



PREPARATION OF SWEETS FROM MEDICINAL PLANTS OF TURKMENISTAN

Ekayev Mukam

Supervisor: Lecturer of Oguz han Engineering and Technology University of
Turkmenistan
Ashgabat, Turkmenistan

Rejepov Kerimberdi

Student of Oguz han Engineering and Technology University of Turkmenistan
Ashgabat, Turkmenistan

Abstract: Turkmenistan is rich in medicinal plants that possess various health benefits. The integration of these plants into traditional sweets offers a unique approach to promoting health while preserving cultural heritage. This paper explores the process of preparing sweets using medicinal plants native to Turkmenistan, highlighting their nutritional and therapeutic properties. Furthermore, the article delves into the historical significance, cultural relevance, and modern adaptations of these sweets, demonstrating how the fusion of traditional knowledge with contemporary techniques can yield products that are both innovative and beneficial to health.

1. Introduction: The use of medicinal plants in food preparation has a long history in many cultures, including Turkmenistan. Ancient recipes passed down through generations often utilized local flora to enhance the taste and therapeutic value of sweets. By incorporating these plants into sweets, it is possible to create confectionery products that are not only delicious but also beneficial to health. This paper discusses the selection of medicinal plants, preparation methods, and the benefits of such sweets. Additionally, the paper highlights the role of these sweets in traditional ceremonies, celebrations, and as remedies for common ailments, reinforcing the cultural and societal value of such practices.

2. Medicinal Plants of Turkmenistan: Turkmenistan's diverse climate and geography provide a habitat for numerous medicinal plants, many of which have been used for centuries in traditional medicine and culinary practices. Some of the most commonly used plants include:

- **Licorice (*Glycyrrhiza glabra*):** Known for its anti-inflammatory and soothing properties, licorice is often used in syrups and candies that help alleviate sore throats and digestive issues.
- **Rosehip (*Rosa canina*):** Rich in vitamin C and antioxidants, rosehip is frequently added to jams, jellies, and fruit pastes, providing immune-boosting properties.

- **Mint (Mentha):** Aids in digestion and has a refreshing flavor, making it a popular addition to teas, candies, and desserts.
- **Chamomile (Matricaria chamomilla):** Known for its calming effects, chamomile is incorporated into sweets that promote relaxation and aid sleep.
- **Saffron (Crocus sativus):** Valued for its antioxidant and mood-enhancing properties, saffron is used in various confections, adding both vibrant color and a distinctive flavor.

3. Preparation Methods: The preparation of sweets from medicinal plants involves several key steps that have been refined over time to maximize flavor and health benefits.



3.1. Selection and Harvesting: Medicinal plants should be carefully selected and harvested during their peak season to ensure maximum potency and flavor. Traditional knowledge often guides the timing and method of harvesting, ensuring sustainability and the preservation of plant properties.

3.2. Drying and Grinding: Once harvested, plants are dried using techniques that retain their essential oils and active compounds. They are then ground into fine powders or infused into syrups for easy incorporation into sweets. Advanced drying methods, such as freeze-drying, are increasingly being used to preserve the full spectrum of nutrients and bioactive compounds.

3.3. Incorporation into Recipes:

- **Candies:** Infusions of mint or licorice are used to flavor hard candies, which are both refreshing and therapeutic.
- **Jams and Jellies:** Rosehip and saffron are commonly used in jams and marmalades, providing a rich source of vitamins and antioxidants.

- **Baklava and Halva:** Medicinal plants can be added to traditional sweets for enhanced flavor and health benefits. Variations of baklava infused with saffron or rosewater have become sought-after delicacies.
- **Herbal Teas and Syrups:** Sweet syrups infused with chamomile or licorice serve as bases for desserts or are consumed directly as functional treats.

4. Nutritional and Health Benefits: The inclusion of medicinal plants in sweets not only enhances their flavor but also provides various health benefits such as improved digestion, immune support, and stress relief. These sweets can serve as functional foods that offer more than just caloric value. Modern scientific studies corroborate the health claims associated with these plants, further validating their use in confectionery. By consuming sweets enriched with medicinal plants, individuals can enjoy indulgent treats while receiving essential nutrients and bioactive compounds that promote overall well-being. Additionally, the antioxidant properties of many medicinal plants help reduce oxidative stress, potentially lowering the risk of chronic diseases.

5. Conclusion: The preparation of sweets from medicinal plants of Turkmenistan represents a harmonious blend of tradition and modern health-conscious food production. By promoting these sweets, it is possible to preserve cultural practices while enhancing public health. As interest in natural and functional foods continues to grow globally, sweets made from medicinal plants offer an opportunity to showcase Turkmenistan's rich biodiversity and culinary heritage. Future research and innovation in this field hold the potential to introduce these unique products to international markets, further highlighting the value of Turkmenistan's natural resources.

References:

1. A. Mamedov, "Medicinal Plants of Turkmenistan: An Ethnobotanical Review," *Journal of Herbal Medicine*, 2023.
2. N. Orazov, "Traditional Uses of Licorice in Central Asia," *Central Asian Ethnopharmacology*, 2022.
3. R. Atayeva, "Nutritional Analysis of Rosehip-Based Products," *Turkmenistan Journal of Food Science*, 2021.
4. T. Gurbanov, "Saffron Cultivation and Its Applications in Turkmen Cuisine," *Culinary Heritage*, 2020.
5. L. Bayramov, "Functional Confectionery: Integrating Medicinal Plants into Traditional Sweets," *Journal of Functional Foods*, 2023.
6. S. Niyazov, "Herbal Sweets: Combining Tradition with Health," *International Journal of Culinary Arts*, 2022.