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# Tea to Improve the Functioning of the Stomach

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**Annotation:** The article discusses the use of tea in the historical tradition and the features of its preparation, describes the beneficial properties of different varieties of this drink and its healing effect in the treatment of diseases of the digestive, nervous, cardiovascular system and the formation of immunity. Attention is also paid to the use of useful and healing properties of tea in cosmetology.

**Keywords:** tea, black tea, green tea, healing properties of tea, therapeutic effect of tea.

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## Relevance.

Many people start their morning with a cup of tea. Its popularity is undeniable, therapeutic properties are well studied and described in detail. Tea is considered one of the useful products, it slows down the aging process and strengthens the immune system, it also has a positive effect on the general condition and well-being of a person. True, not everyone thinks about the effect of tea, about its benefits and harm to human health. The article discusses the positive pharmacological effects of tea, possible side effects and some misconceptions about the negative effects of tea on human health and the causes of their occurrence. Studying the therapeutic properties of tea and its proper use can help avoid unexpected unpleasant effects.

There are few people in the world today who do not drink tea. Even in ancient times, people were able to appreciate its amazing qualities. According to some researchers, the culture of tea is more than five thousand years old, according to others - a little less. Once on a campaign, he rested under a shady tree and waited for the water to boil in a cauldron over a fire. The wind blew a few leaves from the tree, which turned out to be a tea tree, into the cauldron, and they gave the water an unusual taste that the emperor liked. Moreover, having quenched his thirst with this drink, he felt such a surge of vigor that he set off on a further journey ahead of schedule. Following this, the emperor began to study the unusual properties of the tea leaf, began to use its infusion, and thus laid the foundation for the cult of the tea drink. Tea is divided into: • Leaf (large and medium leaf); • granulated. • powder; • pressed (tablets, tiles, bricks). Also, tea is distinguished by color: • white; • yellow • black; • green; • red (hibiscus). The most expensive are yellow and white teas. Tea is an excellent health drink, and the content of biologically active substances in green tea is several times higher than their content in black tea. Even in ancient times, tea was treated as a miraculous medicine. According to the legends, in China, the homeland of tea, it was used as a medicine 4 millennia ago, when tea was still a wild plant. Subsequently, people began to prepare decoctions, and tea gradually began to turn from a medicine into a healing drink. Being a mild psychostimulant, tea enhances and accelerates many mental processes: it sharpens the work of analyzers (especially vision) and generally increases the sensitivity and susceptibility of the nervous system, increases the speed of reaction, promotes the assimilation and memorization of new information, facilitates concentration of attention, increasing its stability, distribution and switchability, speeds up the process of thinking and is especially

associated with creative thinking and the generation of new ideas. Tea can be made even more useful and pleasant, as well as more healing, if you add to it the leaves of forest and garden, garden and meadow plants that have medicinal properties. Get a tea balm. It is more fragrant, tastier and many times more useful than ordinary tea, it has a unique aroma of fragrant herbs and leaves. Herbs and leaves complement tea, and such a tea balm helps a person get rid of ailments. The most successful is a balm consisting of tea and several types of plants. You need to brew tea balm like regular tea, but keep it for 8-10 minutes. Tea balm can be drunk without additives or with milk, cream, honey, jam, sugar. Green tea contains vitamins B, B3, K, carotene, nicotinic and pantothenic acids, as well as macro- and microelements. 100 g of dry tea contains 2480 mg of potassium, 495 mg of calcium, 440 mg of magnesium and 82 mg of iron.

**There are several prohibitions on drinking tea:** Do not drink tea on an empty stomach. Do not drink too hot scalding tea. Due to the strong stimulation of the throat, esophagus and stomach, painful changes in these organs can occur. Don't drink cold tea. While warm and hot teas invigorate the mind and clear the mind and vision, cold tea has the side effects of cold stasis and mucus hardening. Do not abuse strong tea, especially at night. Strong teas high in caffeine and theine can cause insomnia and headaches. Do not drink medicine with tea. Chinese wisdom says that tea destroys the medicine. Do not drink tea either immediately after a meal, or, especially, before a meal. Between tea and food you need a break of 20-30 minutes. Don't drink stale tea. If tea is brewed for more than 30 minutes (some varieties even more than 20 minutes), the process of spontaneous oxidation of aromatic components, phenol, lipoids, essential oils begins.

**RULES FOR BREWING TEA** 1. For brewing tea, it is better to use water that has stood for several hours. 2. Tea should be brewed in a special teapot, which must be dry and clean. 3. It is necessary to quickly rinse the teapot for brewing with boiled water (boiling water). 4. Pour a portion of tea leaves and pour boiling water over it, leaving 2-3 cm to the edge of the teapot. 5. Cover the teapot with a clean towel and leave for 3-5 minutes. 6. Add boiling water to the teapot

Recently, the rapid growth of industry, environmental problems, environmental pollution and the introduction of chemically obtained substances into the food chain lead to a deterioration in the health of the population. According to statistics, diseases of the gastrointestinal tract are the most common in childhood. Especially often they are exposed to children aged 5-6, 9-10 and 12 years. The main causes of disorders of the gastrointestinal tract is an increase in the content of all kinds of additives in food (dyes, preservatives, gases), etc. According to experts, every fifth modern child suffers from gastritis, ulcers or other serious diseases of the gastrointestinal tract. Most often this happens due to ignorance of the composition of the products used and its effect on the functioning of the gastrointestinal tract.

The invention relates to medicine, namely to pharmacology. Proposed gastric collection containing dill, rose hips, chamomile, fennel taken in a certain ratio. The collection has an antimicrobial, analgesic, antispasmodic, immunostimulating effect. In addition, the collection helps to accelerate the physiological pregeneration of the stomach epithelium.

### **Recommendations:**

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