

An Analysis of the Known Properties of Some Medicinal Plants

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ABSTRACT

The bounties of Mother Nature, the bounty of Mother Nature, are of great importance to the lives of mankind and all living beings. Fruit trees, vegetables, berries, melons and many herbs contain all the essential nutrients for human life, including protein, carbohydrates, fats, mineral salts, vitamins, physiologically active substances and many other health benefits. Previously, the healing properties of the plant were discovered by chance, but later, after repeated and repeated vital tests and observations, it began to be used in folk medicine.

KEYWORDS: *xalq tabobati, dorivor usimlik, zamonaviy tibbiyot, kasallik, bezgak, dori-darmonlar, isiriq, dulana*

INTRODUCTION

At present, the measures used in folk medicine are taken into account by modern medicine, and some of them are used in business.

Many scientists have contributed to the fact that information about medicinal plants has survived to the present day. It is impossible not to dwell on the universal activity of our compatriot Abu Ali ibn Sina, one of the most famous scientists of Central Asia.

Abu Ali ibn Sina created more than 450 valuable works. However, over time, many of your works have not reached us.

Of the 240 works of Ibn Sina that have come down to us, 40 are related to medicine. Abu Ali ibn Sina in his book "Al-Qanun" gives information about the healing properties of about 900 plants and ways to use them. On the study of alkaloids in plants, our famous academicians O. Sodikov and S. Yu. Yunusovs have significant contributions. One of the scientists who has conducted extensive research on drugs and medicinal plants. Sakhobiddinov, Honored Scientist of Uzbekistan, Professor, Doctor of Pharmaceutical Sciences H. Kholmatov has great merits. About 40% of the drugs used in modern medicine are herbal products.

MATERIAL AND METHODS:

According to a number of scientists, drugs derived from natural resources have advantages over chemically-derived drugs. Because medicines made from plants donated by nature are considered almost uncomplicated.

Therefore, the industrial production of medicinal plants in our country is growing every year. Let's take a brief look at some of them:

Hawthorn (*Crataegus pontica*)

It belongs to the family of hawthorns and belongs to the family of trees or shrubs. The plant can grow up to 10 meters

in height. The large leaves are blue-green, hairless, the upper and lower sides are sparsely hairy. The height and width of the leaves are almost the same size. The base is broad, ponasimon, divided into 5–7 pieces. Hawthorn flowers are arrow-shaped, pink, often in calconium-like complex inflorescences.

The fruits are red, yellow, fragrant and delicious, depending on the type. Hawthorn blooms in June and ripens in September. The diameter of the fruit is 15-18 mm, the diameter of the fruit of some hawthorn species can be up to 3 cm. The fruit has two or three seeds.

There are about 100 species of hawthorn. It is found in most parts of the globe. There are five species of hawthorn in our republic, which are solitary, in groups, or in hawthorns in almost all mountainous areas of the country, on small gravelly cliffs at an altitude of 1000-2000 m above sea level. (M.Nabiev. 1969)

Hawthorn berries contain 20% sugar, 8% fat, flavonoids, phytosterols, choline, acetylcholine, nutrients, carotene, vitamin C, organic acids, crategin. Some species of hawthorn growing in Uzbekistan contain vitamins V1, V2, RR, C, E.

Incense- (*Peganum harmala*)

a perennial herbaceous plant belonging to the family of ostriches, reaching 20-70 cm in height. The stem is several, branched. The leaves are slender, divided into several segments, gray-green in color. They are located along the stem and are unoccupied. The root is much deeper into the ground. The flowers are ok, up to 4 cm in diameter. The fruit consists of a multi-seeded, three-bowl pod.

The incense blooms in May-June, the fruits ripen in July-August. Incense is found in the southern region of Europe, the Caucasus and many parts of Central Asia, including our republic. Incense grows in the sandy loam steppes, sometimes in large forests and abandoned areas, near human settlements, in desert valleys. All organs of this plant are poisonous.

All parts of the incense contain from 1.5% to 6%, the seeds contain from 14.3% to 10% toxic alkaloids, garmin, garmalin.

In folk medicine, the decoction of incense is used in rheumatism, arthritis and other skin diseases, decoction of the herb in colds, malaria, neurasthenia, rabies, as well as in the prevention of hypothermia, toothache, asthma, influenza, headaches, gastrointestinal tract, It is widely used as a sedative and analgesic, as well as a sedative.

Incense is also used to prevent headaches and to disinfect the bed of patients with infectious diseases and to prevent the disease from spreading to other healthy people. Because its smoke can kill germs that spread various diseases.

Kiyik ut (*Zizhora peadicellata*). It belongs to the family of annual or perennial herbaceous plants belonging to the family of lizards. The plant can grow up to 60 cm in height, the leaves are small, linear, flat, short, the leaves are banded, hairy or less hairy.

The stems are thin gray. The flowers are spherical-round in three parts of the branches and form inflorescences. The petals are 7–8 mm, light purple. Kiyikot blooms in June-July, the seeds ripen in July-August. It grows on gravelly and rocky, brown soils in the north-south, south-west, slopes of the Kiyikot Mountains and at altitudes up to 2400 m above sea level.

There are more than 30 species of kiikot in Central Asia, West Asia and the Mediterranean, including 7 species in Uzbekistan. Kiyikot is used by the locals as a spice, medicine. The leaves, stems, and inflorescences of the plant contain about 2.5% of essential oils, including menthol, pulogon, pinene, and menthol. Kiyikut also contains vitamins, organic acids, trace elements and other substances. Kiyikut has been widely used in folk medicine since ancient times. In particular, the use of kiikot is recommended as a sedative for sore throat, gastric disorders, nausea, heartburn, restlessness. Infusions made from it are consumed in ulcers, diarrhea, inflammation of the colon.

RESULT AND DISCUSSION

Due to the large-scale production of wild onions and blackberries in Uzbekistan, their stocks (quantities) at the place of natural growth have significantly decreased. That is why these plants are now included in the Red Data Book of Uzbekistan. Therefore, the preparation of their natural raw materials at the place of growth has been stopped and they are being grown in farm fields as well as in places where they grow in the wild. There are many such examples. As a result of the constant increase in demand for medicinal plant products and its unsatisfaction at the expense of wild-growing plants, these plants have to be grown in irrigated areas. Sometimes the demand for rare medicinal plants is high, but they are widespread in the wild, in places inconvenient to collect (for example, belladonna growing in the mountainous regions of the Caucasus and Crimea, etc.) or in small quantities, scattered in large areas (eg in the European part of Russia), but the rare medicinal valerian, etc.) grows, the preparation of the product of these medicinal plants is more expensive than growing on irrigated lands. Therefore, it is advisable to grow such plants in the fields of farms. The difficulty of preparing large quantities of raw materials for wild-growing medicinal plants, the complexity of using agricultural machinery to harvest it.

The product of medicinal plants grown in the plantation can be harvested under favorable conditions and during the period of accumulation of a large number of effective chemically biologically active substances using various mechanisms. If a valuable, much-needed medicinal product for medicine is made from plants that grow in tropical or subtropical climates, which are not found in our country, it is

advisable to grow these plants in our country, if possible. Medicinal plants grown in irrigated areas are very different from wild-grown medicinal plants, i.e. there is no mixture of foreign plants in the medicinal plant product grown. Medicinal plants grown on the basis of agro-technical rules are fertile and rich in biologically active substances.

It is possible to increase the productivity of medicinal plants and the amount of biologically active chemical compounds in them by selecting high-yielding varieties of medicinal plants, mixing them or obtaining polyploid (increasing the number of chromosomes).

In Uzbekistan, medicinal plants are grown mainly on farms of the Ministry of Agriculture and Water Resources, located in different soil climatic zones. At present, special farms for growing medicinal plants have been established in Bukhara, Kashkadarya, Samarkand, Surkhandarya and Tashkent regions. In almost all regions of the country under the production associations "Pharmacy" there are areas for growing medicinal plants, where the relevant plants are grown at the request of regional pharmacies.

CONCLUSION

In short, you need to know how to use every plant and herb properly. Otherwise, the misuse or lack of information about plants that we consider medicinal can also lead to harmful consequences. Nowadays, stocks of naturally growing medicinal plants are declining under human influence. In order to compensate for this and meet the needs of our people, it would be expedient to increase the number of medicinal plants and plant them in irrigated areas, taking into account the soil and climatic conditions of Uzbekistan. In order to provide the pharmaceutical industry in Uzbekistan with raw materials for medicinal plants, it would be expedient to establish and increase the number of farms and specialized farms growing medicinal plants in the coming years.

Адабиётлар.

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