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DIARRHEA AND HEALING FUNCTION FROM MELON AND PUMPKIN SEEDS

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ABSTRACT

Throughout our lives, we consume large amounts of melons and squash from melons. They are rich in vitamins and minerals. In addition, melon and squash seeds, which are considered waste products, are also very useful. In studying the composition of melons and vegetable seeds, we considered the amount of melon and squash seeds and the oils extracted from them. We found that oils from melons and gourds have their own characteristics.

KEYWORDS

Melon seeds, pumpkin seeds, yield, phosphatides, minerals, proteins, waste, viscosity, peel.

INTRODUCTION

Melon seeds. Melon is a melon (Cucurbitaceae) family. Melon yield is 55 to 270 centners per hectare [1-4]. Melon contains 0.3-1.2% of seeds and is used in the production of jams, pavidillo and other products.

Waste seeds contain: 5-6% moisture, crude oil 26%, fiber 20-21%, carbohydrates (sugar and starch) 10-11%, pentosans 8%, ash 2,5-3,0%. The seeds have the same amount of husk and kernel, while the main amount of

fat is in the kernel (0.5-0.6% in the husk, 50% in kernel fat). each); seed weight 0.41 [5-11].

Methods of pressing and extracting oil from melon seeds are shown. Melon oil is intensely yellow to orange in color, has a sweet taste and is odorless. The

oil contains 1.0% phosphatides. Questions about pumping and refining pumpkin oil have not been well studied to date [12-19].

Table 1. Description of melon oil

Specific gravity at temperature	at temperature 15 °C - 0,923-0,928
The refractive index	at temperature 0 - 1,474
Freezing point	0 to 5 temperature
Viscosity	20 at 9 E

The acid content of the fat is more unsaturated acids (up to 85% of the total), of which linoleic acid is 55%. Melon oil is used as edible oil. Poor quality melon oil is used in the production of soap [20-27].

The processed protein contains about 32% of crude protein and 14% of carbohydrates, so it is a valuable feed.

Pumpkin seeds. The squash is a melon (Cucurbita) and belongs to the squash family (Cucurbitaceae).

It is cultivated in the southern part of the European part of the former USSR, in the North Caucasus and in the Central Asian republics.

There are many types of squash, including: Cucurbita rero-ordinary squash; Cucurbitamaksima-large squash and Cucurbitamochata- musk (musk) squash. Pumpkin

fruit contains 2-3% of seeds, and the average yield of seeds at a yield of 200 s / ha is 600-700 kg.

A certain amount of pumpkin fruits, like other melons, is widely used in the canning industry, in the production of juices, purees, pavidillo and jam. Waste seeds contain up to 40% fat and are used as raw material in oil production. Seeds (dry matter) contain: 20-40% fat, crude protein 30-32%, fiber 16-18%, ash 3-5%, nitrogen-free extractives 9-10%, seed husk 'content 28-30%, core content 70-72%. The bulk of the fat is located in the core, and the bark contains very little fat. There are also varieties of squash without seeds [27-31].

Their kernels are covered with a thin membrane, and when the average fat content of the kernel is 50%, the coated membrane makes up 3% of the total seed content. Pumpkin seeds are processed into crushed

and unpeeled seeds. The seeds are pre-dried to make the grinding process easier, but still do not have the required amount of skin to separate from the kernel. This is due to the fact that the nuclei vary in size. Therefore, pumpkin seeds can be processed without crushing. The seeds are well ground before frying. Primary pressing is carried out at a temperature of 70-80, while secondary pressing is similar to the process of pressing other seeds, and the oil obtained by pressing from unbleached seeds is dark green in color and reddish-brown, brown fluorescent.

The process of refining pumpkin oil is difficult. The conditions and procedures for the refining process are similar to those for refining cottonseed oil. Bleaching of oil by adsorption is ineffective, and neutralization with concentrated alkali is achieved by lightening the color of the oil.

The oil is easily hydrated. Pumpkin seeds dissolve quickly, but more quality is achieved through alkaline refining.

Table 2. Pumpkin oil Indicators:

Specific gravity is 15 °C	0.9156
Oleic acid	70-80%
Linoleic acid	46-57
Palmitin	7-12
Stearin	6-7

Unrefined pumpkin oil obtained by primary pressing is a very good salad oil. Crude oil obtained mainly by hot pressing (mainly from unbleached seeds) has healing properties (meda driver).

Refined pumpkin oil is golden in color and tastes like the best edible oils, reminiscent of sesame oil. Depending on the processing of crushed and unsealed seeds, the seeds contain: 11-12% moisture, crude

protein content 32-55%, fiber 5-16%, nitrogen-free extractives 8-12%, ash 5-6%.

Kunjara is a valuable fodder. The seeds used in the processing of crushed seeds are used instead of walnuts in the production of confectionery.

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