

## Specific Properties of Apple Cider Vinegar's Antibacterial Effect

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### ABSTRACT

*Currently, the demand for apple cider vinegar is increasing and increasing. Therefore, studying apple cider vinegar, their. Knowing the effect on diseases and preparing medicines from it are important topics. Apple cider vinegar is a clear liquid with a pungent smell and taste, this liquid has healing and antibacterial properties, the natural components in it have a beneficial effect on the body, improve the digestion process, lower blood pressure, and also reduce body temperature when applied externally. lowers, reduces body weight, improves immune system activity. Protects the body from free radicals. Many reports show that apple cider vinegar is used in medical practice for chronic gastritis and enterocolitis, chronic cholecystitis, polyarthritis, tonsillitis, stomatitis and other diseases due to its antibacterial or anti-inflammatory effect. used in inflammatory diseases. In this article, the latest information about the preparation of apple cider vinegar, as well as its antibacterial effect on diseases and the preparation of medicine from it in medicine, was presented.*

**Introduction:** Apple cider vinegar has a pungent smell, a sharp, bitter taste, and has been used in many ailments for its antibacterial and antiseptic properties. Apple cider vinegar has been considered an antioxidant for many years, cleansing the body of toxic toxins. Many tests show that it protects the body from free radicals, increases the strength of blood vessels and prevents atherosclerosis by dissolving cholesterol. The natural components of apple cider vinegar have a beneficial effect on the body and have been used in small quantities in gastrointestinal diseases without affecting the acidity of the stomach. Many scientists in their research work. He noted that apple cider vinegar normalizes metabolism, has a positive effect on the activity of the gastric glands, increases the immune system, and reduces inflammatory processes. Many aspects of the therapeutic effect of apple cider vinegar are attributed to the fact that it activates the metabolism and digestion of fats, carbohydrates and proteins in the gastrointestinal tract and reduces the amount of toxins in the body.

**Literature analysis:** in 1981, the book "Honey and other natural products" by the American doctor S. Djarvis was published in Bucharest. According to his definition, apple cider vinegar is widely used in American folk medicine in the treatment of chronic gastritis and enterocolitis, chronic cholecystitis, obesity, hypertension, gout, polyarthritis, tonsillitis, and stomatitis. Also, its use in the treatment of purulent wounds, varicose veins, itching of various etiologies, mycosis of skin and hair, nails is explained in detail. The author explains the mechanism of the therapeutic effect of apple cider vinegar by the fact that this tool changes the alkaline reaction of the body (pH = 8.0-11.0) to the acid

side (pH-4.0). Also, the method of preparing apple cider vinegar at home described, its essence is as follows: apples are washed, rotten or wormy parts are removed, and then they are crushed or removed through a coarse grater. In addition, the remaining parts can be used to make jam, juice and compote.

According to the instructions of doctor S. Djarvis, apple cider vinegar can be used as a dietary product and a therapeutic agent for various diseases. Treatment methods are very diverse. For the treatment of sinusitis, it is recommended to drink 1 teaspoon of apple cider vinegar in 1 glass of water 7 times every hour. According to the author, pain in trigeminal nerve inflammation is reduced by drinking the same mixture every hour. Arthritis patients were prescribed to drink 4 times a day, joint pain was significantly reduced after 2 weeks. For obese women and men, it is recommended to drink 2 teaspoons of apple cider vinegar in a glass of water 3-4 times a day after meals. At the same time, according to the author's definitions, a noticeable effect occurs after 2 months, and a clear effect after 2 years. Apple cider vinegar has also been recommended for treating kidney stones and chronic cholecystitis. Externally, they noted that it is useful in the treatment of various diseases of the skin and musculoskeletal system. For lameness and polyarthritis, the author recommends a liquid ointment of 1 egg, 1 teaspoon of turpentine, and 1 tablespoon of apple cider vinegar. Patients should carefully apply this mixture to the surface of the diseased joint. When tired, put 1 teaspoon of vinegar in 1 glass of water, rub the body with a towel, and when sweating, patients should rub the body with apple cider vinegar before going to bed. Apple cider vinegar is pleasant to use as a condiment for salads and other dishes, meeting the needs of the human body for an acidic food supplement.S.

According to the information provided by Djarvis, it is explained in detail that systemic treatment with apple cider vinegar gives sufficient results in the treatment of inflammatory diseases. . According to Ibn Sina, apple cider vinegar stimulates appetite and helps digestion, so it should be used in hypoacid gastritis.

The purpose of the research: to study the specific properties of the antibacterial effect of apple cider vinegar and to apply it in practice.

**Research methodology:** Depending on the method of preparation and the raw materials used, the following types of vinegar are currently distinguished: Acetic acid ( $\text{CH}_3\text{COOH}$ ) is a colorless liquid with a pungent odor. It is obtained by acetic fermentation of wine or alcoholic liquids or oxidation of acetaldehyde. Widely used in food, chemical and pharmaceutical industries. 2. Vinegar essence - 70% aqueous solution of food grade acetic acid, diluted 20 times with water before adding to food products. 3. Apple cider vinegar is a 3-15% aqueous solution of food acetic acid. It is used in the preparation of salads, spices, marinades, preserves, it is added to ready-made meat and fish dishes. 4. Fruit and berry vinegar is obtained by fermenting various fruit juices. Research materials show that apple cider vinegar has a sour taste, and many patients have been given 1-2 teaspoons orally in  $\frac{1}{3}$  cup of tea before or after meals to increase appetite and improve digestive function. As a result, in these patients, the activity of the gastric glands increases, the hunger center changes, and food digestion improves. Another investigation shows that in the treatment of anemia, chronic gastritis and colitis, local doctors recommend drinking apple cider vinegar with tea and honey in the amount of 1 tablespoon of vinegar, 1 cup of black tea and 2 teaspoons (10-12 g) of honey, and warm water ( 1 teaspoon of vinegar, 2-3 parts of boiled water) it is recommended to prepare baths from a solution of vinegar for diathesis, bruises, some forms of eczema.

**Conclusion:** Thus, the above information explains that apple vinegar has antibacterial and anti-inflammatory properties in all inflammatory diseases: chronic gastritis and enterocolitis, chronic cholecystitis, arthritis, polyarthritis, tonsillitis, stomatitis, stomach and ten colon ulcer, hyposecretory form of gastritis, acute and chronic hepatitis, acute and chronic nephritis are widely used.

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