

# **Properties of Oak and Effect of 15 Unique Properties of Oak Fruit for Health, Skin and Hair with the MIG Neurotherapy Method**

**Maziyar Sayadi Amirkiasar<sup>1</sup>, Mehrdad Fojlaley<sup>2</sup>, Fernando Maldonado Lopes<sup>3</sup>**

**<sup>1</sup>Professor at Technofest institute of technology university (TITU) ,Belgium**

**<sup>2</sup>Professor at Technofest institute of technology university (TITU) ,Belgium**

**<sup>3</sup>PhD in neuro science ,Technofest institute of technology university (TITU) ,Belgium**

## **Abstract**

The MIG neurotherapy method, which is the most efficient method in the world to help treat diseases that have a nervous origin, or due to disorders in the nervous circuit and the exchange of nerve signals from the brain to the spinal cord, suffered serious injuries, and the MIG neurotherapy method will be able to treat brain, spinal cord and nerve injuries. , for the repair of neurons, myelins and nerves along with nutrition and related drugs for the treatment of brain, spinal cord and spine diseases. Oak fruit (in English: Acorns or oak fruit) is actually the nut or fruit of the oak tree, which is seen in the form of a cylindrical hazelnut. This fruit has a hard shell and has a cup on the top through which it is attached to the tree. in this study we investigate of effect of OAK fruit properties on skin and hair.

**Keywords:** OAK fruit, skin, hair

## **1. INTRODUCTION**

The MIG neurotherapy method, which is the most efficient method in the world to help treat diseases that have a nervous origin, or due to disorders in the nervous circuit and the exchange of nerve signals from the brain to the spinal cord, suffered serious injuries, and the MIG neurotherapy method will be able to treat brain, spinal cord and nerve injuries. , for the repair of neurons, myelins and nerves along with nutrition and related drugs for the treatment of brain, spinal cord and spine diseases, he obtained valuable results that in the festivals of the European Academy of Sciences and the Federation of Inventors and Innovators of the World, Dr. Maziar Sayadi was one of the selected faces of the World Scientific Tournament Festival and was successful. He has been awarded six gold medals and cups as the best neurotherapist, which along with the treatment of brain and spinal cord diseases and cancer based on the MIG neurotherapy method for all brain and spinal discopathy and cancer patients, the whole body must first be detoxified, because of a series of nutritional factors and drugs Chemically, the lymph fluid has become acidic, and in the environment of the acidic lymph fluid, nerve activity, nerve signal exchanges, hormonal and enzyme activities, metabolism, and the immune system reach minimum conditions, and then A person is susceptible to all kinds of brain, spinal cord, nerve and cancer diseases, and it is necessary to start treatment for such patients when they first start detoxification with drugs containing unique antioxidants, and then repair the damaged nerves with MIG neurotherapy. Finally, the treatment begins step by step with plants containing antioxidants, especially from the nightshade and leguminous family, which are part of the principles of the MIG Neurotherapy method, which was proposed by Maziar Sayadi in 2022 and has marked a new chapter in the treatment and health of the world. MIG neurotherapy method can guide the world towards health, based on the instructions of the MIG neurotherapy method, drugs containing antioxidants to remove free radicals from the body, which are the

source of all kinds of diseases. I would like to introduce you to the world, it is hoped that you will take an effective step with the experts of MIG neurotherapy method in addition to the implementation of MIG neurotherapy operations by timely consumption according to the doctor's order to help treat diseases

### **Scientific classification of *Quercus brantii***

Oak is considered most abundant species tree in the West Countries, as well as in the Zagros region. Zagros mountain is the largest and most species of oak habitant in Iran and that's why this region is important. Iranian oaks are large trees as tall as 20 meters with a large spherical crown and from the Fagaceae family in table 1[2]

### **Oak fruit character**

The nature of oak fruit is cold and dry. Oak contains high amounts of vitamin B1 (thiamine), vitamin B2 (riboflavin), vitamin B3 (niacin), vitamin B5 (pantothenic acid), vitamin B6, vitamin B9 (folate), calcium, copper, magnesium, manganese, iron, potassium, It is zinc, fiber and protein. It reduces blood vessels. It is tannin. Stomach and digestive system

Due to the high amount of fiber and tannin contained in oak fruit, roasted oak is used as a delicious and sweet nut to improve digestion.

Boiled acorns can be consumed as a healthy and energy-rich meal.

Nutritional value of oak fruit (100 grams)

Calories: 387

Fat: 23.8 grams

Carbohydrates: 40.7 grams

Protein: 6.1 grams

### **Morphology of *Quercus brantii* plant**

The leaves are generally smooth and oval with toothed margins covered with the star-shaped furs and soft yellow fur on its back. The fruit is elongated, semi-elliptical and is in conical cup white velvet [3] (Picture 1). Its fruit is called Gland that is placed in Acron cup. Oak tree has various amounts of oil, sugars, starch, and small amount of quercetin, pentosan and tannin. Tannins with astringent and antiseptic effects are the mainly compounds of Iranian oak.

### **Therapeutic effects of *Quercus brantii***

Various branches of the oak have huge health benefits. There are high levels of tannin in the oak trees and have various properties such as albumen precipitating, and textures to create covers to prevent infection. Effect of tannin in tuberculosis treatment and wound healing is with microbe's entrance prevention. Tannins inhibit mucosal hyper secretion. Pectin is another substance that acts contraction like tannins. Pectin is hemo glycosides transformed to pectic acid under pectase command. This material has astringent properties and the reason is that the with consumption blood clotting increases. Various members of oak because of having tannins have astringent effect.

Oak leaves have poor stimulant and astringent effects and are used in the treatment of tonsillitis and throat infections. Oak bark due to high tannin is less used in domestics [4-6]. Consumption for a long time causes fatigue and pain in the stomach and the heart muscle. In addition to stimulating the digestive tract, it also causes other symptoms such as stomach pain and jerky. Oak bark is a good antidote to poisoning caused by metals. Oak skin therapeutic value in external use is more than its domestic consumption. Oak bark tea is recommended for topical baths, lotion and wash in different ways to treat diseases. That tea can be used as local baths for conditions such as cancer ulcers, gland inflammation due to obstruction of the ducts,

hematomas melancholy, chronic skin disease such as eczema and varicose veins. In cases of nose bleeds can act in this way: 15 grams oak bark and 2 grams of alum are dissolved in 1.5 liter water and then its volume is reduced to one liter by boiling, with cotton soaked in above tea the nasal cavities are washed. With this action blood is readily cord. The mixture of oak flour fruit with wheat flour is used to produce bread in some areas. Fruit of the oak tree has many therapeutic uses. If sliced oak fruit and mixed in a cup of water and use it, bloating will be relieved. In the past roast the fruit tannins were reduced

By this action, then it used in the preparation in a kind of coffee. This coffee that contains dextrin was used to treat diarrhea and internal enzymes, indigestion, stomach pain, anemia, rickets, tuberculosis, and tuberculosis in the early stages and asthenia. Roasted acorns flour, mixture with cocoa, is the best medicine to relieve simple diarrhea in children. Appendages on the leaves or buds of oak types have a lot of tannin. Gall is used as a stomach tonic, astringent, and bleeding stopper. Consumption dosage of powder is 0.5-1 gram, several times in a day, in mixed with honey.

Acorn fruit contains 5% protein, 7% fat, 70-80% hydrocarbon and comes from Oak taps that in the local word in Ilam is called "shock" and is used as a jam for breakfast. Shock is useful for stomach problems; stew 28 g of oak leaves in 0.5 liters of water and consume a teaspoonful to a small cup of it every hour for the treatment of the common cough and convulsions. Oak bark is peeled hard. To peel the bark, divide skin with a knife at first, then put it in boiling water and remove it after a few minutes. This tea can be used for the treatment of various diseases and disorders such as angina throat, tonsillitis and hoarseness. Initially, grind 50-60 gr of the bark of young branches of oak which have dried and stew in 1 lit cool water or 12 minutes then dry it and taste in the mouth 3 times a day and then throw it. This tea is very useful to treat pharyngitis, impetigo and eczema. Boiling the oak bark in steel containers causes iron to rust due to the tannins in it. Oak bark, treat hemorrhoids and ulcers that are caused by frost and sweat [4-6]. The use of natural substances as additive can lead better and healthier effects in the body. Oak is hot and dry in traditional Persian medicine. Oak relieves typical blood hemorrhoids, cures diarrhea and dysentery, relieves stomach pain and its gas, alleviates anemia and cures rickets. It is able to strengthen the public body, eliminate vaginal secretions and eczema and treat bruises. For the treatment of skin diseases in the bathtub where you poured boiling oak bark rest for 15 minutes. If you have varicose, compress there with an oak bark tea. Oak stops bleeding strengthen the stomach and respiratory system, softens the breasts and smooth sound and relieve coughs. It cures shortness of breath. Also it is used as an analgesic and sedative. It is anti-virus and fungicide, anti-fever, and is used in the treatment of rheumatism and gout [7-9]. Other uses of oak include usage of seeds, leaves and galls in the pharmaceutical, dyeing and leather industry. Oak wood is strong and is used to build devices or burning.

Some oak species are planted as ornamental trees and the leaves of some species are pests in gardens and greenhouses [10]. The fruits of this tree are composed mainly from starch and vitamins such as A, B, C, protein, fiber and minerals. In addition to food consumption, it has usage in traditional medicine [11]

### **Bioactive components**

Acorn fruit contains amounts of biologically active compounds such gallic acid (figure 2), ellagic acid (figure 2), malic acid (figure 3), gallvil derivatives, Hexa-hydroxy diphenyl, malic acid (figure 4), tannic acid (figure 5), quercin (figure 6), mucilage and pectin [12-14] that all of these compounds have antioxidant effects. Oak has a wonderful anti-inflammatory properties due to flavonoid compounds and show this effect on the intestinal mucosa and skin. Acorns brain and skin cure IBS syndrome. Herbal medicines produced by a variety of oaks, including

vinagol ointments, coated tablets of veinovital, tablet of phytovan, tablet vanogl are examples of drugs produced with oak. In addition, this plant has taken tissue excess mucus and at the same time reduces the susceptibility and irritability. Water placental lining the stomach and intestine that causes diarrhea and can be slippery, slip off, and it would free the slippery. It seems that oak active ingredients and antioxidants are main factors for therapeutic effects. Extraction of the active ingredients and pharmacological and clinical trials are needed to confirm the noted therapeutic effects and to produce effective drugs against various diseases. As it was mentioned oat has antioxidant activity and herbal antioxidants and bioactive materials with antioxidant activity can scavenge free radicals, inhibiting diseases induced by these highly reactive materials. Free radicals have been shown to induce or exacerbate a wide variety of complications such as pain [15] [16], infection [17] [18], cognition deficit [19] [20], and atherosclerosis [21] [22]. They also can cause renal [23] [24] and liver [25] toxicity.

Antioxidants are useful for health and consumption of these antioxidants counteracts and reduces the risk of free radical induced diseases such as diabetes [26] [27], various infections [28-38], gastrointestinal disorders [39-41], cancer [42] [43], skin disorders and injury [44] [45], psychiatric and neurological disorders [46-49], hyperlipidemia [50] [51] and respiratory [52]. Medicinal plants with antioxidant activity have also the capacities to diminish drug induced adverse effects [53] [54] and even heavy metal or other toxicities [55]. Although there are various compounds with different actions in the plant, however, this plant possesses high level of antioxidants which it is effective on disorders and diseases. Therefore, oats which have antioxidant activity, other than the above mentioned properties, may be useful in treating these diseases, too. From the literature survey it is evident that *Q. brantii* has been exhaustively worked out for both chemical and pharmacological studies. In all the reported pharmacological activities, it is found to be more potent. It finds a broad spectrum of therapeutic usage. As the plant is widely distributed, it could be considered for new drug formulations.

#### **MIG Method:**

Oak fruit (in English: Acorns or oak fruit) is actually the nut or fruit of the oak tree, which is seen in the form of a cylindrical hazelnut. This fruit has a hard shell and has a cup on the top through which it is attached to the tree.

Oak contains high amounts of vitamins and minerals that help with heart health, treat diarrhea, and help lower blood sugar in people with diabetes.

#### **Properties of oak fruit for skin and hair**

Note: Before using any mask on the face and sensitive areas of the body, rub a small amount of it on the skin of your hand for at least 20 minutes to make sure you are not allergic to it.

#### **Facial skin rejuvenation**

The high amount of tannin in fresh oak helps to improve the elasticity of the skin and rejuvenates the skin by removing wrinkles.

#### **Oak powder mask for facial skin**

Mix some powder or oak flour with water to make a paste, apply this paste on the skin, leave it for 15 minutes and then wash with cold water.

#### **Fast treatment of skin wounds**

The tannin in oak has anti-inflammatory properties and helps to heal skin itches, skin wounds, and skin burns faster.

It is enough to soak some oak in boiling water for 20 minutes and then apply this water to the skin with a cotton pad.<sup>3</sup> Eczema treatment

Due to the high amounts of tannin, oak has strong anti-inflammatory properties that help treat inflammatory skin diseases such as eczema. 4. Strengthen and increase hair growth

Due to its high amount of nutrients, oak fruit helps strengthen hair follicles and increases hair growth.

### **Treatment of hair loss**

Oak fruit contains high amounts of vitamins and minerals that help strengthen hair and treat hair loss. 6. Stomach and digestive system

Oak fruit due to the high amount of fiber and Stomach and digestive system

Due to its high amount of fiber and tannins, oak fruit helps to improve food digestion, reduces stomach bloating, treats stomach ulcers and intestinal ulcers, and is beneficial for the health of the digestive system. It has anti-inflammatory properties and by reducing the swelling of the vessels at the end of the intestine, it treats hemorrhoids and hemorrhoids.<sup>6</sup> Stomach and digestive system

Due to its high amount of fiber and tannins, oak fruit helps improve food digestion, reduces stomach bloating, treats stomach ulcers and intestinal ulcers, and is beneficial for the health of the digestive system.

### **Constipation**

Oak contains high amounts of fiber that helps improve bowel movements and is useful for preventing and treating constipation.

In ancient Iranian medicine, oak fruit is used to quickly treat diarrhea; It is recommended to chew and swallow oak fruit well to treat diarrhea.

### **Hemorrhoids or hemorrhoids**

Due to its high amount of fiber, oak fruit helps to treat constipation in people with hemorrhoids or hemorrhoids.

### **Women**

It is said that oak fruit helps regulate menstruation in women and treats uterine discharge and bleeding.

### **Men**

In old Iranian medicine, it is said that roasted oak nuts help to increase sexual power and cure infertility in men.

### **Slimming and weight loss**

The high amount of fiber in oak fruit reduces appetite and helps people lose weight by preventing overeating.

### **Diabetes and blood sugar**

One of the most important benefits of oak fruit is their ability to reduce blood sugar in people with type 2 diabetes; Acorns contain high amounts of fiber and complex carbohydrates that lower blood sugar in people with diabetes.

### **Blood and heart cholesterol**

Oak fruit contains unsaturated fats that help reduce cholesterol and high blood fat and reduce

the risk of atherosclerosis and heart diseases and

### **Bodybuilding**

Oak contains high amounts of protein and complex carbohydrates, which can increase the energy needed by athletes in intense bodybuilding exercises.

### **Osteoporosis**

Phosphorus, potassium and calcium in oak fruit help the health of bones, strengthen them and reduce the risk of osteoporosis.

### **Effects and harms of oak fruit**

#### **Poisoning**

Excessive consumption of raw oak fruit can cause nausea, stomach upset and kidney problems due to the high amount of oak tannin in it.

### **Fetus and pregnant women**

Due to the fact that there have been no detailed studies of the effects of oak fruit on the fetus and women during pregnancy and breastfeeding, it is recommended that pregnant and lactating women avoid its consumption.

### **Babies and children**

Experts recommend that babies and children should avoid consuming acorns.

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