

BENEFICIAL PROPERTIES OF PUMPKIN SEED COMPOSITION

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Cucurbita moschata is a type of pumpkin commonly known as musky pumpkin or butternut squash, which is famous for its soft, sweet flesh and high nutritional value. This type of pumpkin is considered one of the main crops of humid tropical and subtropical regions.



Species of *Cucurbita moschata* have a richer color, higher nutrient and sugar content compared to other pumpkins, and their flesh is denser and smoother. They are annual, monoecious plants that grow and climb by means of tendrils.

Famous Varieties. There are many varieties belonging to the *Cucurbita moschata* family, among which the most well-known are:

- Butternut squash: One of the most widespread and popular varieties.
- Calabaza: A type of pumpkin widely grown in Latin America.
- Long Island Cheese Pumpkin: A variety whose appearance resembles a wheel of cheddar cheese.
- Musquée de Provence: A large, ribbed pumpkin variety popular in France.
- Tromboncino (Trombetta): A variety distinguished by its long, curved shape.

In the cultivation and use of these pumpkin varieties, many of them prefer warm climates and require a long growing season. Pumpkin seeds contain up to 40–50% oil, as well as proteins, vitamins (A, E, F), and biologically active substances. Pumpkin seed oil has high biological value and is widely used in the food, pharmaceutical, and cosmetic industries.

The main methods of obtaining oil from pumpkin seeds – mechanical (pressing) and solvent extraction methods – have been analyzed. In particular, the cold-pressing method is distinguished by its ability to preserve the natural properties of the oil.

Pumpkin seed oil is rich in oleic and linoleic acids, which indicates its beneficial effects on human health. The development of pumpkin seed oil production technology makes it possible to efficiently process local raw materials and obtain high-quality products.

Beneficial Properties of Pumpkin Seed Oil

Oil obtained from pumpkin seeds has beneficial effects on the cardiovascular system. It is a source of magnesium, which helps regulate blood pressure and maintain a normal heart rhythm. Unsaturated fatty acids such as omega-3 and omega-6 reduce cholesterol levels and lower the risk of atherosclerosis in blood vessels. The seeds also contain the amino acid tryptophan, which stimulates the production of the sleep hormone melatonin and the "happiness hormone" serotonin in the body. This makes it a natural solution for people suffering from insomnia.

Pumpkin seeds are rich in vitamin E, zinc, and various antioxidants, which protect the body's cells from inflammation and premature aging. In addition, they strengthen the immune system and increase resistance to infections. Consuming the seeds together with their hull improves digestion and helps prevent constipation.

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