

MEDICINAL PROPERTIES OF LYCHEE PLANT

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Abstract:

This article provides valuable scientific information about the Chinese lychee plant (*litchi chinensis*) in folk medicine, its origin and distribution area, medicinal properties, and cultivation technology.

Keywords: heat-loving, calyx, calcium, phosphorus, stem.

Under the influence of various factors, the reduction of the areas of plant species is causing the complete disappearance or reduction of some species of plants. Therefore, protection of the world of plants and their rational use, as well as enrichment with species brought from foreign countries, is an urgent problem.

Litchi Chinensis is a heat-loving fruit tree, cultivated in Fujian and Guangdong provinces of China and many parts of the world. Chinese lychee is a beautiful, tall tree with a smooth, gray stem that reaches 12 m in favorable conditions, but can be much shorter. The leaves are spear-shaped, divided into 4-8 pairs of lobes. Rough, feathery, flat with a sharp tip, 5-7 cm long. Young leaves are initially reddish in color and turn bright green as they grow.

The flowers are in the form of multi-flowered buds, 5-30 cm long. There are seed and pollinator flowers in the panicle, yellow-white in color, the calyx is four-lobed. There are no petals. The fruit is covered with a rough pink skin on the outside and it is called a pericarp, it looks like a strawberry fruit.

The fruit is oval or almost round, 2.5 cm or more in diameter. The inside is transparent and watery. It has a fragrant smell and a delicious taste. When raw, the skin of the fruit is thin, dense and green, after ripening it turns red or light red. The smooth skin is covered with sharp ridges. The folds of the bark turn brown and dry on the outside after harvesting. The edible, chewable part is covered with a pod, the non-chewable part, i.e. the seed, is dark brown, 1-3 cm long, and 0.6-1.2 cm wide.

Chinese people and many parts of South Asia and South Africa eat lychees as a variety of desserts. In particular, the history of lychee cultivation dates back to 1059 in China. Cultivation began in the regions of Southern China, Malaysia and Vietnam. It still grows as a wild tree in many parts of southern China and on Hainan Island. It was considered a symbol of elegance in the Chinese imperial court, as well as the fruit being useful according to many stories.

Vitamin C was 72 mg per 100 g of fresh lychee fruit daily. Eating nine peeled lychee fruits in one day will meet the daily requirement of vitamin C. Lychee is low in saturated fat and sodium. Lychee fruit contains 7.21% sugar, 0.7% protein, 0.3% fat, 0.7% minerals (especially calcium and phosphorus) and other substances, and this content varies according to climate and growing conditions.

The dried fruit of lychee is eaten like raisins. Chinese people eat it with tea instead of sugar. All frozen lychees are thawed in warm water, they do not lose their color and should be eaten quickly. In addition, lychee trees are important for honey production. A family of bees is raised near Lichizors, and tasty, high-quality honey is obtained. Lychee juice is consumed as an antitussive, antitumor and glandular stimulant. In Florida, an ulcer patient found relief from discomfort by eating a few freshly cut lychees after a heavy meal. Chinese people believe that eating too much unripe lychee will cause fever and nosebleeds.

In China, the seeds are used as a painkiller and for nervous diseases (neurology). Fruit peel tincture is used to fight smallpox and diarrhea. Tinctures are prepared from the root and bark, and tinctures made from the flowers are used for throat pain by washing its mucous membrane. In India, preparations made from the seeds are used as a stimulant for intestinal disorders and neuralgic pains.

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