

## BENEFITS AND ANTIOXIDANT PROPERTIES OF SESAME OIL

*Oltiboeva Mavsuma G'ulom qizi*

*Assistant of the Department of Organization of Pharmaceutical Business  
Samarkand State Medical University*

*Mail: [asadbek03032018@gmail.com](mailto:asadbek03032018@gmail.com), ORCID 0009-0005-4084-6726*

### Annotation

Nowadays, the deterioration of the ecological situation, the increase of synthetic additives in food products, and the excessive demand for medicines cause various allergic, genetic, and dangerous tumor diseases in people. In order to reduce various carcinogenic and mutagenic effects entering the body from the external environment, it is necessary to increase the number of natural food products, control the entry of artificial food additives into the body, and add natural antioxidants to our diet. We can add sesame oil to the list of products that have such a beneficial antioxidant effect

**Key words:** sesame, antioxidant, radical, antibacterial, protein.

### *Польза и антиоксидантные свойства кунжутного масла*

*Алтыбоева Мавсумы Гулямовна*

*Ассистент кафедры организации фармацевтической дело  
Самаркандский государственный медицинский университет*

### Аннотация

В настоящее время ухудшение экологической ситуации, увеличение содержания синтетических добавок в пищевых продуктах, ажиотажный спрос на лекарственные средства вызывают у людей различные аллергические, генетические и опасные опухолевые заболевания. Для снижения различных канцерогенных и мутагенных эффектов, поступающих в организм из внешней среды, необходимо увеличивать количество натуральных продуктов питания, контролировать поступление в организм искусственных пищевых добавок, добавлять в рацион природные антиоксиданты. К списку продуктов, обладающих таким полезным антиоксидантным действием, можно добавить кунжутное масло.

**Ключевые слова:** кунжут, антиоксидант, радикал, антибактериальный препарат, белок.

Sesame (*Sesamum*) is an annual and perennial herbaceous oil crop belonging to the Sesamaceae family. 19 types are known. Homeland - Africa. It was brought to Central Asia from India. Indian sesame (*S. indicum* L.), a one-year cultivated type of

spring crop, is grown in India, China, South-East Asia, Africa, Iran, Central Asia and other countries. Sesame oil is extracted from sesame as a useful food and medicine. Sesame oil is one of the most useful and light oils. Sesame oil contains fatty acids that have anti-inflammatory, antibacterial, antioxidant, blood sugar lowering, blood pressure regulating, anti-atherosclerosis, anti-depressant and DNA cell protective properties. Sesame oil is very rich in useful vitamins. It is an anti-inflammatory, anti-viral and anti-bacterial agent, moisturizes dry skin, has rejuvenating, cell-restoring properties, helps heal wounds, protects against oncological diseases, and has protective effects against ultraviolet rays. It expels slag and toxins from the body, normalizes the amount of cholesterol. Relieves skin from sunburn and pigment spots. It tightens the skin of the face and the skin around the eyes, you can use a few drops of sesame oil in the cream for acne and skin rashes. It helps the cut and injured skin to heal quickly. Also, sesame oil is very convenient for the care of delicate skin of babies, it prevents and treats various types of skin redness after diapers. Warmed sesame oil is applied to the body and massaged. This treatment rids the body of toxins. We know that the organ that collects the most toxins in the body is the skin. As a result of lifestyle, daily use of chemicals, the skin accumulates many toxins and acts as a shell for the whole body. Sesame oil cleanses the body of toxins. Massage procedures made with sesame oil improve blood circulation in the body and ensure healthy skin. Sesame oil is a real storehouse of nutrients for your health. Small sesame seeds contain many types of nutrients. They consist of about 20% protein, and their fat portion is healthy unsaturated fats, which make up 50% of the total weight. Sesame contains a wide range of minerals: calcium (up to 98% of the daily requirement), magnesium (about 25%), phosphorus (about 70%), as well as significant amounts of trace elements iron and selenium. Vitamins include E (more than 25%), as well as group B, including folic acid. The health benefits of sesame seeds are numerous. Including: Bone support: High in calcium and magnesium, seeds help build strong bones. Improves cardiovascular function: Unsaturated fats lower blood cholesterol, which is beneficial for heart health. Antioxidant protection: Vitamin E and selenium, which have antioxidant activity, help fight cell damage from free radicals. Antioxidants are compounds that protect our body from the harmful effects of harmful molecules known as free radicals. Free radicals can cause cell damage and even disease in a process called oxidative stress. Therefore, antioxidants are important for the health of our body. Animal and human studies show that consuming sesame seeds can increase the total antioxidant activity of the blood. The lignans in sesame seeds are antioxidants that help fight oxidative stress, a chemical reaction that damages cells and increases the risk of many chronic diseases. In addition, sesame seeds contain a form of vitamin E called gamma-tocopherol, which may be especially protective against heart disease. Plant compounds and vitamin E in sesame seeds fight oxidative stress in the body.

**Bibliography.**

1. Базарова Н. С., Зиядуллаев Ш. Х. Современные аспекты полиморфных генов матриксной металлопротеиназы и ее тканевых ингибиторов у детей с хроническим гломерулонефритом и прогноз заболевания // журнал гепатогastroэнтерологических исследований. – 2022. – Т. 3. – №. 1.
2. Sobirjonovna B. N. New aspects of the genetic disposition of various forms of chronic nephritic syndrome in children // Journal of Universal Science Research. – 2023. – Т. 1. – №. 6. – С. 778-782.
3. Clinical dynamics of chronic nephritic syndrome in children  
BN Sobirjonovna, TS Kurakbaevna - Eurasian Medical Research Periodical, 2023
4. Sobirjonovna B. N., Kurakbaevna T. S. Clinical dynamics of chronic nephritic syndrome in children // Eurasian Medical Research Periodical. – 2023. – Т. 19. – С. 53-56.
4. Clinical dynamics of chronic nephritic syndrome in children  
BN Sobirjonovna, TS Kurakbaevna - Eurasian Medical Research Periodical, 2023
5. Бозорова Н., Анорбаева Ш., Назарова Л. ЗНАЧЕНИЕ ПОДДОРОЖНИКА В НАРОДНОЙ МЕДИЦИНЕ // Инновационные исследования в современном мире: теория и практика. – 2023. – Т. 2. – №. 10. – С. 5-6.
6. Sobirjonovna B. N. et al. ZUBTURUM O'SIMLIGINING XALQ TAVOVATIDAGI ANAMIYATI // JOURNAL OF INNOVATIONS IN SCIENTIFIC AND EDUCATIONAL RESEARCH. – 2023. – Т. 6. – №. 2. – С. 215-216.
7. Султонов Ш. А., Шомуродова Ш. Ш. ХИЗМАТ КЎРСАТИШ СОҲАСИДА ТАДБИРКОРЛИКНИ РИВОЖЛАНТИРИШ ВА АҲОЛИНИНГ ТУРМУШ ДАРАЖАСИ ВА СИФАТИНИ ОШИРИШ ЙЎЛЛАРИ // Новости образования: исследование в XXI веке. – 2023. – Т. 1. – №. 12. – С. 248-252.
8. Шомуродова Ш. Ш. ИННОВАЦИОН САЛОҲИЯТ ВА УНИ АНИҚЛАШНИНГ ИЛМИЙ-УСЛУБИЙ МАСАЛАЛАРИ // IJODKOR O'QITUVCHI. – 2023. – Т. 3. – №. 30. – С. 189-195.
9. Sulonov S. A., Shomurodova S. S. XIZMAT KO'RSATISH SOHASIDA TADBIRKORLIKNI RIVOJLANTIRIB, AHOLI TURMUSH DARAJASI VA SIFATINI OSHIRISHNING ISTIQBOLLI YO'NALISHLARI // Научный Фокус. – 2023. – Т. 1. – №. 6. – С. 247-251.
10. Шомуродова Ш. Ш. ПЕРСПЕКТИВНЫЕ НАПРАВЛЕНИЯ ПОВЫШЕНИЯ УРОВНЯ ЖИЗНИ И КАЧЕСТВА НАСЕЛЕНИЯ ЗА СЧЕТ РАЗВИТИЯ ПРЕДПРИНИМАТЕЛЬСТВА В СФЕРЕ УСЛУГ // Лучшие интеллектуальные исследования. – 2024. – Т. 13. – №. 4. – С. 132-138.

11. Алтыбоева М. Г., Бозорова Н. С. СОВРЕМЕННЫЕ ВЗГЛЯДЫ НА КИШЕЧНУЮ МИКРОФЛОРУ У ДЕТЕЙ //Научный Фокус. – 2023. – Т. 1. – №. 5. – С. 109-112.
12. Alikovna J. F. et al. SALVIA O'SIMLIGINING XUSUSIYATLARI //JOURNAL OF INNOVATIONS IN SCIENTIFIC AND EDUCATIONAL RESEARCH. – 2023. – Т. 6. – №. 2. – С. 217-218.
13. G'ulomovna O. M., Sobirjonovna B. N. MODERN VIEWS ON INTESTINAL MICROFLORA IN CHILDREN //Научный Фокус. – 2023. – Т. 1. – №. 6. – С. 279-282.
14. Mavsuma O. MEDICINAL PROPERTIES OF SEA BUCKTHORN (Hippophae Rhamnoides L.) OIL PLANT //Horizon: Journal of Humanity and Artificial Intelligence. – 2023. – Т. 2. – №. 3. – С. 1-3.
15. D. Togayeva (2023). ANALYSIS OF THE DEVELOPMENT OF SMALL BUSINESS AND PRIVATE ENTREPRENEURSHIP IN THE SAMARKAND REGION. *Science and innovation*, 2 (A1), 103-106. doi: 10.5281/zenodo.7541692
16. Hasanov, H., Sultonov, B., Norbekov, F., & Togayeva, D. (2023). FOIZ STAVKASI VA DAROMADNING ISTE'MOL XARAJATLARIGA TA'SIRI TAHLILI. *JOURNAL OF ECONOMY, TOURISM AND SERVICE*, 2(4), 5-13.
17. Togayeva, D. (2023). QISHLOQ JOYLARDA KICHIK BIZNES VA TADBIRKORLIKNI RIVOJLANTIRISHDAGI MASALALAR. *SO'NGI ILMIY TADQIQOTLAR NAZARIYASI*, 6(6), 223-227.
18. Azamatovna, T. D., & Abduxalilovich, S. B. (2023). The role of retail trade in raising the standard of living of the rural population. *Journal of Universal Science Research*, 1(6), 754-758.
19. Uchkunov S., Mamadaliyev J., Djuraeva B. EYE DISEASES IN MEDICINE //Евразийский журнал медицинских и естественных наук. – 2024. – Т. 4. – №. 1 Part 2. – С. 128-135.
20. Djuraeva B., Malikova Z., To'ychiyeva M. WISDOM TEETH IN HUMANS //Евразийский журнал медицинских и естественных наук. – 2023. – Т. 3. – №. 12. – С. 132-135.
21. Djuraeva B., Mamurjonova S., Ruzmatova M. SKIN-RELATED PROBLEMS //Евразийский журнал медицинских и естественных наук. – 2023. – Т. 3. – №. 12. – С. 127-131.
22. Djuraeva B., Kuylibayeva I., Abdugafforov B. INTESTINAL DISEASES: DUODENITIS //Евразийский журнал медицинских и естественных наук. – 2023. – Т. 3. – №. 12. – С. 120-126.
23. Ахмедов Б., Буриев З. ДОРИВОР АНОР (PUNICA GRANATUM L.) ЭКСПЛАНТЛАРИНИ ТАНЛАШ ВА СТЕРИЛИЗАЦИЯ ҚИЛИШ //Евразийский

журнал медицинских и естественных наук. – 2023. – Т. 3. – №. 1 Part 2. – С. 131-134.

24. Akhmedov B., Buriev Z. SELECTION AND STERILIZATION OF MEDICINAL POMEGRANATE (PUNICA GRANATUM L.) EXPLANTS //Центральноазиатский журнал образования и инноваций. – 2023. – Т. 2. – №. 1. – С. 106-108.

25. Telmanovna X. S., Batirbekovich X. R. Psychopharmacotherapy of Depressive Disorders in Alcoholism //Eurasian Research Bulletin. – 2023. – Т. 16. – С. 179-182.

26. Abdukadirova N. B., Telmanovna X. S. Assessment of the Level of Immunoglobulins in the Blood Serum in Young Children Depending on the Type of Feeding //Eurasian Research Bulletin. – 2023. – Т. 17. – С. 164-166.

27. Abdukadirova N. B., Telmanovna X. S. Options clinical manifestations of giardiasis in children //Eurasian Research Bulletin. – 2023. – Т. 17. – С. 167-170.

28. Хаятова Ш. Т., Абдукадилова Н. Б. ОСОБЕННОСТИ ТЕЧЕНИЯ ЖЕЛЕЗО-ДЕФИЦИТНЫХ АНЕМИЙ НА ФОНЕ ЗАБОЛЕВАНИЙ ЖЕЛУДОЧНО-КИШЕЧНОГО ТРАКТА //Новости образования: исследование в XXI веке. – 2023. – Т. 2. – №. 13. – С. 277-280.

29. Azizkhonovna N. M. et al. ALTHAEA ARMENIACA TEN AND ITS USEFUL PROPERTIES IN MEDICINE //Научный Фокус. – 2023. – Т. 1. – №. 6. – С. 256-259.

30. Azizkhonovna N. M. FEATURES OF A TIMELY APPROACH TO ANEMIA IN CHILDREN //International journal of advanced research in education, technology and management. – 2024. – Т. 3. – №. 1. – С. 54-61.

31. Azizkhonovna N. M. ZAMONAVIY TIBBIYOTDA BOLALARDA ANEMIYAGA O'Z VAQTIDA YONDASHISH XUSUSIYATLARI //Лучшие интеллектуальные исследования. – 2024. – Т. 13. – №. 4. – С. 45-50.

32. Nabieva F. S., Narzullayeva M. A., Bo'Riyev M. G. YUQUMLI KASALLIKLARNI TASHXISLASHDA IMMUNOFERMENT TAHLILINING AHAMIYATI //Research Focus. – 2022. – Т. 1. – №. 4. – С. 161-164.