
Medicinal Properties of Arab Date

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Abstract: Arabian dates are a fruit rich in minerals and vitamins. Its 23 essential amino acids are not found in other fruits. Regular consumption of at least 3-4 dates a day has been shown to cure many diseases. In this article we will talk about the medicinal properties of Arabic dates.

Key words: Arabian dates, amino acids, cholesterol, stroke, axilloxidant.

Arabian dates are a fruit rich in minerals and vitamins. Its 23 essential amino acids are not found in other fruits. Regular consumption of at least 3-4 dates a day has been shown to cure many diseases. Eating 3-4 fruits a day rejuvenates the body. This fruit improves digestion and normalizes blood circulation in the heart. Lowers cholesterol. Arabic dates reduce appetite. It replaces white sugar and helps to lose weight. It is rich in iron, 100 grams of which is 11% of the daily norm of iron in the human body. It is also of great benefit in anemia. Rich in potassium. Dates reduce the risk of stroke by 40 percent. It is rich in phosphorus and calcium.[1-4] This is very beneficial for brain and intestinal function. This fruit is a remedy for constipation. In this case, before going to bed at night, eat 2-3 fruits with a bowl of boiling water. In case of impotence, dates can be eaten with goat's milk. It lowers high blood pressure. 5-6 dates contain 80 g of magnesium and it dilates blood vessels. Studies show that 370 mg of magnesium is the daily norm for humans. This amount is one of blood pressure keeps normal. Dates prevent aging. It is also useful after childbirth, it increases milk production. Apples are high in copper and zinc, while dates are high in sodium, potassium, magnesium, calcium and iron. Dates help to improve the functioning of the gastrointestinal tract, liver, skin and genitals.

Dates, like squash, apricots, and other yellowish-yellow fruits and vegetables, inhibit the growth of age-related growths. Dates contain high amounts of beta-carotene, which is a very strong axilloxidant. It fights free radicals that disrupt cell structures. 100 grams of product contains 305 kcal (kilocalories), the protein content is 2.2 g, yog` 0.2 gr. carbohydrates is 71.9 g. Dates are the only fruit that contains 60-65% of carbohydrates. The fluoride richness of the product protects teeth from caries and selenium prevents the risk of heart disease.[5-9] The fruit contains 23 types of amino acids, as well as pectin, provitamin A, B vitamins. It also contains trace elements and minerals such as zinc, iron, magnesium, potassium, manganese, aluminum, sodium, cobalt, cadmium, boron. One of the most beneficial properties of dates is that it does not contain cholesterol. It has the ability to develop mental abilities and increase the speed of work. When consumed, this fruit affects not only the internal organism, but also the external beauty. Rich in folic acid and vitamin E, it strengthens hair roots, prevents brittle nails and restores lost potassium in the body. This fruit is recommended for diseases associated with cardiovascular disease, malignant tumors, tuberculosis, arrhythmias, hypertension (high blood pressure).[10-15]

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