



A pharmacy called pumpkin

Pumpkin is one of the autumn and winter vegetables that are currently abundant in the market, it is known as a cold and moist food.

Pumpkin is more suitable for the blood pressure of people with warm nature, especially hot and dry nature or so-called bilious temperament, and in people with cold nature, excessive consumption of it will not be without problems.

Especially people who have colitis and intestinal inflammation or irritable bowel syndrome should not consume too much pumpkin.

For people who complain of dryness, whose symptoms include dryness of the skin, constipation, insomnia, and poor sleep, it is recommended that when steaming rice, slice a pumpkin and place it on top of the rice until it is cooked and then eat it with food.

For people who suffer from insomnia due to severe brain dryness, it is recommended to draw some of its extract into the nose and rub it on the forehead so that its gentle moisture will induce relaxation and sleep in the brain.

High consumption of pumpkin, especially its raw type, in people who have a cold stomach, causes weakness and laxity of the stomach mass, bloating and heavy feeling in the stomach, and loss of appetite and production of mucus in the stomach of these people.

Iranian medical experts generally recommend all kinds of pumpkins for warm-tempered people and hot climates and in the hot seasons of the year.

It can be used with dry mint and garlic or pepper in cold weather. Cold-tempered people can use pumpkin by sprinkling some salt to reduce its complications.

The brain of the pumpkin seed also has a cold and moist nature, and its consumption is recommended for dry and thin people because it is fattening, and due to the production of moisture in the body, it can quench thirst.