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Cornus Mas L. Biological Value and Healing Properties

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Abstract
Common dogwood (or male) is a deciduous, strongly branched shrub or a small tree up to 8 m tall. Dogwood fruits are considered valuable biologically. Their pulp contains up to 17% sugars, over 3% organic acids, vitamins C, P, A, a lot of salts of iron, potassium, calcium, magnesium and sulfur. The unique properties of common dogwoodand its biologicalvalue are due to the presence in the composition of berries of a wide variety of substances and elements useful for human health.

Keywords. Dogwood, garden plant, health, use, medicinal properties, vitamin C, immunity.

INTRODUCTION

Dogwood refers to early-flowering plants. Dogwood grows on any soil, but bears fruit abundantly on calcareous ones with a sufficient content of manganese. Dogwood fruits are mainly harvested from wild trees, which are still quite numerous in the Caucasus, Western Ukraine and especially in the Crimea.[1] Young shootsand greens, later yellow-gray tokra-brown.

The fruits of the male dogwood have a pleasant taste and are warlike andromat. Dogwood seeds consist of stony cells, have large air chambers, and inside the stone itself all samples have two-seed chambers. Dogwood fruits, according to S.V. Klimenko [3], contain 7-15% of sugars (glucose and fructose), 1.0-2.5% of organic acids (malic, gall, salicylic, etc.), 0.5-1.5% of pectins, 60-105 mg % of ascorbic acid, 250-700 mg % of P-active substances. Juice, jam and compote from dogwood fruits are useful for anemia, liver diseases, gout, ventricular diseases. Infusions of leaves and flowers are known as an antipyretic and diuretic, and from the bark as a tonic and stimulating [4,5].

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Рис.1. Cornus mas. S. Цветение кизила

Medicines from fruits and leaves are used as astringents and disinfectants, selectively acting even on dysentery bacillus, typhoid pathogens. According to A. I. Blaze [2], dogwood is used for rheumatism, colds, fever and skin diseases. It belongs tomedicinal plants, is a raw material for the pharmaceuticalindustry. The unique properties of common dogwoodand its biologicalvalue are due to the presence in the composition of berries of a wide variety of substances and elements useful for human health. Such substances are: organicacids, glucose and fructose,vitamins, tannins and flavonoids, mandcroelements (magnesium, iron and potassium), electronicoils. Thanks to these components, ki zil has long been used to strengthen immunity, in the treatment of anemia, ar trita, infectional diseases, hemorrhageof the swarm. Dogwood, having a good astringent,has a positive effect on gastrointestinal diseases. The phytoncides contained in it have a detrimental effect on tifose, dysentery and other other pathogenic microbes. Of great valueis its durable and tverdaya, which hasa beautiful texture of wood. The stoneof berries is rich in essential oil, which has found application in the cosmetic and perfume industries. Highly valuabletaste and medicinal qualitiesof dogwood give reason to believe that this plantdeserves to be introduced into the culture, so dogwood can bring profit not only as a fruit crop.

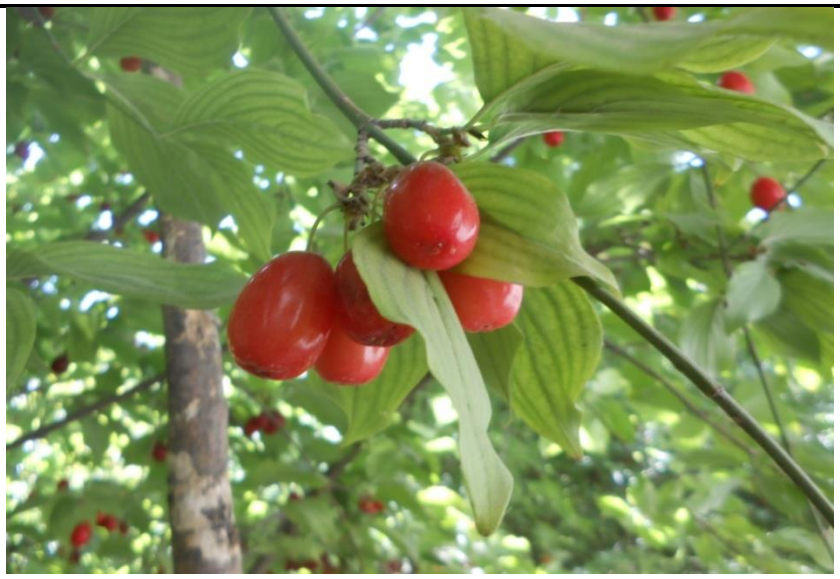


Рис. 2. Кизил обыкновенный Cornus mas. S.

The main economic indicators that determine the value of dogwood are: high yield, drought resistance, resistance to pests and diseases, durability (in favorable conditions it lives up to 250 years), excellent honey content [6]. Fruits are beautiful, of various shapes and sizes, juicy drupes with a sweet and sour taste, contain a large amount of easily digestible glucose, fructose, vitamin C and pectin substances, organic acids, especially malic, nicotinic, salicylic, mineral salts (iron, calcium, potassium, magnesium), phytoncides, essential oils [7]. This is important, since with the regular inclusion of dogwood in the diet, you can fill the daily need for vitamins. Fresh fruits are recommended for anemia, gout, arthritis, gastrointestinal diseases. They are used as a hemostatic and bactericidal agent that improves metabolism. Food is consumed both in fresh and in frozen and processed form [8].

Dogwood is a valuable fruit, medicinal, ornamental plant. The main biological features of the species: there is no periodicity in fruiting, biological productivity in favorable growing conditions is 25-00 kg per tree, depending on its age. Plants are practically not damaged by pests and diseases, do not require treatment with pesticides. Garden dogwood does not require any special agricultural techniques. Varieties of selection of the National Botanical Garden are the basis for the creation of productive profitable farm and private dogwood gardens.

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