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**Annotation:** to date, work is underway to ensure human health, the use of medicinal plants used in folk medicine, as well as modern means of Medicine. At this point, the demand for natural remedies is increasing.

**Keywords:** not added urugi, oil, silimarin, fragrant, flavor.

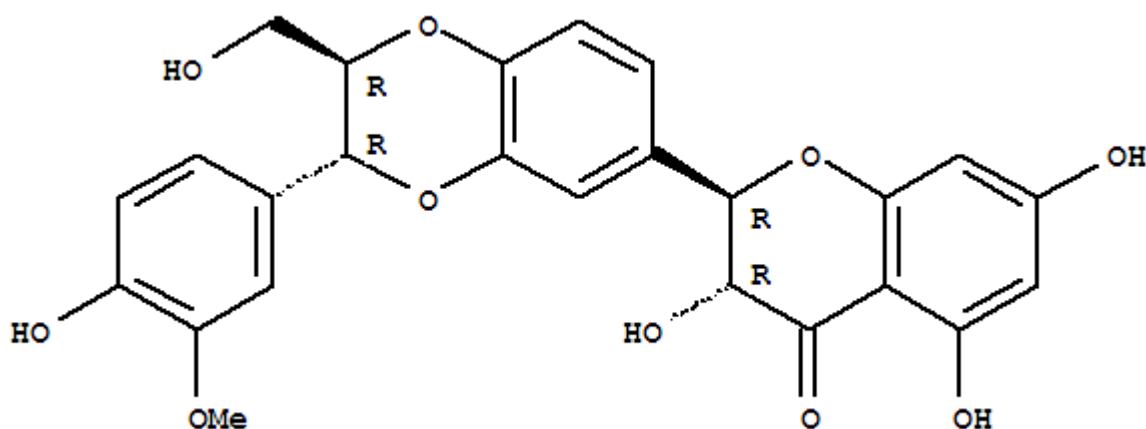
Asparagus is a perennial plant that has been known and used since ancient times.

- Scientific name: Silybum marianum, caudus marianus
- Family of plants: Daisies (Asteraceae)
- Plant parts used: flowering grass, root
- Origin: Mediterranean region, North Africa, southern Europe, Central Europe, southern Russia, Asia Minor

It grows wild and is therefore a weed. Asparagus is a plant with a thick stem, covered with thorns, reaching a height of 2 meters, at the end of August purple flowers open, forming bright red fruits.

The healing effect of asparagus has been known since ancient times. But scientific confirmation was found in Munich in 1968 after the chemical composition of the plant was determined. According to him, the plant contains flavonoids, flavonoids, saponins, alkaloids, proteins, vitamins, macro and micro elements, fatty acids. It also contains more than 200 elements that have a beneficial effect on the human body.

Thanks to the discovery of German scientists, the plant began to be used in traditional medicine. The plant has a combination of the most powerful acting flavonoids – silimarin. Silimarin is present in all parts of the plant, but its highest concentration is in the fruits – up to 3%. Vegetable oil contains about 12 species of this substance. Silymarins help strengthen cell membranes, especially this is important for liver cells.



Silimarin

Asparagus seeds are a rich source of essential fatty acids. Asparagus oil is obtained from its seeds by cold pressing. The oil is greenish-yellow in color, with a characteristic aroma, aroma and flavor. It is also used in medicine and medicine as an internal, external agent. Asparagus oil is an excellent natural product that has no contraindications, it is absolutely harmless. Polyunsaturated linoleic acid (omega 6-59%), monounsaturated oleic acid (omega 9-about 21%), unsaturated palmitic acid-about 10%, stearin acid 3-5%, arachidonic acid 1-2%, behenin acid1-1.7%. This vegetable oil contains a rich set of vitamins. They are vitamins F, D, A, E, K, B. The following are the chemical elements that make up the oil:

Calcium (Ca) – 16.5 mg/g  
 Magnesium (Mg – - 4-4. 5 mg/g  
 Manganese (Mn) – 0.1 µg/g  
 Potassium (K – - 9-9. 2 mg/g  
 Copper (Cu) – 1.15-1.16 mg/g  
 Iron (Fe) - 0.08 mg/g  
 Zinc (Zn – - 0.7 µg/g  
 Selenium (Se) - up to 23 mcg/g  
 Iodine – I) - 0.09 mcg/g  
 Chrome (Cr) - 0.15 mcg/g  
 Chalk (B) – 22-22. 5 mcg/g

The healing and beneficial properties of asparagus oil are as follows:

**1. Is a powerful hepatoprotector;**

The liver is the largest internal organ. It performs a number of vital functions in the body. Asparagus oil helps restore liver cells by removing toxins from the body that pass through the liver. It is here that they are filtered, neutralized and destroyed.

**2. It is considered a powerful protection against cancer;**

Silimarin reduces the risk of developing cancer due to its ability to increase the protective properties of the body, prevent DNA damage and stop the growth of a cancerous tumor.

**3. A very good remedy for lowering cholesterol;**

Elevated cholesterol promotes the formation of atherosclerotic slugs on the walls of blood vessels, which can lead to blockage of blood vessels and even thrombosis. As you know, cholesterol is produced in the liver.

**4. Prevents and controls diabetes;**

Silimarin effectively controls diabetes by regulating blood glucose levels.

**5. Prevents the formation of stones in the gallbladder;**

The liver is a very important organ for the normal functioning of the entire digestive system, the process of absorbing nutrients and removing toxins that enter our body through food, water and air. All organs involved in the digestion process - liver, gallbladder, pancreas, kidneys-are closely intertwined with each other. Therefore, asparagus oil improves liver function, thereby preventing the formation of stones in the gallbladder and kidneys.

**6. Slows down the aging process;**

Because the antioxidants in asparagus oil protect the body from the harmful effects of free radicals, it cleanses the blood and gastrointestinal tract of toxins, a plant that can actually slow down the aging process in the body.

**7. In the Prevention of age-related decline in brain activity;**

Asparagus oil is traditionally used to treat neurodegenerative diseases such as Alzheimer's disease and Parkinson's disease.

**8. In skin health;**

Asparagus has a protective effect on the skin, reducing visible signs of aging. Therefore, asparagus oil is used to improve the condition of the skin, get rid of dark spots on the skin, reduce wrinkles and prevent the development of skin cancer.

**9. In stimulating lactation;**

Asparagus prolactin stimulates lactation by producing the hormone Lactogen. However, the data is very limited. However, one clinical study found that the amount of milk in nursing mothers increased by 64% with a daily intake of 420 mg of silymarin. More research is needed to confirm this result and the safety of milk thistle for nursing mothers.

**10. Maintaining bone system health;**

Osteoporosis is a slow-developing disease that occurs with a decrease in bone density. This causes the bones to become weak and brittle.

Animal studies show that asparagus oil stimulates bone mineralization and prevents bone loss.

In conclusion, the medicinal plant of asparagus is considered a natural, harmless drug necessary for the human body.

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**External links**

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