

## MEDICINAL PROPERTIES OF ONIONS

*Anorboyeva Shaxzoda Sadriddin qizi*

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### Abstract

The article deals with significant information about the importance of vegetables, especially onions, to the human body. On the other hand, it covers background data and modern usage of onions in medicine.

**Keywords:** adequate, constitute, chronic diseases, consumption, vibrant flavor, vitamin, energy-boosting.

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The healing properties of vegetables have been known to us since ancient times. They normalize nervous excitement and prevent mental states. A number of vegetable plants (onions, garlic, tomatoes, peppers, parsley, radish) contains phytochemicals with bactericidal (robust) properties. Some vegetables (celery and garlic) have energy-boosting properties. In addition, these vegetables are very important in preventing various viral diseases. Several reports have shown that adequate intake of fruits and vegetables form an important part of a healthy diet and low fruit and vegetable intake constitute a risk factor for chronic diseases such as cancer, coronary heart disease (CHD), stroke and cataract formation. Scientific evidence indicates that frequent consumption of fruits and vegetables can prevent oesophageal, stomach, pancreatic, bladder and cervical cancers and that a diet high in fruits and vegetables could prevent 20% of most types of cancers. According to reports, fruit and vegetable consumption is influenced by gender, age, income, education and family origin. Other studies suggest that education may influence nutritional knowledge about fruits and vegetables and consequently also influence their intake. Empirical findings also indicate that family origin and socioeconomic status affect the purchasing power of food, food choice, food preparation and food availability which in turn affects consumption. Today we will talk about one of the most important vegetable in human health. It is onion.

Packed with vibrant flavor, onions are a staple food throughout the world. It is a close relative of other Allium family members such as garlic, leeks, and shallots. It is grown for its edible bulb, which most often serves to flavor a variety of foods. This plant originates from central Asia, but it can be found around the world today. Onion has been valued as a food and a medicinal plant since ancient times. It is widely cultivated, second only to tomato, and is a vegetable bulb crop known to most cultures and consumed worldwide. It is a short duration horticultural crop grown at low latitudes. It is commonly known as “Queen of the kitchen,” due to its highly valued flavor, aroma, and unique taste, and the medicinal properties of its flavor compounds. Onion is used throughout the year, for example in curries, in the form of spices, in salads, as a condiment, or cooked with other vegetables, such as boiled or baked. It is also used in different forms of processed food, e.g. pickles, powder, paste, and flakes, and it is known for its medicinal values.

Onions have been used by humans since the Neolithic age, and they are still being used all over the world. Over this long period, there have always been people who have appreciated the use of onions and used them in considerable quantities, but there have also been those who have rejected and detested them (Koch and Lawson, 1996). Onions have been cultivated globally, in at least 175 countries, for around 5000 years. Ancient Egyptians regarded the spherical bulb as a symbol of the universe. The name is probably taken from the Latin unus meaning “one,” and the Romans introduced the onion to Britain, from where it may have been carried to the Americas. The first known written report about the onion comes from the Sumerians and dates back to 2600–2100 BC. In the Papyrus Ebers, which is based

on ancient Egyptian writings and knowledge, we discover that leek played an important role in the kingdom of old Egypt. The great physician Hippocrates suggested onion as a diuretic, laxative, and emmenagogue. He also used onion for the treatment of pneumonia, and, externally, for healing putrid wounds. Apart from their delightful tastes onion is a good source of nutrients, vitamins and minerals. Consuming 160 gram of raw onion offers 0.192 mg of Vitamin B6, 11.8 mg of Vitamin C, 14.94 g of Carbohydrate, 0.206 mg of Manganese, 30 µg of Vitamin B9 and 2.7 g of Total dietary Fiber. Moreover many Amino acids like 0.022 g of Tryptophan, 0.034 g of Threonine, 0.022 g of Isoleucine, 0.04 g of Leucine, 0.062 g of Lysine and 0.003 g of Methionine are also found in 160 gram of raw onion. Onion consists of the majority of the nutrition which is needed by the entire body. The water content in onion is nearly 80%. The nutrients present in onions are carbohydrates, proteins and fats. Minerals just like phosphorous, zinc and potassium can be found in onions too. Onion also includes calcium and also vitamins. Following are amongst the advantages of onions.

1. Cancer is normally characterized by uncontrolled growth of cells in the body. It is one of the world's leading causes of death. Several researches have connected increased consumption of onions to reduced risk of several types of cancers, such as stomach-, breast-, colon- and prostate cancers.
2. Anemia is a disorder marked by a shortage of red blood cells or of hemoglobin in the blood, resulting in pallor and weariness. Anemic conditions can be cured by eating onions along with jaggery and water, because this adds to the mineral content of the body, especially iron, which is a crucial part of producing new red blood cells. Therefore, anemia, also known as iron deficiency, can be prevented by having a health amount of onions in your diet.
3. Onions are often used to avoid tooth decay and oral infections. Chewing raw onions for 2 to 3 minutes can potentially kill all the germs present in the oral area and surrounding places like the throat and lips.
4. Onion is found beneficial for earache too. A few drops of onion juice may actually prove hugely beneficial to individuals suffering from acute earache. The ringing sound in the ear may be cured by applying onion juice through a piece of cotton wool
5. Onion consists of ample amount of phytochemicals that act as a stimulant to vitamin C within the body. The efficiency of vitamin C, and subsequently your immune system, is increased when you eat onions, since it boosts your immune system against toxins and numerous foreign bodies that can lead to disease and illness.

In conclusion it should be noted that we can count this list page to page. It means that onions are good friends for us in being healthy and to defeat illness. As we know, vegetables occupy a very important place in our daily diet. The nutritional value of vegetables is determined by the amount of carbohydrates, proteins, fats and other substances in them. The composition of vegetables is mainly water (65-96%) dry matter is 4-7% in cucumber, tomato and watermelon, 11-17% in root vegetables, 20% in green peas, 35% in garlic and onion. Therefore, the nutritional value of vegetables is not high: one kilogram of the most consumed vegetables has 150-400 kcal or 600-1700 kJ. Vegetables as food cannot satisfy the body's energy requirements (human daily requirement is 8-17 thousand kJ or 2-4 thousand kcal). However, they serve as a source of additional carbohydrates, proteins and oils. Nevertheless, vegetables are very important in people's lives.

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