжира, его полезные свойства и положительное влияние на здоровье человека. Также изучается роль инжира в пищевой промышленности, его применение при производстве различных продуктов и значение в народной медицине. В результате исследования обосновано, что инжир является натуральным продуктом с лечебными свойствами и высокой пищевой ценностью.

Ключевые слова: инжир, плоды инжира, пищевой продукт, медицина, полезные свойства, витамины, минералы, народная медицина, здоровье, пищеварение

Annotation. This article analyzes the use of fig fruit in nutrition and medicine. It examines the chemical composition of figs, their beneficial properties, and their positive effects on human health. The study also considers the role of figs in the food industry, their application in the production of various products, and their significance in traditional medicine. The research substantiates that figs are a natural product with medicinal properties and high nutritional value.

Keywords: fig, fig fruit, food product, medicine, beneficial properties, vitamins, minerals, traditional medicine, health, digestion

Introduction

Today, the issue of healthy nutrition and the use of natural products has gained significant relevance. One of such beneficial and natural products is the fig fruit. Since ancient times, figs have been consumed as a food product and are particularly valued for their medicinal properties. Figs contain numerous vitamins, minerals, and biologically active compounds essential for the human body. Therefore, they are widely used not only as a food product but also in medicine. In particular, in traditional medicine, figs are used as an effective remedy for the treatment of various diseases.

Research Objective and Significance

The aim of this study is to investigate the use of fig fruit in nutrition and medicine, as well as to determine its composition and beneficial effects on human health. The research analyzes both fresh and dried forms of figs, as well as their role in traditional medicine and in the daily diet.

The fig is native to Asia Minor and belongs to the mulberry family (Moraceae), representing a subtropical fruit species. Among the CIS countries, it is widely distributed in Central Asia, southern Kazakhstan, Crimea, the Caucasus, Moldova, and the Krasnodar region of Russia. It is also extensively cultivated in Turkey, Algeria, Southern Europe, and the United States. In the wild, figs grow in the Mediterranean region, Asia Minor, Iran, and northwestern India. The fig is considered one of the oldest

cultivated plants, having been grown for about 5,000 years in Asia and at least 2,000 years in Europe.

Fig fruit is rich in nutrients and vitamins. It contains 10–28% sugars (up to 86% in dried fruit), 0.22–0.59% organic acids, as well as vitamins A, C, and B, and minerals such as phosphorus, magnesium, calcium, and iron. The fig plant can be monoecious or, in some cases, dioecious. Its flowers are small and unisexual, formed in the leaf axils in a structure known as a "syconium." Pollination occurs through insects, while in some varieties it takes place via parthenogenesis, resulting in seedless fruit. Artificial pollination (caprification) is also possible[1].

Figs produce two harvests per season: the first ripens in June–July, and the second in August–September. The leaves are typically 3–5 lobed, sometimes up to 7 lobed. The branches and leaves contain a milky latex. The fruit contains 0.5–4.2% pectin, 3.4–7.4% fiber, as well as carotene, calcium, iron, and phosphorus, which determine its nutritional and medicinal value.

Figs are highly beneficial and contribute to the following: they help fight viral infections and reduce fever; due to their high potassium content, they strengthen the cardiovascular system; they improve blood composition; the presence of calcium and magnesium contributes to mood improvement and relief of headaches; their choleretic properties support kidney function; they normalize digestive processes; and they enhance brain function.

However, there are certain limitations regarding fig consumption. It is not recommended for individuals with diabetes due to its high sugar content. Even well-ripened figs may contain up to 70% sugar. Moreover, dried figs have an even higher concentration of sugars and calories. For comparison, 100 grams of fresh figs contain 49 kcal, including 0.7 g of protein, 0.2 g of fat, and 13.7 g of carbohydrates, whereas 100 grams of dried figs contain 256 kcal, including 3.1 g of protein, 0.8 g of fat, and 57.9 g of carbohydrates[2].

Due to its rich composition of bioactive compounds, fiber, vitamins, and minerals, fig fruit is widely used in medicine for various purposes. It stimulates the

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digestive system, improves intestinal function, and helps prevent constipation. In addition, its iron and calcium content supports blood formation, while vitamins and minerals strengthen the immune system. Pectin and dietary fiber contribute to cardiovascular health, and figs also promote skin healing and wound recovery. Furthermore, figs can be beneficial in regulating blood sugar levels and managing body weight.

Literature Review

Studies conducted on figs extensively highlight their biological, nutritional, and medicinal properties. Research carried out in Turkey, Central Asia, and CIS countries confirms that figs possess high nutritional value. At the same time, their composition rich in dietary fiber, vitamins, minerals, and bioactive compounds has been shown to have positive effects on human health[3]. Some studies demonstrate the effectiveness of figs in improving digestion and intestinal function, while others emphasize their role in strengthening the immune system and supporting cardiovascular health. In addition, a number of agronomic and economic studies have noted the long shelf life and export potential of dried and processed fig products.

Overall, the literature indicates that figs are not only a valuable food source but also play an important role in healthcare and the pharmaceutical field. However, further clinical and laboratory research is required to more comprehensively investigate their therapeutic properties.

Conclusion

The fig is an ancient cultivated subtropical fruit that holds significant importance in biological, nutritional, and medical fields. Its fruit is rich in bioactive compounds, dietary fiber, vitamins, and minerals, making it effective in improving digestion, strengthening the immune system, supporting cardiovascular function, and promoting skin and wound healing. Figs are widely used in the food industry for the production of various products, while dried and processed fig products have a long shelf life and strong export potential. At the same time, further scientific research is required to more deeply investigate the therapeutic properties of figs. In conclusion, figs are not only a

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valuable food source but also a medicinal fruit with broad applications in healthcare and the pharmaceutical industry.

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