



Peach (lat. *P ersicus*)

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Abstract. The article discusses the main properties of peach and its effect on the human body. A systematic review of modern specialized literature and relevant scientific data was carried out. The chemical composition and nutritional value of the product are indicated, the use of peach in various types of medicine and the effectiveness of its use in various diseases are considered. The potentially adverse effects of peach on the human body under certain medical conditions and diseases are analyzed separately. The scientific foundations of diets with its use are considered.

Keywords: peach, benefit, harm, beneficial properties, contraindications

Beneficial features

Table 1. Chemical composition of peach (according to [Food+](#)).

Main substances (g / 100 g):	Fresh Peach [1]
Water	88.87
Carbohydrates	9.54
Sugar	8.39
Alimentary fiber	1.5
Squirrels	0.91
Fats	0.25
Calories (kcal)	39
Minerals (mg/100 g):	
Potassium	190
Phosphorus	twenty
Magnesium	9
Calcium	6
Sodium	0
Iron	0.25
Zinc	0.17
Copper	0.068

Vitamins (mg/100 g):	
Vitamin C	6.6
Vitamin PP	0.806
Vitamin E	0.73
Vitamin B2	0.031
Vitamin B6	0.025
Vitamin B1	0.024

The fruits of peach trees contain flavonoids, carotenoids, sugars, the share of which in some varieties can reach 15-20%, organic acids (tartaric, malic, quinic, citric) essential oil, vitamins, salts of various minerals.

The most significant (among minerals) is the presence of potassium in peach fruits. 100 grams of fresh fruit contains about 15% of the daily human need for this mineral. And in 100 grams of dried peach - about 80-85%. There are also iron, magnesium, phosphorus, zinc in these fruits, but their presence in 100 g of fresh product is limited to 3-4% of the daily requirement. At the same time, the skin of the fruit surpasses the pulp in terms of the content of both mineral salts and flavonoids. ^[2]

Among the vitamins, the most important is the content of vitamin C and vitamin E in peach (up to 10% of the daily requirement per 100 g), but vitamins of group B are also well represented in fruits (B2, B6, B3 / PP, B1 - up to 4% w.p.).

The seeds of the stone contain fatty oils (up to 57%), essential oil, amygdalin, a number of acids (oleic, nonacosanoic, palmitic, etc.), potassium and iron salts.

Medicinal properties

The therapeutic effects associated with the use of peaches include the ability of fruits to enhance the secretion of digestive glands, normalize heart rhythm disturbances, exhibit diuretic and laxative properties. Judging by the regularly updated list of peach studies, extracts from various parts of the peach tree in the future may become a medicinal basis for the treatment of diseases and the correction of a number of pathological conditions:

- Problems of the gastrointestinal tract.

A number of studies show that peach preparations improve the functioning of the digestive tract. So, in an in vitro experiment ("in a test tube"), carried out on rat intestinal tissue, the activating effect of peach flower extracts on the motor activity of the digestive tract was confirmed. ^[3] The same extracts prevented anti-peristaltic contractions of smooth muscles.

- Cancer diseases.

Peach polyphenols can, under certain conditions, reduce the viability of breast cancer cells without affecting normal cells. ^[4] The kernel extract has also been shown to inhibit the growth of human colon cancer cells. And the bark of several species of peach trees can prevent the development of benign prostatic hyperplasia. ^[5]

- Cardiovascular pathologies.

Peach seed extracts inhibit the process of association and adhesion (aggregation) of platelets, thereby slowing down the formation of blood clots and blockage of blood vessels. ^[6] In addition, several types

of peaches have shown vasodilating effects. Moreover, extracts of peach tree branches also have a similar property that can effectively reduce high blood pressure. ^[7]

- Diabetes.

Although diabetes is on the list of contraindications when eating sweet peach fruits, other components of the plant may help diabetics control their glucose levels. Thus, it was experimentally found that peach tree leaves contain a substance that acts as a powerful inhibitor of glucose absorption in the small intestine of mice. Leaf extract, which helps reduce glucose absorption, may be useful in functional foods and drugs for hyperglycemia to prevent glucose absorption after meals. ^[eight]

Some works suggest that glycosides isolated from peach seeds in the form of a methyl extract can have anti-allergic and anti-inflammatory effects. ^[9]

In medicine

In modern scientific medicine, peach components are used as a raw material component of medical cosmetics, and are also used to create the oil base of some medicines. So, peach oil is prepared from seeds extracted from fruit pits, which is used in pharmaceuticals to dissolve water-insoluble substances, prepare injection solutions, and create the basis of liquid ointments (liniments).

Peach fruit extracts as a herbal dietary supplement are widely available on the market and are recommended by manufacturers to strengthen the heart and blood vessels, to normalize blood pressure, to increase hemoglobin levels and remove "excess" fluid.

Leaf extracts are positioned as general tonic preparations for the complex protection of the body. Manufacturers note that this peach remedy can increase physical endurance, improve digestion, normalize the functions of the endocrine glands and reduce the negative effects of stress.

In the list of indications for the use of extracts:

- cardiovascular diseases;
- intoxication;
- fatigue and sleep disturbances;
- digestive problems;
- respiratory diseases;
- gynecological pathologies: heavy menstruation and cycle disorders, fibrocystic mastopathy, hormone-dependent pathologies and benign tissue growths (endometriosis, uterine fibroids), etc .;
- anemia;
- thyroid pathology.

Such drugs, according to the instructions, are recommended to be taken for prevention once a day, 2-4 drops. During the treatment of the disease, the dose is usually increased by 5-7 times.

In folk medicine

In folk medicine, fruits, flowers, seeds, peach leaves cooked in different ways are used to treat:

- heart and blood vessels;
- hemorrhoids;
- urinary tract;

- digestive organs;
- diabetes;
- headaches and earaches;
- rheumatism;
- parasitic infection with helminths;
- skin diseases and pathologies (eczema, burns, purulent inflammation of the tissue, atopic dermatitis of an allergic nature).

Depending on the indications, specific recipes for multicomponent agents and concentrates are used. For example, to restore bowel function in case of constipation and disruption of the stomach with low acidity, it is recommended to drink freshly squeezed peach juice (50 g) 15 minutes before meals. Such an aperitif will enhance the secretory function of the digestive glands and help to cope with fatty foods. Also, fruit juice is used to treat urolithiasis.

No less widely used in folk medicine is the juice of peach tree leaves. It is believed that a few drops of it, instilled into the ear, help a person get rid of ear mites. In ancient folk medicine, there were ideas that in a similar way, with the help of peach leaves, you can save a person from intestinal helminths. To do this, it was necessary to grind the leaves into gruel, and put a bandage with it on the patient's navel. But, due to the lack of effectiveness of this method, oral intake of juice of leaves and / or inflorescences with sugar was more often practiced. It was believed that even 50 grams of juice could permanently remove the tapeworm. But even when applied externally, leaf juice was beneficial, relieving the skin of an untidy lime smell.

Often, peach nutritional supplements were recommended to tired and / or exhausted people simply to restore strength and create a general healing effect.

However? ancient healers perceived peach components not only as medicines. So, warts were removed with a fluff of skin mixed with cabbage juice, but the same remedy provoked a miscarriage in pregnant women. According to folk therapeutic traditions, eating only 0.5 grams of peach flowers could lead to a miscarriage.

Another component common in folk medicine is peach kernels. In Southwest Asia, eye diseases were treated with oil, decoctions and infusions of peach seeds, in Africa and later in America - fever, bronchitis, asthma, in Central Asia - migraine, urolithiasis and skin pathologies (when used externally). Examples of selected recipes for decoctions and infusions are given below.

Decoctions and infusions

- **Infusion of leaves from purulent-necrotic inflammation of the skin.** Peach leaves (8 pcs.) Are carefully crushed to a homogeneous mass and mixed with several slices of potato skins. The gruel is poured with boiling water (60-70 ml) and after a 15-minute infusion is transferred to a clean, tight bandage, which is applied to the affected areas of the skin. The duration of the procedure is from 30 minutes to an hour.
- **Decoction of leaves for herpes zoster.** Fresh leaves (100 g) are crushed and boiled in water (500 ml) for 10-15 minutes. After that, the composition should cool under the lid for 1-1.5 hours. To simplify the application of the composition to the body, a clean linen bandage is impregnated with the prepared liquid, changing it after drying.
- **Infusion / decoction of seeds and bark in chronic bronchitis.** Dry peach seeds (150 g) and crushed bark (150 g) are poured with apple cider vinegar (500 ml) and water (500 ml), after which they are closed and sent to a warm place for 5 days. During the infusion time, the mixture should be shaken or stirred regularly. After preparation, the infusion is put on a small

fire and evaporated until about half of the original volume remains. The preparation is completed by adding cognac or brandy (250 ml) to the composition.

The product is stored in a dark glass bottle or jar with a tight-fitting lid. With bronchitis, it should be taken 1 tbsp. l. every 4 hours. The same regimen is prescribed for fever and colds. But it is also recommended to use it to relieve ear pain (in the form of drops), and to remove worms (2 tablespoons three times a day).

in oriental medicine

The peach tree in China is one of the most revered plants: due to the fact that its flowers appear before the leaves, it is considered to have a stronger life energy than other trees. Since ancient times (and the domestication of the peach in China probably took place as early as 5000 BC), the peach has become an integral part of both general cultural and therapeutic traditions.

Medical practice involved the use of all parts of the plant (from the pulp of fruits, flowers and kernels of the stone to leaves, bark and roots) in the healing of the physical and metaphysical nature. For example, amulets were carved from a peach tree, which were supposed to expel diseases caused by evil spirits. But if the talismans did not help, healing decoctions were cooked from the peach components.

Peach fruits are also highly revered in Chinese culture, symbolizing long life and / or immortality. Even Shou-sin, known as the god of longevity, is depicted holding peach fruits in his hand. According to the ancient writings on Chinese medicine, those peach fruits that stayed on the branches all winter and were plucked only in early spring had special properties. A decoction of such fruits cast out 100 types of demons, removed 5 types of toxins and was used in the treatment of "foulness" (this definition meant sudden pallor, loss of consciousness, bleeding from the limbs, dizziness due to the action of a toxin or pathogenic Qi).

All parts of the peach tree in Chinese medicine have general and specific functions and indications for use. For example, the common function of peach fruits, seeds and flowers is to eliminate stagnation and improve blood circulation, as well as the normalization of menstruation associated with this. Due to their anticongestive effects, these peach ingredients are used for prolonged absence of menstruation (with amenorrhea) and for cycle disorders accompanied by a painful syndrome (with dysmenorrhea), when these conditions are provoked by stagnation of blood and Qi energy.

Also, fruits, seeds and flowers are used to restore digestion with dry intestines and get rid of constipation. There are the following traditional recipes for the use of various ingredients for the problems listed:

- **Fruit based.** Three fruits are peeled and pitted, and the remaining pulp is mixed with honey (30 g) and steamed until tender.
- **Seed based.** Peach seeds (10 g), apricot seeds (10 g), black sesame seeds (15 g) are mixed, poured with 250 ml of water and boiled for 15-30 minutes. Taken twice a day until cured.
- **Flower based.** Freshly picked peach flowers (50 g) are thoroughly mixed with fresh honey (500 ml), placed in a vessel and evenly sprinkled with sugar (2 tablespoons) on top. After that, the vessel is tightly closed and left for 10 days in a dark, cool place. This remedy for constipation is taken twice a day, 1 tbsp. l. diluted with boiled water. The same composition is recommended for difficult urination and edema.

If the seeds and flowers of the peach correspond to the channels of the large intestine, liver and heart, then the leaves of the plant are responsible for the spleen and kidneys. With their help, they remove

toxins and parasites, relieve inflammation and itching, and cool the heat. Therefore, drugs based on them are used externally for lichen, eczema, burns, skin inflammation, pediculosis, vaginal trichomoniasis (by wetting the decoction of the external genital organs). Also, leafy decoctions are prescribed for pain in the joints and with limitation of their mobility. Inside, decoctions (3-6 g per dose) are drunk for migraines.

Decoctions based on branches and a white layer of tree bark can eliminate the action of the toxin and remove parasites. In addition, with the help of decoctions of shoots, they also improve blood circulation, eliminate pain in the epigastrium and treat lichen, and with the help of the bark, they relieve toothache and eliminate swelling. To do this, either prepare a powder or make a mixture, which is then rinsed in the mouth.

In traditional Chinese medicine, even the villi of the fruit peel are used as an independent healing ingredient. They treated all kinds of pain, primary infertility, uterine bleeding, congestive blood seals in the abdomen and those diseases that were caused by werewolves and evil demons.

It is characteristic that among the contraindications to the use of almost all drugs was pregnancy. It was also not recommended to eat unripe fruits and abuse ripe ones in order to avoid bloating. Especially undesirable peach overeating was considered with excessive internal heat.

Although Chinese physicians have been developing a complex system of treatment with peach ingredients for thousands of years, some distinct therapeutic traditions can be identified in Tibetan and Indian traditional medicine. So, in Tibet, peach oil was used to treat conjunctivitis, and leaf decoctions were used to eliminate fever and colds. In India, the leaves of the plant were used to treat dysentery.

In scientific research

The study of peach (and preparations from various parts of the plant) is not always aimed at discovering direct medical effects, on the basis of which it is possible to immediately recommend the creation of a therapeutic program. The result of the work of many projects is simply a statement of the presence or absence of a certain local effect, which in itself does not yet directly determine the therapeutic effect. In addition, a number of studies are devoted to the purely "economic" topic of growing and storing perishable peaches, as well as ways to transport them as painlessly as possible. Here we do not present such works, but limit ourselves to examples of scientific experiments that better than others illustrate the potential use of peaches in improving human health.

Peach polyphenols inhibit tumor growth and metastasis of breast cancer cells. ^[ten]

MDA-MB-435 breast tumor growth inhibition and antimetastatic effects of peach polyphenols were studied in vivo in rat experiments. The results showed that tumor growth and metastasis to the lungs of animals was inhibited by peach polyphenol preparations in the dose range of 0.8-1.6 mg/day.

The scientists suggest that one of the molecular targets for the antimetastatic activity of peach polyphenols is the modulation of metalloproteinase gene expression. From this it is concluded that peach polyphenolic compounds may represent a new chemoprophylactic agent to reduce the risk of metastasis in combination therapy in the diagnosis of primary cancer. An attempt to recalculate the required dose of essential polyphenols for human clinical studies yielded ~370.6mg/day for a 60kg adult. It is believed that this is equivalent to a person eating 2-3 fresh peach fruits per day. In the absence of fresh fruit, a dietary supplement of fruit polyphenol extract powder can be used to continue research.

Peach kernel extracts have an antiproliferative effect on human colon cancer cells in experiments on cellular material. ^[eleven]

Peach kernel extract, under certain conditions, is able to inhibit the growth of human colon cancer cells due to the content of amygdalin. If this cyanogenic glucoside enters the body with food, dangerous intoxication can develop. However, with the direct effect of amygdalin extracts on cancer cells, an antiproliferative effect was observed in certain dosages.

Monitoring of changes in the kinetics of the cell cycle in colon cancer cells was carried out over different periods (in 24, 48 and 72-hour intervals). As a result, a complex pattern of reactions was observed, in which, depending on the concentration and period, either a proliferative or antiproliferative effect occurred. However, scientists, based on the studied algorithms, nevertheless consider it possible to create anti-cancer therapy using extracts of peach kernels.

Peach oil stops tissue necrosis (in vitro experiments) and reduces atherosclerosis in mice (in vivo experiments). ^[12]

For in vitro experiments, human umbilical vein tissue affected by TNF- α tumor was taken. Under these conditions, peach oil showed the ability to suppress the thrombosis provoking factor at different levels and improved the viability of healthy endothelial tissue cells.

In experiments on mice, peach oil helped:

- reduce the level of total cholesterol;
- triglycerides;
- cholesterol in low density lipoproteins;
- increase serum high-density lipoprotein cholesterol levels;
- reduce the area of atherosclerotic lesions in the aorta;
- significantly reduce the expression of TF protein to suppress the formation of atherosclerotic plaque.

Based on this, scientists conclude that peach oil may be useful in preventing atherosclerosis in the presence of cardiovascular disease.

Weight regulation

In East Asia, peach blossom tea is popular as a weight loss remedy. True, until recently it was drunk, following mainly the ancient traditions of folk medicine. However, recently the ability of brewed peach blossoms to fight obesity was tested in in vitro and in vivo scientific experiments on mice. ^[13]

Phytochemicals in water extracts of peach flowers (0.2% and 0.6%) were tested for 8 weeks in mice divided into groups with different diets, including a high fat diet. The results of this study showed that peach blossom extracts:

- significantly reduced body weight;
- reduced the mass of fat in the abdominal cavity;
- lowered serum glucose levels;
- reduced the weight of the liver and spleen compared with the control group.

In general, data analysis demonstrated the ability of extracts to suppress the expression of lipogenic genes, improve lipid metabolism in the liver (by reducing lipogenesis and increasing fatty acid

oxidation). This made it possible to conclude that traditional slimming tea is indeed able to get rid of excess weight, at least in obese mice.

Peach fruits with their calorie content of about 40 kcal / 100g of product are also quite popular in various comprehensive weight loss programs, but there they often play the role of an auxiliary product that removes “excess” water, speeds up metabolism, and helps digest “heavy” food.

In cooking

In food, peach fruits are consumed mainly in fresh and canned form, as well as as a filling for baking. For cooking, as a rule, table varieties are used, characterized by fibrous pulp. Fruits with cartilaginous pulp are more often used for canning (including jams, preserves, compotes).

Sweet pies with fruit filling are very diverse - from Charlotte and cottage cheese peach desserts to fruit pizza and multi-component cobblers. But they are also very popular. So, in 2015, during the 65th Peach Festival in Louisiana, USA, the organizers baked a fruit cobbler with a total weight of 1021 kg, which required 372 kg of peaches.

However, peaches are also added to savory dishes, creating a special contrast with their taste. For example, here is a recipe for cooking chicken fillet with cheese and canned peaches:

1. Chicken fillet (600 g) is washed, dried, cut into medium-sized pieces, salted, peppered and laid out in a baking dish greased with vegetable oil (1 tablespoon). Optionally, you can add bay leaf (2 pcs.)
2. Canned peaches (400 g) are removed from the syrup and laid out on top of the chicken, also in small slices.
3. Hard cheese (100 g) is rubbed and mixed with a garlic clove pressed through a press and sour cream (150 g). The resulting sauce is evenly spread over the peaches.
4. 4 The dish is baked in the oven for about 45 minutes at 180°C.

The taste of peach is also very popular with consumers and, accordingly, manufacturers of alcoholic beverages. Moreover, the peach component in liqueurs and wines manifests itself so clearly that even in the presence of other components (apricots, oranges, plums, etc.), peach is often mentioned in the product name. Among the most common dessert liqueurs are Dutch Peach Tree (De Kuyper), French Creme de Peche de Vigne de Bourgogne (Joseph Cartron), Italian Volare Peach (Rossi D'Asiago Distillery), Czech Peach (Fruko Schulz). Although in each of these countries dozens of other popular brands produce peach liqueurs.

In cosmetology

In professional cosmetology, the moisturizing and anti-inflammatory properties of peach extracts containing phytosterols, fatty and essential oils, carotenoids, trace elements and vitamins are used. Such extracts are oily extracts of fruit fruits. They are recommended by manufacturers to eliminate dry skin, relieve redness and swelling, and mild lightening. They are often added to anti-aging masks, creams, lotions. Including when creating cosmetics at home, when fresh fruits are not available or when a more pronounced effect from a concentrated composition is needed.

Peach components are used to care for almost the entire body (face, hands, hair, etc.). Peach phytochemicals are introduced into shampoo recipes to eliminate dry skin, nourish and strengthen hair.

In medical cosmetics, the wound healing properties of the fruit are also used. Peach oil treats eczema, psoriasis, dermatitis, burns.

Dangerous properties of peach and contraindications

A person often has allergic reactions of varying severity to peach fruits. Since the skin of the fruit is especially allergenic, small pieces of peach begin to be added to the diet in small pieces for small children 6-7 months of age. It is also advisable for a nursing woman not to abuse fruits, limiting herself to 1 peach in 2-3 days. Restrictions apply to the period of pregnancy. Caution should be used peach and people with diabetes.

Peach kernels, which are often used in Asian cuisines and in traditional medicine recipes, contain the substance amygdalin, which belongs to cyanogenic glycosides. During hydrolysis, the molecule of this substance decomposes into a "poisonous" molecule of hydrocyanic acid and a molecule of benzaldehyde, which is responsible for the almond smell of the nucleoli. With a high concentration of amygdalin, a person may experience poisoning of varying severity.

The magnitude of the danger is individual, as it depends on a number of related factors. For example, because glucose is able to bind cyanide, people who eat peach kernels in sweet foods are less likely to be poisoned. In addition, for the implementation of hydrolysis, an acidic environment or the presence of emulsin, an enzyme contained in the peach seed, is required. However, when heated, the emulsion is destroyed, and, therefore, the algorithm for the formation of poisonous hydrocyanic acid is violated (it is not for nothing that in classic culinary recipes, kernels are often pre-fried). Therefore, the main danger of an overdose of amygdalin from peach seeds is associated with uncontrolled self-medication (for example, prescribing high doses of peach seed extracts).

Selection and storage

To choose the most ripe and fresh peaches, you need:

- lightly press on the pulp - ripe, but not overripe fruits will be slightly elastic and springy;
- smell the fruit - the best fruits spread a strong characteristic aroma;
- look at the cut - depending on the variety, the flesh can be yellow, and white, and pink, and red, but varieties with a pink and white center are considered sweeter (although this parameter, along with varietal affiliation, is strongly influenced by the region of origin and ripening conditions).

Indirectly, insects can help in choosing peaches. Experts say that wasps and bees "understand" fruits better than people, so they flock to more ripe fruits more actively. But if the purchased peaches still turn out to be unripe, they can simply be allowed to "lay down" for several days at room temperature. If the ripening process needs to be accelerated, the peaches should be placed in the same paper bag as the ethylene-releasing bananas, apples, or apricots. Although peaches themselves abundantly emit this gas, which activates the ripening processes.

Another indirect guide for choosing the most delicious peach can be the shape of the fruit. It is believed that slightly asymmetrical peaches have a brighter and more pronounced taste.

Ripe fruits do not tolerate transportation well, so fruits are usually removed at the stage of technical maturity and treated with gaseous sulfur-containing preservatives so that the peaches do not overripe on the way. However, if the chemical protection was carried out too intensively, the peaches react to it. In over-pickled and stale fruits, the stone will be dried and wrinkled. Although such fruits can not be thrown away, but pies and compotes can be made from them.

It is impossible to store ripe peaches for a long time without changing the temperature regime. Therefore, in order to slightly extend this period, the fruits are sent in a paper bag to the refrigerator, on a shelf with a temperature of about 0 ° C. To significantly increase the shelf life, it is better to freeze the fruit.

You can freeze both whole fruits with a stone, and individual halves. In the first case, clean and dry peaches are simply wrapped in paper (each fruit separately), put in a common closed bag, which is sent to the freezer. In the second case, after removing the pit, the halves of the peach are placed in the first layer on the bottom of the container, cut up. Then they are covered with parchment, after which the next layer is placed on this paper cut down. Before placing in the freezer, the container is tightly closed with a lid.

For the winter, not only fruits are harvested, but also peach leaves. To preserve the maximum of useful properties, they are first kept over boiling water for about 10 minutes before freezing (without immersion in boiling water), then before cooling - over cold water (also without immersion). And the already cooled leaves are then dried on paper towels and sent to the freezer in an airtight container.

Varieties and cultivation

Peaches are called not only the fruits of real peaches, but also fruits belonging to its subclasses. Most often, four varieties are distinguished, differing in two class characteristics: the hairiness of the skin and the fusion of the stone with the pulp.

Real peaches - the skin is velvety, the stone is separated easily. The first class also includes fruits of non-traditional shape - onion peaches, or flattened ones.

- Nectarines - the skin is smooth, the stone is separated easily.
- Pavia (Pavies) - the skin is velvety, the bone is separated poorly.
- Brugnons (Brugnons) - the skin is smooth, the bone does not separate well.

A sear, or shaptola (with an emphasis on the last syllable) is called dried peach fruit. The color of the pulp of the fruit depends on the varieties (their breeders have bred many), and can be red, white, yellow, orange.

In the jungles of South America, the "peach palm" grows, which also produces yellow-orange cup-shaped or oval fruits with an ovoid pointed stone. However, this plant belongs to the Palm family (as opposed to peaches, which belong to the Rose family) and is similar to *Prunus persica* only in name.

The variety of peach classes, among other things, helps to popularize the fruit even more. (For example, those consumers who do not like superficial hairiness or a stone stuck in the pulp can easily switch to nectarines). And an increase in the popularity of any product usually leads to a more attentive attitude towards it from the scientific community. So, it is quite possible that in the near future we will learn about some more amazing healing properties of peach.

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Peach - useful properties, composition and contraindications

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