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## ETHNOMEDICINAL STUDY OF PREPARATIONS OBTAINED FROM *JUGLANDIS IMMATURE FRUCTUS* FROM THE FOLK AND TRADITIONAL MEDICINE OF REPUBLIC OF MACEDONIA

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Republic of Macedonia has old ethnomedicine traditions, consisting of many recipes with herbal, animal, and mineral original ingredients. The folk and traditional medicine of Republic of Macedonia pays special attention to disease prevention. It is interesting to mention a nice practice in Republic of Macedonia: conserving of *the juglandis immaturi fructus* in honey as "sweet" for service, for sick, weaker children, pale teenagers, anemic households and persons with weak stomach. One little spoon honey and one walnut are used in spring period every morning against weakness, tuberculosis and scrofula at glandular tuberculosis. It is used generally for immunity. Also, *juglandis immaturi fructus* are stored in raki for 4 weeks on sun or in a warm place. After that the liquid is filtrated and used according to the need of the organism, by one little spoon. This raki is used for cleanses of the stomach, liver and blood; for removing the weakness of the organism, removing bacteria from the intestine and for balances the viscous / density of the blood. Walnuts in these recipes are not heat, and there is no harmful effect from heat. These useful customs are continuing to be expanded at every step by the people and valued as good old medical receipts. It should be chemically and clinically examined how vitamins are preserved in that can. In this way "sweet" (vitamin C 165.16 mg 100g<sup>-1</sup>, vitamin D 7 mg 100g<sup>-1</sup>, sodium 142.54 mg 100g<sup>-1</sup>, calcium 3.01 mg 100g<sup>-1</sup>) and raki (vitamin C 6.15 mg 100g<sup>-1</sup>, vitamin D 1.7 mg 100g<sup>-1</sup>, sodium 119.55 mg 100g<sup>-1</sup>, potassium 58.65 mg 100g<sup>-1</sup>, calcium 1.12 mg 100g<sup>-1</sup>) of the walnuts is our best folk can of vitamins and other medicinal ingredients.

**Key words:** honey, vitamins, raki, minerals