



## **USEFUL PROPERTIES OF DOGWOOD (*CORNUS MAS L.*)**

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### **ANNOTATION**

*Cornel is a very ancient fruit, valuable food, medicinal, soil-protective and ornamental plant, undemanding to growing conditions, almost not damaged by pests and not affected by diseases. cornel is a source of biologically active substances, which allows us to consider it as a valuable food, medicinal plant, serves as a raw material for the production of healthy food. Today, dogwood is spoken of as a rare garden fruit plant, but in vain. After all, the fruits of this plant are very high in calories, enriched with vitamins, organic acids and the most useful elements necessary for the full functioning of the human body. Few people know that dogwood contains more vitamin C than, for example, black currant. At the same time, the unpretentiousness and productivity of this plant cannot be compared. The benefits of dogwood, its properties, forms of application and contraindications will be discussed further. Due to its decorative effect, it can be used in landscape construction and gardening, in soil-protective plantations, as well as as a honey plant and in turning and joinery production.*

**KEY WORDS:** *Cornel, Vitamin C, immunity, properties, plant, fruit, multiplies, sugar, antimalarial medicine.*

### **DISCUSSION**

Cornelian berry plant is rich in biologically active substances. As a medicinal plant, fruits, leaves, dogwood bark were used in ancient medicine. Cornel is a popular medicine in modern folk medicine. Scientific research has shown that dogwood is promising in modern scientific medicine. Currently, in world practice, herbal medicines are very widely used. Dogwood fruits, according to the data, contain 7-15% sugars (glucose and fructose), 1.0-2.5% organic acids (malic, gallic, salicylic, etc.), 0.5-1.5% pectins, 60- 105 mg% ascorbic acid, 250-700 mg% Reactive substances. Biologically active substances and plant extracts are the most popular in such developed countries as Japan, France, Germany, Italy. In many developing Asian countries (India, Sri Lanka, Mali), plant medicines are of paramount importance.

Due to its composition, dogwood has taken a worthy place among medicinal plants used in the treatment of a wide range of diseases, including fever, hemorrhoids, diabetes mellitus, intestinal diseases, colds, lack of appetite, etc. In addition, biologically active components that are part of the dogwood berries ordinary, not only normalize blood pressure, but also prevent the development of sclerosis, strengthening the immune system as a whole. Cornel (*Cornus mas L.*) is a shrub or small

tree (it all depends on the conditions in which the plant grows) from the Cornelian genus and the Cornelian family. Dogwood roots and bark contain many anti-malarial substances. In case of fever, you can also steam the infusion of flowers, dogwood fruits and mix it with freshly squeezed juice. A decoction of ground fruit seeds and fresh bark are used to treat abscesses and pustules. Dogwood leaves have a diuretic and choleric effect. The fruit of this tree has many nutrients and vitamins that are essential for human health. The composition contains: citric, malic, tartaric, gallic and succinic acids; iron, calcium, magnesium, sulfur and potassium; pectin and tannins; flavonoids are naturally occurring substances with powerful antioxidant properties; phytoncides - active elements that suppress the development of pathogenic microbes, essential oils; vitamin C (cornelian cherry exceeds black currant and lemon in its quantity). Cornel contains a large number of vitamins, and all of them are vital for the normal functioning of the body in general and its systems in particular. Vitamin C Cornel contains a large amount of vitamin C, which makes this plant extremely beneficial for the immune system. So, dogwood berries are recommended to be taken as a remedy during a cold and as a preventive one - during an epidemic period.



The action of ascorbic acid: regulation of both oxidative and reduction processes of cellular respiration; strengthening of capillaries by increasing their elasticity and increasing permeability; promoting the growth and formation of bone tissue; increasing the body's defenses; stimulating the formation of adrenal hormones.

Dogwood-Cornus mas L. is a warm-loving plant and is most successfully grown in regions with a fairly mild climate. In our conditions, the fruits of dogwood ripen in a warm, slightly rainy summer. Plants are not demanding on the composition of the soil, although they feel better on rich in lime than on acidic soils, they are quite light-loving, but they grow in the shade. Dogwood begins to bear fruit in the eighth year of life. The first harvests are small, gradually increasing from year to year and reaching 3-5 kg per bush. Planted dogwood seedlings in the garden in the fall, poplar trees can serve as a reference point: the end of their leafpod is a good time for planting dogwood. On the site, it should be placed on the south or southwest side in order to at least slightly reduce the likelihood of frost damage to plants. Usually, in order to enjoy the fruits of the dogwood to its fullest, it is enough to plant 2-3 plants. Taking into account the further growth of the bush and the development of the root system, they should be placed at a distance of at least 2.5-3 m from each other. Plants are planted in holes 50-60 cm wide and deep, covered with soil rich in humus and watered with 1-2 buckets of water, which is usually quite enough. The aerial part should not be cut off, since the fibrous root system of the dogwood ensures its high survival rate. Man began to cultivate dogwood from time immemorial. It is reliably known that already at the beginning of our era, the Romans and Greeks were engaged in the selection of dogwood, selecting the best forms from the savages, and in this business they were very successful. Since those distant times, breeders from different parts of our planet have created a fairly large number of varieties characterized by a whole set of useful qualities and properties, including large-fruited, high decorativeness, resistance to temperature transmission and some tolerance to cold. But most varieties of dogwood are intended for cultivation in the middle zone of Uzbekistan.

Cornel (Cornus mas L.), the beneficial properties of which are invaluable for the body, is endowed with a large supply of vitamins and microelements necessary for humans. In addition to glucose, which is often part of the berries, the plant contains useful nitrogenous, pectin substances. Citric, malic, succinic, ascorbic acids are part of the composition of the fruit.

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