



Higher education institutions' contribution for development of sustainable agro-food production systems in Kyrgyzstan and Uzbekistan

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TOO TEA

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Abstract

From time immemorial, man has been using various plants to treat diseases, to expand taste buds. Mountain plants were no exception. Naryn region (Kyrgyzstan) is a mountainous area with a complex terrain. The herbs growing on the mountains are almost untouched by human hands and because of this they have their own specific chemical composition and taste. In the Naryn region, various herbs grow, and wild berries that can be eaten (tea). We have found a way to properly prepare herbs for tea so that a person does not get bored.

Aim

Develop TOO tea production technology and study the effects of the resulting product on human health.

Tasks

- Identification and collection of medicinal plants.
- Replicate the same herbs in greenhouses and at home, investigate chemical composition will change and how much can be produced.
- Create new types of tea.

Materials and methods

TOO tea - which is made from local herbs (weed). It is also a secondary weed production.

Methods and tools:

- 1 Assembly of herbs - production room (a place for primary preparation, drying, and packaging, storage)(p.1)
- 2 Transportation - tools for the assembly of herbs (p.2)
- 3 Preparation for drying - tools for primary preparation (basin, gloves, etc.)(p.3)
- 4 Drying - weight, heat-drying apparatus, stove (p.4)
- 5 Grinding - pH meter (p.5)
- 6 Packaging materials - shredder (p.6)

Results

This table shows the number of patients with hypertension. It is shown above that in the Naryn region the majority of the population suffers from hypertension (62.9%) (Table1)

Table 1

Number of patients with hypertension in Kyrgyzstan

Region	Registered patients TOTAL Organ diseases , blood circulation	Hypertensive disease	%
BATKEN REGION	20 531	12395	60.4
BISHKEK	96169	36460	37.9
JALALABAT REGION	37 649	22027	58.5
ISSYK-KUL REGION	21 521	12536	58.3
NARYN REGION	11 693	7356	62.9
OSH REGION	51 516	27467	53.3
TALAS REGION	7 293	4483	61.5
CHUY REGION	45 368	23001	50.7
KYRGYZ REPUBLIC	291740	153 503	52.3

The object of the study: We selected 10 people with high blood pressure (150-200 dv.) and they were given 10 days 3 times (tea) a day for 150 gr (Table 2.).

Table 2

The results of the study of participants

Person	Blood pressure	1 day	2 day	3 day	4 day	5 day	6 day	7 day	8 day	9 day	10 day
1	200	180	175	160	150	150	150	140	135	130	120
2	170	160	160	155	154	150	145	140	135	130	120
3	180	175	175	170	160	160	150	140	135	120	115
4	180	180	175	174	170	160	160	155	145	135	125
5	175	170	173	160	150	150	150	140	135	130	120
6	200	175	175	160	150	150	150	140	135	130	120
7	180	175	175	160	150	150	150	140	135	130	120
8	160	175	175	160	150	150	150	140	135	130	120
9	150	150	150	145	135	134	130	124	120	115	115
10	180	175	170	170	160	155	155	140	135	130	120



Fig. 1. Tools and equipment for the production TOO tea

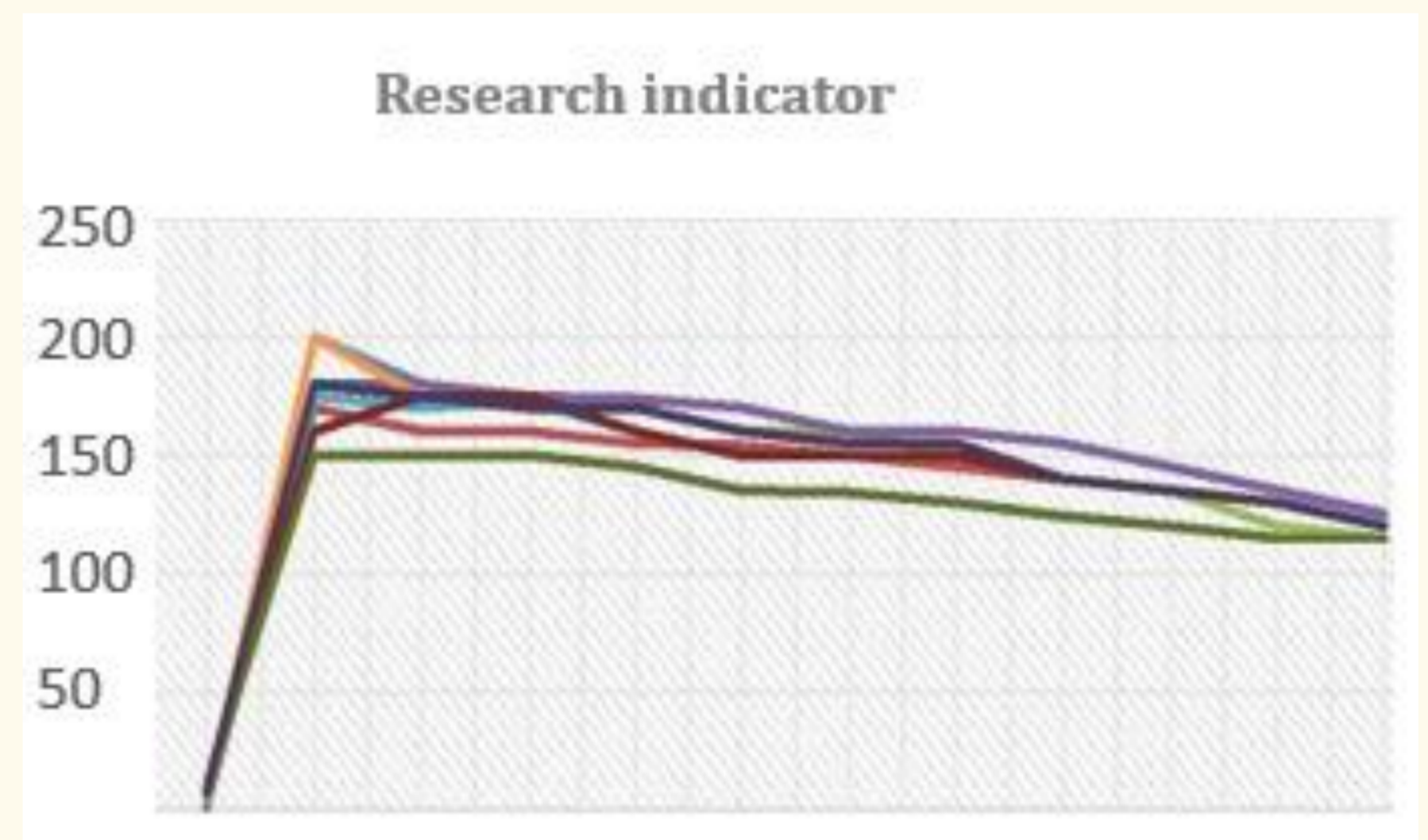


Fig. 2 Changes in blood pressure of study participants

As can be seen in the Figure 2, after consuming TOO tea for 10 days, the blood pressure of all study participants returned to normal. It has been proven that a person who regularly consumes green tea stabilizes blood pressure.

Conclusion

1. TOO Tea occupies an important place in a person's life. Therefore, it is very important to monitor the environment in which tea is located, how to store it and how to consume it.
2. TOO Tea has a complex chemical composition. This is the richest natural complex, which contains a whole range of vitamins, trace elements and a large number of biologically active substances.
3. We did not do a full chemical analysis of TOO tea because we do not yet have a laboratory that could do a chemical analysis of TOO tea. In the future, we will conduct a chemical analysis and study it further.

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