

HEALING PROPERTIES OF CARROT ROOTS AND LEAVES AND THEIR USE IN FOLK MEDICINE

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Abstract: This article provides information about the medicinal properties of carrot root and carrot leaf and their role in folk medicine. The information provided allows us to use carrot root and carrot leaf as an effective remedy for treating certain diseases.

Keywords: carrot root, carrot leaf, kidney disease, constipation, vitamins, medicinal.

Carrot (*Daucus carota*) - is well known and popular among our people since ancient times as a medicinal vegetable. Not only the root crop of this useful plant, but also its leaves are used in folk medicine for the treatment and prevention of many diseases. Carrot is an annual or biennial plant, and the cultivated type, that is, the type grown for consumption, is biennial. Carrot is one of the plants with essential oils. Its fruits contain up to 1.9%, and the leaves of the plant contain up to 0.13% essential oil, as well as geraniol, dautsene, bisaboden, sesquiterpene caratol alcohol, daucol, azarone and other compounds. Carrot root is rich in a number of carotenoids, vitamins K, B1, B2, RR, C, pantothenic acid and inositol, as well as phytosterols, phosphatides, enzymes, sugars, flavonoids, trace elements, fiber, potassium, calcium, iron and many other biologically active substances. Their combination plays an important role in restoring human skin, improving vision, strengthening immunity and supporting the cardiovascular system. [1]

In folk medicine, the roots and seeds of wild and cultivated madame carrots are widely used as a medicine. Grated carrots are prescribed for acute and chronic hepatitis, jaundice, dysentery, diarrhea, constipation, hemorrhoids, gastritis, and stomach ulcers. Carrot juice and egg yolk mixed with honey are recommended for cuts, cracks, and rashes. [2]



Carrot seeds are also used for kidney stones, constipation, and flatulence. Carrot leaf juice is used for gout, diathesis, and neurodermatitis, and the juice of the root is used as a treatment for malignant tumors. [3]

Ibn Sina used carrot leaves as an ointment to heal wounds faster, and also as a diuretic. The root was prescribed for pleurisy, chronic cough, intestinal pain, and swelling in the body. Carrots are effective in thinning mucus and bile, and are effective in healing internal wounds faster.

Conclusion: It is worth noting that this article provides information about the widespread use of carrot root and carrot leaves in folk medicine , their use as a treatment for many diseases , and even their use for the prevention of some diseases. Among them, their benefits were especially emphasized for kidney stones, constipation, and various skin rashes.

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