

**CAPPARIS SPINOSA AS AN ANCIENT MEDICINE**

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**Abstract**

Capers are food plant. For medicinal purposes, capers were very widely used in ancient medicine. Eating any part of the plant or drinking its decoction opens blockages in the blood vessels of the liver and in other places, cleans up harmful and unnecessary substances, dissolves thickened matter. Capers liquefy and remove sticky matter, phlegm and black bile from the body. They are useful for cold diseases of the brain, paralysis, weakening of the limbs, lethargy, joint pain, sciatica, gout. If the leaves are mixed with vinegar and applied externally, it will drive out urine, menstruation and cure hemorrhoids. Fresh capers enhance potency. The smoke of the plant heals hemorrhoids. Crushed caper leaves with vinegar, when applied topically, heals white spots, freckles, malignant ulcers and wounds. In folk medicine, the unripe fruits of capers are mixed with peanuts, with henna and used externally in the treatment of rheumatism. The fleshy part of the fruit is pickled and eaten for hemorrhoids. Alcohol tincture of capers is used externally as an anesthetic for neuralgia, radiculitis.

**Keywords:** capers, Capparis spinosa, history of herbal medicine, ancient medicine, folk medicine



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*Capparis spinosa* L. A very common plant in Central Asian countries. It grows in wastelands, along roads, near dwellings. Capers are perennials, shrubs. This plant sometimes reaches a height of up to 2 meters, the root of the plant is very thick, and reaches a depth of 20 meters. Stems are numerous, creeping. The leaves are ovoid, rounded, there are thorns at the base of the shards. The flowers are large, solitary, white and very beautiful.

The plant is not yet used in official medicine. It is a very popular remedy in folk and traditional medicine. Capers are used for food in the countries of the Caucasus and Central Asia. It has been known as a medicine since ancient times.

The nature of the plant was determined depending on the place of growth. A plant growing near water is grade II hot and dry. That which grows in dry places is III degree hotter and dry.

If you eat any part of the plant or drink it, the decoction will open the blockages in the blood vessels of the liver and in other places, cleanse of harmful and unnecessary substances, dissolve the thickened matter. Capers liquefy and remove sticky matter, phlegm and black bile from the body. They are useful for cold diseases of the brain - paralysis, weakening of the limbs, lethargy, joint pain, sciatica, gout.

Gruel of any part of the plant, applied externally, heals weakened muscles. If you chew the skin of the fruit, it will remove moisture from the brain and soothe a toothache. If you chew the fresh skin of the fruit or fresh leaves, or rinse your mouth with a decoction of the plant, it will open up brain blockages and remove harmful substances. The sap of the plant, when warm, when dripping into the ear, heals ear pain and kills the earworm. If you wash your hair with a decoction of the plant, it will strengthen the hair. A decoction of the plant, drunk with honey, removes phlegm from the chest. Salted fruits are useful for shortness of breath and bronchial asthma. If you eat the skin of a plant or drink a decoction, it will strengthen the organs of the chest and abdomen, dissolve the winds, blockages in the veins of the liver and spleen, will remove unripe matter through feces. A decoction of capers drives black bile, kills stomach worms, drives urine, menstruation, increases potency. If you eat the salted fruits of capers before eating, it will soften the nature and this is the best way to treat spleen diseases, especially if you soak them in honey and vinegar for a day before eating.

The salted fruits of capers taken internally remove the thick black-bile matter from the spleen by means of feces and urine. If the fruits are eaten with crushed black pepper, it will open liver blockages in cold people. If you consume the fruits of capers soaked in vinegar daily for 40 days, then the spleen will be completely cleansed.

Caper leaf juice kills all types of worms. If pounded caper leaves are mixed with rye flour and this dough is applied externally, it will dissolve the tumor of the spleen. If the leaves are mixed with vinegar and applied externally, it will drive out urine, menstruation and cure hemorrhoids. Fresh capers enhance potency. The smoke of the plant heals hemorrhoids. If its dry or damp skin is rubbed and applied externally, it will cure mumps, large and hard tumors.

Crushed caper leaves with vinegar, when applied topically, heals white spots, freckles, malignant ulcers and wounds.

The juice of the plant in the form of drinking and enemas treats sciatica.

Any part of the plant applied internally and externally is an antidote to most poisons.

The nature of the unblown caper flower is hot in the II degree and dry. When consumed, it has a moisturizing effect. If dried flowers are ground into powder and applied externally, then eye ulcers will heal. If the ripe fruit is soaked in vinegar and eaten, it will improve appetite, cleanse the spleen and body from phlegm. But, it causes a headache in hot natures.

The unripe fruit of capers is hot and moist, and its seeds are hot in the III degree and dry. If caper seeds are eaten on an empty stomach, they will soften the nature, but harm the stomach. The nature of the flowers and leaves of the plant is hot in the first degree and dry, but they are weaker in medicinal properties than flowers and seeds. If the leaves are rubbed and applied externally, then the mumps will be cured.

Caper juice dose 25 gr. provided that it will be consumed with vinegar, honey or sugar. The dose of root gruel is up to 10.5 grams, and for decoction up to 25-30 grams. The root bark of capers is applied to malignant ulcers; it is also useful for sciatica. Root bark is chewed for cold toothache. If the bark of the roots of the plant is finely crushed and lubricated with a mixture of vinegar, the skin will cure vitiligo.

A drug is prepared from the bark of the roots: the roots need to be soaked in salt water for a day, then the water is changed and so on 3-4 times. Then, they are soaked in fresh water, washed. After that, they are soaked in vinegar for 40 days and used internally for impotence. From the bark of the roots of capers and beef fat, an ointment is prepared and used externally for radiculitis.

The plant is also popular in modern folk medicine. A wound-healing ointment is prepared from the root and leaves of capers, mixed with beef fat. Branches with leaves are placed in a tinned dish, poured with cold water and laid on top with a heavy load. It is left in the sun until the water turns yellow. This water is drained and again poured with water, adding salt, cherry plum and dill to it and covered in a glass dish. This drug can be stored for a year and, if necessary, use 1/2 cup for jaundice.

Unripe fruits of capers are mixed with peanuts, henna and used externally in the treatment of rheumatism. The fleshy part of the fruit is pickled and eaten for hemorrhoids.

Alcohol tincture of capers is used externally as an anesthetic for neuralgia, radiculitis.

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