

THE USE OF BASIL OIL FOR NUTRITIONAL PURPOSES

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Abstract

The article provides for the production of basil oil for nutritional purposes

Keywords: essential oil, basil, food technology, nutrition.

Introduction

Basil oil, the properties and use of which should not be confused with the characteristics related to the herb, has a pronounced spicy camphor aroma. Its aroma cannot be confused with any other smell; perfume lovers will be interested to know about its incredible durability. Often, perfumes simply do not stay on the body, but with basil oil, everything is different. Thanks to some components of the composition of herbs.

Basil oil is an essential oil with a thick, viscous consistency, colorless, transparent, with a subtle yellowish tinge. An odorous mass with a pronounced herbal smell, where a camphor hue is also captured, is isolated from the shoots and leaves of basil. The production method is steam distillation with yields up to 1%, which makes it not a low cost.

Basil essential oil is extracted from various types of herbal culture, it is famous for its calming effect on the nervous system. The hood is often used for baths and saunas, as the aroma of basil helps to relax and calm down.

Basil grows in the subtropical climate of the Seychelles, India, Madagascar and many other countries of the world.

Chemical Composition

Any essential oil has its own unique chemical composition, which will never be identical even for extracts obtained from raw materials of the same plant species grown in different countries. Basil oil also contains a number of components that give it a specific aroma and incredible durability.

Main Components:

- Eugenol - irritates the skin, increases blood circulation;
- Pinenes - give aroma camphor notes, have a bactericidal effect;

- Sesquiterpenes - cleanse skin pores, accelerate wound healing due to a positive effect on cellular regeneration;
- Terpeneol - smells like lilac, enhances the antibacterial effect;
- Ocimene is the main and characteristic component that gives a specific herbal smell.

The substances that make up the essential oil of basil determine its ability to fight pathogenic microflora, rejuvenate, and accelerate wound healing.

Nutritional value and chemical composition of "Basil,

Nutrien	Quantity	Standard**	% of the norm in 100 g	% of the norm in 100 kcal	100% of the norm
Vitamins					
Vitamin A, RE	264 mcg	900 mcg	29.3%	127.4%	341 g
<i>beta Carotene</i>	3.142 mg	5 mg	62.8%	273%	159 g
<i>beta Cryptoxanthin</i>	46 mcg	~			
<i>Lutein + Zeaxanthin</i>	5650 mcg	~			
Vitamin B1, thiamine	0.034 mg	1.5 mg	2.3%	10%	4412 g
Vitamin B2, riboflavin	0.076 mg	1.8 mg	4.2%	18.3%	2368 g
Vitamin B4, choline	11.4 mg	500 mg	2.3%	10%	4386 g
Vitamin B5, pantothenic acid	0.209 mg	5 mg	4.2%	18.3%	2392 g
Vitamin B6, pyridoxine	0.155 mg	2 mg	7.8%	33.9%	1290 g
Vitamin B9, folates	68 mcg	400 mcg	17%	73.9%	588 g
Vitamin C, ascorbic acid	18 mg	90 mg	20%	87%	500 g
Vitamin E, alpha tocopherol, TE	0.8 mg	15 mg	5.3%	23%	1875 g
<i>gamma tocopherol</i>	0.16 mg	~			
Vitamin K, phyloquinone	414.8 mcg	120 mcg	345.7%	1503%	29 g
Vitamin PP, NE	0.902 mg	20 mg	4.5%	19.6%	2217 g
Betaine	0.4 mg	~			

Medicinal properties of basil

Basil has a multifaceted effect on the body, being a powerful antioxidant, immunomodulatory, antimicrobial, antispasmodic and anti-inflammatory agent. Basil oil has many other additional properties, including:

- Painkiller
- Antipyretic

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- Antidepressant
 - Expectorant
 - Antiseptic
 - Diaphoretic
 - Diuretic
 - Antihelminthic

Thanks to such a wide spectrum of action, basil essential oil is widely used in healing the body, cosmetic purposes, aromatherapy and in everyday life. And the addition of this product to culinary dishes makes food unusually tasty and healthy.

The use of basil in folk medicine

Basil essential oil is used internally or externally.

Due to its wide spectrum of action, the oil has found application in the treatment of many diseases. When taken regularly (within reason), basil oil:

- Increases immunity, has a general strengthening effect on the body after illness;
- Eliminates depression and insomnia;
- Relieves dizziness, migraines and common headaches;
- Improves digestion, eliminates intestinal spasms, dyspepsia, vomiting, nausea, flatulence;
- Very effective in the treatment of all types of colds and viral diseases, promoting recovery from influenza, sars, tonsillitis, sinusitis, rhinitis, sinusitis, laryngitis and other respiratory problems;
- Solves problems with the menstrual cycle;
- Reduces the content of uric acid in the body, which is extremely useful for people suffering from gout and muscle pain.

In addition, if you massage the stomach with a massage agent that contains basil, digestion improves markedly. Massage of the abdomen with basil oil is also useful for painful and scanty menstruation. Relaxing massage with basil relieves fatigue of tense and overworked muscles.

Uses of basil essential oil

Above, we already wrote that basil oil is used not only in aromatherapy. This herbal elixir is used in the following areas:

- Cooking;
- Confectionery and pastries;
- Perfumery;
- Massage procedures;
- House and life;
- Aromatherapy;
- Cosmetology;

- Soap making;
- Baths and saunas;
- Ethnoscience.

The main effect of this ether is calming. Therefore, it is most often used in relaxing procedures, for a bath. A few drops are added to water, then the liquid is poured onto the coals from where a pleasant aroma is distributed throughout the room.

Basil oil is added to soap to give an antibacterial effect and herbal aroma. It is worth remembering that the oil presented on the shelves of soap shops is more often intended only for cosmetic procedures.

Uses of basil oil in cooking

Basil oil is used to give dishes a spicy and delicate flavor. If you use it regularly, you can get rid of flatulence and bloating, improve digestion and absorption of food, strengthen the immune system. Basil goes well with cheese, tomatoes, any meat and fish. It is added to salt dough for a spicy and fresh flavor.

Choose your oil carefully. On the market you can find an oil extract of this useful plant based on olive oil, which is made for culinary purposes. It is best to buy basil essential oil in a specialized store. At the same time, the information on the label should state that the bottle contains 100% essential oil. Having brought the product home, it is advisable to do a simple test - drop a small amount of the purchased oil on paper and wait about half an hour. If there is no greasy trace left on the paper, the choice was made correctly.

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