

The Chemical Composition of the White Carrack Plant and its Medicinal Role

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Abstract: White carrack is a medicinal plant that has been used in medicine since ancient times. The composition of white carrack is rich in various vitamins and microelements. It is rich in vitamins A, E, F, K and V. Its leaves, roots, and seeds are used to make oil and whey. Due to its antioxidant properties, silymarin helps restore liver tissue.

Keywords: Biologically active substance, silymarin, calcium, potassium, magnesium, iron, silymarin, white carrack, milk thistle, silybin, isosilybin, diabetes, cholecystitis, liver dystrophy.

In today's world, compared to medicinal substances obtained by chemical means, medicinal substances obtained from plants in different ways have a beneficial effect on human health, and are distinguished by the presence or absence of harmful effects. One of the most precious plants that nature has given to us is the white carrack. Our people have been using the medicinal plant Aka carrack in medicine since time immemorial. This medicinal plant is also called rastaropsha in pharmacies.

The composition of white carrack is rich in various vitamins and microelements. It is rich in vitamins A, E, F, K and V.

The amount of certain elements in one gram of white carrack

No	Elements in the white carrack	Amount of substances
1	Calcium Ca	16,6 mg
2	Potassium K	9,2 mg
3	Magnesium Mg	4,2 mg
4	Iron Fe	0,08 mg
5	Manganese Mn	0,1 mg
6	Zinc Zn	1,16 mg
7	Selenium Se	22,9 mg
8	Iodine I	0,09 mg

The leaves, roots, and seeds of the white carrack are used, and oil and gruel are made from them. Its oil is used in the treatment of various skin diseases and some diseases of the reproductive system. It has excellent wound healing properties, especially burns.

In today's medicine, it has become more popular due to the fact that it contains silymarin. It is considered one of the most powerful hepatoprotectors (in Latin words: hepar - "liver" and proteto



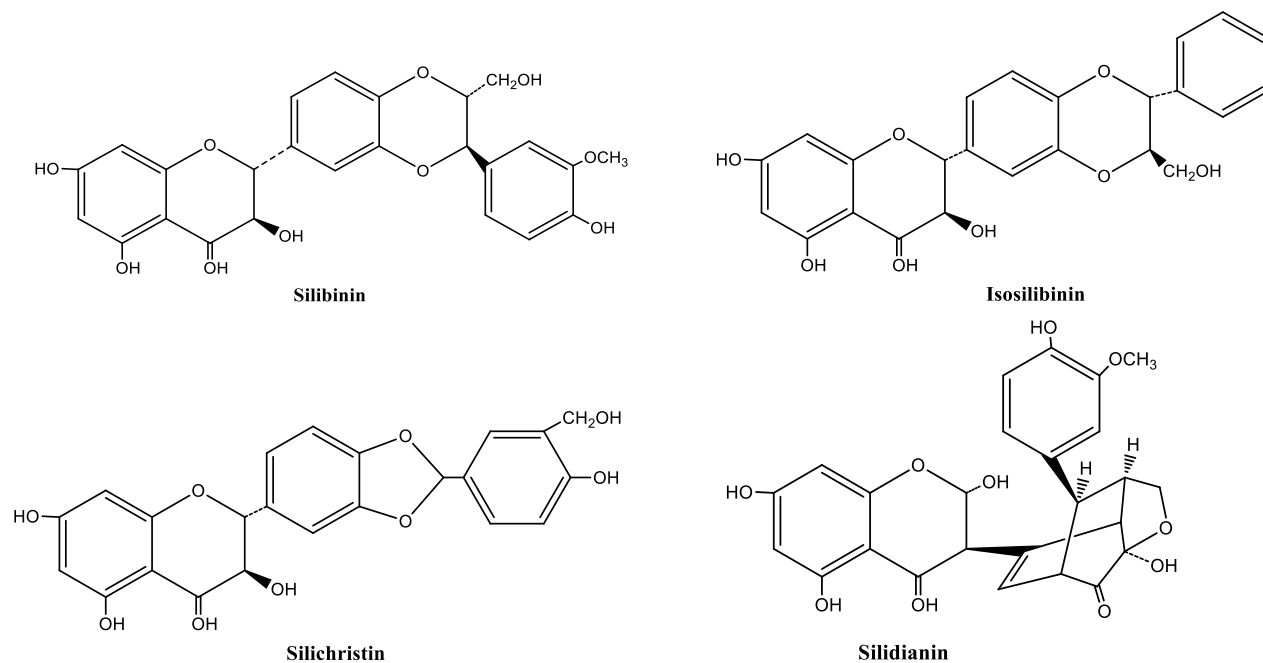
- "protection"). Due to its antioxidant properties, silymarin helps restore liver tissue. It is also used in the treatment of liver cirrhosis.

It is also used in the treatment of varicose veins, polyarthritis, cholecystitis, liver dystrophy, poisoning, including alcoholism, diabetes and toothache. It is also recommended after radiation and chemotherapy courses.



Picture. The flower and seed of the plant

The main components of silymarin, which make up about 83% of the natural composition, are silybin A, silybin B, isosilybin A, isosilybin B, silycristin, isosilycristin, silydianin, tachyfolin. It is one of the most studied natural substances of the 21st century. However, it has little evidence.



Silymarin is believed to be hepatoprotective, antioxidant, immunomodulatory, and anticancer. There are observations of silymarin's neuroprotective effects as well as its anti-inflammatory potential. The effect of silymarin was shown as a safe galactagogue, that is, a substance



that increases the secretion of milk by the mammary glands in nursing mothers. In dairy cows, silymarin has been shown to reduce oxidative stress during the transition period, facilitate recovery after calving, and increase milk yield and milk fat and protein content during lactation.

There are insufficient data on the effectiveness of silymarin in acute hepatitis C, chronic hepatitis C and B, alcohol and drug-related liver damage, primary biliary cirrhosis, and acute viral hepatitis B. found statistically significant differences between silymarin and placebo for liver function and coagulation parameters.

When the drug is taken in high doses, it can have a mild laxative effect due to the increase in bile secretion and output. The most commonly reported side effects in clinical trials were gastrointestinal, with a frequency comparable to placebo (2-10%). There were also mild allergic reactions. However, side effects were not required to be of a severity that required discontinuation of treatment.

Different parts of the plant are used in medicine in different ways. The seed is crushed until it becomes a powder or flour. You can take 1 teaspoon of it and drink it with water or juice 2-3 times a day. In addition, the powder can be mixed with kefir, milk or juice. You can add any fruits or berries to the drink and drink it by turning it in a blender. This drink boosts immunity.

It is necessary to take 0.5 teaspoon of seeds and take them once a day during meals. Term-1 month. It should be noted that the dried seed is very hard and has a kernel similar to the melon. It should be chewed thoroughly.

Oil is also useful. It can be consumed half an hour before meals or by adding it to ready meals. Adults should not drink more than 4 teaspoons per day. The reception course is designed for 1-2 months, then after a 1-month break, the course can be repeated again.

Contraindications: Hypersensitivity to the product, children under 18, pregnant and lactating women are recommended to consult a doctor.

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