

ORIGINAL ARTICLES

A Study on Traditional Usage of Olives

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ABSTRACT

The olive tree (*Olea europaea*) has been in cultivation for over 4,000 years. They are cultivated for use in olive oil or as olives and also for landscaping in many places in the world is occasionally cultivated as an ornamental tree. It is naturalized in Mediterranean countries. It is also used as a medicinal plant.

Key words: Olive, Health, Blood-pressure,

Introduction

Olives (Scientific name: *Olea europaea*) approximately, include kinds of small trees of Oleaceae family. And wide-spread in ancient world from Mediterranean sea district, the north of Africa, the south-east of Asia, North to south of China, Scotland and east of Australia.

They always green and have small and monolith leaves that arrange opposite of others. The fruit of this plant is a drupe. The most known of this kind of plant naming *Olea europaea* that had applied for preparation of olive oil and for eating the fruit too, in ancient time. (In natural form, it is bitter that have to taken natural fermentation or for have eating form, we have to sleeping it in salty water. Troglodyte olive likes as small tree or bushes with thorn and rake growth. That has leaves as like dark and sharp, with ashenish green color that is upper part of this. Young wild olive on bottom is white color and has whitish spangles, has small white flowers that bowl and cup's flower have four seams of flower's bowl, two blazon and forked ringlet. These flowers grow gradually as like clusters that appearance from leaf's edge on final year's wood. Drupe (fruit) in wild plant is small and has fleshy sheath. This cover that determines the fruit's economic value, in wild kind is this and slim partly. The cultivation species have different qualities, but they are compressed and fertile and without prickly than others. Landsman and certain in Syria and coastal parts of median Asia, the amplitude of that in Greece and its archipelago, and using abundant allusions by old poets about that showing us that olive is native of these areas but it didn't cultivate outside the east of ground and returned to initial and primary shape of itself. This point shows us the special advantage for limy soils and tending that to marine's breeze. It create special magnitude and worthiness on the limy downhill's and head lands that include the most of Greece peninsula shores.

Remedial Properties of Olive:

Olive remedy gout and rheumatic, olive's leaf treat blood-pressure and infectious wounds with its strengthening impression. Sugary emulsion sprag from footstalk of this plant has edible consumption. Its name is (MAN olive). Olive's leaf containing Glouzid, sugary substances, bitter substances, chlorophyll, garlic acid, taen, beeswax and manit. Sweet oil conciliation the inflammation and pain due to scorch and prevent of indication the blister. It cause to skin compress on sunburn, nip, snakebite, scorpion and insects cases by sweet oil, it cause to sedation of pain and irritation and can heal them. Decrease much perspire, strengthen eyelash and eyelash. Massaging head skin with sweet oil cause to reinforce skin and hair and can remove dandruff and can change white hair to black hair. A few drop of seed oil pacification eye's itching and irritation and can resolve eye's postnasal drip and can invigorate eyesight's power. The mixture of sweet oil and glycerin has useful designation on treatment of deli scent foot, treatment of dandruff and calvities and prevent of white of the hair. Crust and leaf of the olive's tree have febrifuge property.

The Influence of Sweet Oil on Blood Circulation Improvement:

Particular nutrition's components in sweet oil and some other foods can mainspring of positive influence of Mediterranean nutritive regime on heart health. These composition that theirs name are "phenol", have antioxidant effect, inflammation opposite and can prevent of coagulum formation on arteries. In this study, it is determine the constructive influence of sweets oil overfilled of phenol on operation of blood vessels. The consumption of phenol composition can improvement heart-vessels health and have self- protection influence on heart, too.

The studding show us, that daily consumption of two spoon sweet oil (23 gram) decrease the hazard affection to heart sick's that this subject because of unsaturated myelin essence in this oil. So for prevent of affection to this, illness it is best that we use sweet oil instead of saturated myelin. Till the daily cabrie consumption amount not more than obligatory measure. Walnut oil and fat acid omega3 that is fish flesh and green grocery have unsaturated myelin acid as like as sweet oil, too. So they are useful for prevent affection to heart illness. Sweet oil is repellent bile sac's stone and for this aim we con sump that with lemon juice. Sweet oil is useful for removal brut coughs. For removal gum pyorrhea, rub sweet oil on the brut. It's useful for removal skins scratch and crack that you chew the olive's leaf to removal snout wound and olive useful for reinforcement kind strength. The daily consumption of olive can prevent of heart disease and cancer and finally sweet oil is the best oil for cooking because it isn't ruined in fluency of heat.

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