

Banana Plant and its Application in Medicine

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Annotatsiya

There are about 70 plant species of banana, which are herbaceous perennials. These species are native to the Pacific Islands and Asia (Southeast). However, thanks to the efforts of people for several centuries, bananas have been growing on almost all continents with a warm climate.

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Banana plants are cultivated forms of the genus *Musa*, which are divided into two subgroups: sweet plantains and bananas. The fruit, peels, leaves, roots, and pseudo stem of the banana plant have all been demonstrated to have different pharmacological effects. The inclusion of fatty acids, steryl esters, and sterols, in addition to oleic and linoleic acids, is linked to the existence of banana's various phyto-constituents. Banana pulp and peel extracts have been proven to contain fatty acids, steryl esters, and sterols. Bananas are also high in important phytonutrients, phenolic compounds, and vitamins. In addition to components like potassium and phosphorus, secondary metabolism produces a variety of bioactive chemicals with a variety of pharmacological effects.

Appearance. The height varies from five feet to 15 feet depending on the variety of bananas. Bananas are herbaceous perennials, and their stems are soft and bitter rather than hard and Woody, but they grow to the ratio of a small tree. The leaves grow only from the top of the plant and are constantly shed and replaced throughout the growing season. In climates with long hot days and hot nights, banana flowers appear on a long, downward-sloping arc from the top of the tree. A few more months of warm weather are required for the fruit to ripen, allowing ripe bananas to be harvested only in Southern California, Southern Florida, and Hawaii. Leaves can reach 2.7 m in length and 60 cm in width. Depending on the humidity conditions, the leaves are formed at intervals of 6-7 to 16 days during the dry period. Their vagina is 1.5–8 m high, forming a multi-layered tube up to 60 cm in diameter. After the leaves are

formed, a Bud grows from the apical shoots of the rhizome inside the tube, which hangs on cultural bananas, inside of which a fruiting branch sprouts, which ends with flowering. Each floor contains 20-28 flowers arranged in pairs in a bract arm. The total number of "hands" ranges from 8 to 15-20.

Lignin is a class of complex organic polymers that form significant structural components in the support tissues of vascular plants and some algae, according to a study conducted by Dr. Deepak Wasule et al [24]. Lignin is very crucial in the creation of cell walls because it gives them stiffness and prevents them from rotting. Lignins are phenolic polymers that have been cross-linked. Because lignin is a natural sun protection agent. As a sunscreen, lignin can be found in green coffee, soy, and papaya, although banana leaves are said to have a high degree of lignin.

Fruit. The pulp of a fresh fruit of a cultivated banana contains 22-25% carbohydrates, 75-78% water, a small amount of vitamins C, B1, B2, B6, PP, E, provitamin A, essential oil, serotonin, etc. one fruit compensates for a person's daily need for potassium and magnesium.

Application in medicine:

- Banana contains the substance K, which, if consumed 2 times a day, helps to stabilize blood pressure, heart rate and stimulates insulin secretion.
- The fiber content in bananas reduces the risk of developing colon cancer.
- Bananas contain pectin cutlet, which stops carbohydrates during digestion and reduces cholesterol levels and glucose absorption.
- 100 grams of bananas are 90 kcal, of which 1.5 grams are proteins, 0.2 grams are fats and 21.8 grams are carbohydrates. It is eaten in the morning and at noon when losing weight.
- Eating 2 or 3 bananas a week reduces the risk of kidney disease.
- The substance E in the composition helps to increase the movement of sperm in men, in the cultivation of the follicle in women.
- A cocktail made from banana fruit is an effective cough remedy.

All parts of the banana plant have medicinal applications: the flowers in bronchitis and dysentery and on ulcers; cooked flowers are given to diabetics; the astringent plant sap in cases of hysteria, epilepsy, leprosy, fevers, hemorrhages, acute dysentery and diarrhea, and it is applied on hemorrhoids, insect and other stings and bites; young leaves are placed as poultices on burns and other skin afflictions; the astringent ashes of the unripe peel and of the leaves are taken in dysentery and diarrhea and used for treating malignant ulcers; the roots are administered in digestive disorders, dysentery and other ailments; banana seed mucilage is given in cases of diarrhea in India. Antifungal and antibiotic principles are found in the peel and pulp of fully ripe bananas. The antibiotic acts against Mycobacteria. A fungicide in the peel and pulp of green fruits is active against a fungus disease of tomato plants.

Table 1: Phytoconstituents in banana (in 100g banana) [7]

Energy	371 kJ(89 kcal)
Water	74.91g
Carbohydrates	22.84g
Sugars	12.23g
Dietary fibers	2.6g
Vitamins	50%
Minerals	21%

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