USING THE DIURETIC PROPERTIES *OF CUCUMBER (CUCUMIS SATIVUS L.)* AS A PHYTOTHERAPY FOR KIDNEY DISORDERS

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Relevance. *Cucumber (Cucumis) sativus L.) contains a significant amount of moisture (90-95%)* , protein (0.8%), sugars (2-2.5%), fat (0.1%), hemicellulose (0.1%), all tissues (0.7%), pectin (0.4%), as well as starch (0.1%) and organic acids. It is rich in vitamins B1, B2, B6, B15, C, PP, as well as microelements K, Ca, Mg, Al, F, Zn, Fe, I.

The purpose of the study. The main The aim of our study is to investigate the diuretic properties *of Cucumis sativum (Cucumis sativus L.) as a herbal medicine* for kidney disorders.

Materials and methods. *When* conducting a study on the *medicinal plant Cucumis sativus L.)* We used the following key resources:

1. Textbook of Clinical Pharmacology. Using the textbook helped us study the pharmacological aspects of the action *of Cucumis sativum (Cucumis sativus L.) on the* body. Articles devoted to the anatomical and morphological structure *of the plant Cucumis sativus L.) . The study of the anatomy and morphology of the plant in articles provided us with information on its structure and possible pharmacologically significant parts. Chemical-toxicological analysis of the plant components. Conducting a chemical-toxicological analysis allowed us to* determine the main chemical components *of Cucumis sativum (Cucumis sativus L.)* and their possible toxic properties. These resources collectively provide you with a comprehensive overview of the pharmacological, anatomical, and chemical aspects of *the Cucumis sativum plant . sativus L.)* , which likely contributed to a deeper understanding of its potential medicinal properties and applications .

Results **.** According to Ibn *Sina , Cucumis sativus L.) (fruits and seeds)* quenches thirst, promotes urine flow, reduces fever, improves stomach function, and is useful for liver diseases. According to Muhammad Hussein Shirozi, *Cucumis sativum (Cucumis sativus L.)* softens the stomach, disperses urine, removes urinary stones and sand, improves stomach function. In folk medicine , *Cucumis sativum (Cucumis sativus L.)* is used as a diuretic, laxative, liver stimulant, appetite enhancer, and digestive aid. Nowadays , *Cucumis sativum (Cucumis sativus L.)* is widely used as a dietary product. Because studies show that it increases the secretion and movement of gastric juice, increases the secretion of bile from the liver, stimulates bowel movements and activity, accelerates digestion, and relieves constipation. This effect of *Cucumis sativum (Cucumis sativum) sativus L.)* depends on hemicellulose, pectin and other substances included in its composition. The laxative property *of Cucumis sativum (Cucumis sativus L.)* is explained by the hemicellulose it contains, which enhances peristalsis as a result of local action on the soft tissues of the intestinal wall. Pectin has a positive effect on the intestinal microflora. In folk medicine, the fruit of *the Cucumis sativum (Cucumis sativus L.) and its juice are prescribed for chickenpox, stomach pain, constipation* , and other ailments. Cucumber juice is mixed with honey and taken two to three tablespoons two to three times a day when the upper respiratory tract is cold. In folk medicine, tinctures, decoctions, and infusions made from its seeds are used as an antipyretic, carminative, antipyretic, and expectorant.

Conclusions. It is important to remember that these features of *Cucumis sativus sativus L.)* sativa may vary depending on the method of use, growing conditions, and variety. It is recommended to consult a doctor before using them for medicinal purposes, especially if you have medical conditions or allergies