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THE ROLE OF VEGETABLES IN THE SPREAD AND PREVENTION OF TUMOR DISEASES

***Annotation.** To date, tumor diseases are equally common in children and adults. Dangerous and safe types of tumors are observed as a result of the growth in the body of tissue consisting of cells that have changed and lost their normal shape and function. The medicinal properties of some vegetables, clinical instructions and scientific articles in the prevention and spread of tumor diseases are analyzed.*

***Key words.** Healing, cancer, prevention, vegetable, fight.*

Tumors are the forced growth of tissues in the body, consisting of cells that have changed and lost their normal shape and function (degraded quality). Tumor growth begins with the formation of a small group of mutated cells that divide indefinitely into tissues. They develop slowly. There are several stages: 1) uneven growth of tumor cells (hyperplasia); 2) focal proliferation, i.e. proliferation of tissues, 3) preserved tumor-like formation; 4) finally, its dangerous appearance (malignancy). There are benign (mature) and malignant (immature) tumors. In the emergence and development of tumors, the general reaction of the body, born or acquired in life, is of great importance. Tumors usually appear after the age of 40. But it can be found in young people and even in children [12]. Prevention of tumors consists of actions against their occurrence (hygiene prevention) and development (clinical cancer prevention). Hygienic prophylaxis is to eliminate or reduce the number of factors that have a carcinogenic effect on the body; and clinical prevention consists in the timely

detection and treatment of precancerous diseases [11]. Of great importance is the conduct of regular (systematic) mass preventive examinations of the population and clinical examination of certain groups of the population. Comprehensive treatment of dangerous tumor diseases. Tumors are treated with gamma and x-rays, drugs depending on the organ, stage of its development, structure, age of the patient, etc.; but the surgical method is widely used [13].

To date, in the treatment and prevention of tumor diseases caused by anthropogenic factors, various radiation and harmful microorganisms, chemical and expensive drugs are used [1]. These chemicals are useful in treating some stages of the disease, but in some ways they are harmful. Medicines from natural plants are effective for the population, beneficial to their health [2]. After all, cruciferous vegetables are no less than superfoods, because they contain vitamins, minerals, antioxidants and sulfataphan, genistein, melatonin, folic acid, indole-3-carbinol, carotenoids, vitamin C, vitamin E and dietary fiber. The presence of vitamin K, omega-3 fatty acids shows its main properties [3].

Today, vegetables are widely used in the prevention of tumor diseases. The collection of "Medical Laws" by Abu Ali ibn Sina also contains information about the medicinal properties of vegetables. Below are the benefits of some vegetables in the spread and prevention of tumor diseases [4].

Tomatoes reduce the risk of cancer, men who ate two or more pizzas a week had a 23% lower risk of developing prostate cancer [5]. According to scientists, this effect is due to the presence of lycopene in tomatoes, and the risk of cancer of the ovaries, stomach, pancreas and prostate is reduced by eating tomatoes [6].

Cabbage is a very useful product for human health. Cabbage contains sugars, organic acids, vitamins (C, P, B, B2, PP, K, E) and carotene, pantothenic and folic acids, fat, enzymes, phytoncides, potassium, calcium, iodine, manganese, iron and other elements. there are salts [7,8]. Tartronic acid in cabbage has the ability to separate and remove excess carbohydrates and fats

from the body. Strengthens the immune system in the body, effectively helps fight various infections and improves metabolism [9,10].

Beets are rich in vitamin A, B, C, E and vitamin K, iron, calcium, magnesium, protein and other minerals and fight heart disease, anemia, white blood cells and lung cancer [11].

Spinach is rich in vitamin K, vitamin A, manganese, iron, magnesium, calcium, phosphorus, zinc, vitamin C, E and B2, folic acid, a protein that fights heart disease, stomach, breast, prostate and skin cancer 12 different vitamins [12].

Bulgarian pepper. This colorful vegetable, rich in vitamin C, boosts the immune system and promotes healthy skin, gums, and eyes [13]. Balances the amount of sugar in the blood; fights diseases associated with old age, asthma, heart disease and cancer [14].

Carrots are our vegetable, rich in nutrients that are not limited to height growth, but are also important for hair, skin and eyes. In addition, the vitamins found in carrots help prevent boils, heart disease, and various types of cancer. In addition to them, you can use several vegetables [1].

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