



Properties of Russian olive from the perspective of traditional medicine

Eating Russian olive strengthens the heart, liver, and kidneys, relieves pain, soothes joint pains, strengthens hair growth, and relieves surface skin sensitivities.

Its fruit is astringent and is used in the treatment of internal problems of the mouth, teeth and bleeding gums.

Russian olive is anti-diarrhea and anti-vomiting, antipyretic, heals internal wounds and prevents internal bleeding.

It is anti-inflammatory, the sap obtained from the elder root is used for deodorizing after bathing.

The leaves of the tree are anti-infective and effective in treating purulent wounds.

It also has a cold character and sugar compounds of glucose and fructose, tannin, mineral salts, acids such as amino acid, linoleic and linoleic acid, protein, rich in unique antioxidants vitamin C and E.

The decoction of its fruit peel is useful for cleaning the skin.