

Specific Properties of Some Medicinal Plants Information About

Abdukhalilova Madinakhon

Andijan State Pedagogical Institute, second stage student of Biology
madinaxonabdusalilova@mail.ru

-----***-----

Annotation: The article contains information about some medicinal plants distributed in the territory of our country, which have an important place in the world of medicinal plants, and their effects on the human body.

Keywords: Anisum vulgare, glycyrrhiza glabra, amaranthus, alkaloids, eczema, pneumonia.

Medicinal plants are plants used for the treatment of humans and animals, for the prevention of diseases, as well as in the food, perfumery and cosmetic industries. It has been determined that there are 10-12 thousand species of medicinal plants on earth. The chemical and pharmacological properties of more than 1000 plant species have been investigated. There are more than 700 species of medicinal plants in Uzbekistan. Of these, about 120 species of plants grown in natural conditions and cultivated are used in scientific and folk medicine. Currently, about 40-47% [1-2] of the drugs used in medicine are obtained from plant raw materials. Plants are living natural chemical laboratories with complex structures and the ability to create complex organic substances or compounds from simple inorganic substances. Dried herbs, shoots, roots, rhizomes, buds, bulbs, barks, leaves, flowers, buds, fruits (seeds), seeds, juice, pulp, essential oil, etc. are used medicinally.



Medicinal plants

The active substance of medicinal plants is alkaloids, various glycosides (antroglycosides, cardiac glycosides, saponins, etc.), flavonoids, coumarins, astringent and other mucilaginous substances. May contain essential oils, vitamins, resins and other compounds. Preparations rich in antibiotics and phytoncides, which destroy microorganisms and viruses, are prepared from many plants. Usually, similar chemical compounds belonging to the same group are found in the same family or genus, while some chemical compounds that are not close to each other can be found in plants belonging to different families. [3].

Medicinal plants are classified in 2 different ways: 1. Depending on the composition of active substances - alkaloids, glycosides, essential oils, vitamins, etc.; 2. Depending on their pharmacological properties - sedative,

pain-relieving, hypnotic, as well as affecting the cardiovascular system, stimulating the central nervous system, lowering blood pressure and other medicinal plants.

The most common medicinal plants in Uzbekistan are basil (basil), cilantro (coriander), sweet pepper, fennel, mint, sebarga. The amaranth plant, which is useful from the root to the tip of the leaf, can be included among these plants. Wild plants can be found in plains and mountains, and can be bought in markets and pharmacies. [4].

Fennel is an annual herbaceous plant belonging to the Apiaceae family, the stem grows upright, the multifaceted upper part is branched, it reaches 30-60 cm in height. The leaves in the lower part of the root and stem are long-banded, round, kidney-shaped, with ovoid lobes and large toothed edges, those in the middle part are long-banded, three-lobed, with a saw-like edge, the upper ones are scabbard, 2-5 lobed. shorn or scaly. The leaves are arranged in rows on the stem. Small, inconspicuous white flowers are collected in a complex canopy. The fruit is a double pistachio.

Uses: Its fruit and essential oil are used as an expectorant, intestinal stimulant, carminative and expectorant. Its fruit is included in teas used as a laxative and against chest pain. Essential oil is used in medicine to improve the taste of medicine.

Decoction made from fennel fruit has been used since ancient times in folk medicine as an appetizer, expectorant, expectorant, expectorant, diuretic, diaphoretic, and mild expectorant. [5].

Licorice is a perennial plant belonging to the Fabaceae family. Height 50-150 cm. The underground part of the plant is considered the main raw material and consists of the main root, multi-layered vertical and horizontal rhizomes and additional roots that hold them in the soil. The licorice root penetrates to a depth of 8 m and usually reaches the groundwater level. Above-ground stems grow from the main root, as well as from vertical and horizontal rhizomes, and each bush grows vegetatively and occupies an area of several 10 m². Stem smooth or sparsely short hairy, usually covered with dotted glandular hairs or glandular spines. The leaves are complex odd feathery, 5-20 cm long, 3-10 pairs, sticky, glossy, dense, elongated ovate or lanceolate lobes due to glands. The length of the inflorescences is 5-12 cm, the length of the inflorescence is 3-7 cm. The flower consists of 8-12 mm white-purple petals and sharp-toothed sepals. The fruit is oblong, 3.5 cm long, straight or slightly curved, with 1-8 seeds, smooth or glandular spines. It blooms in May-June, the fruit ripens in August-September.

Uses: Licorice root decoction and tincture are expectorant in lung diseases accompanied by cough, anti-inflammatory and analgesic in hyperacid gastritis, gastric and duodenal ulcers, medicinal. It is prescribed as a diuretic and laxative in the composition of collections. In addition, galenic forms of licorice root are used in Addison's disease, hypofunction of the adrenal glands. To stimulate the function of the adrenal glands, it is used in systemic skin tuberculosis, allergic dermatitis, and simple pemphigus. Root powder is widely used in pharmaceuticals as a basis for tablets and other means, that is, to improve the taste and smell of drugs. The following medicinal preparations are obtained from the root of shirinmia: glycyrrhizic acid-based glycyram (for the treatment of bronchial asthma, allergic dermatitis, eczema and other diseases), flavonoid-based liquiriton and flacarbin (for the treatment of stomach and duodenal ulcer). [6].

Amaranth belongs to the Amaranthaceae family. It is a one-year herb growing to 2-3 meters in height. The thickness of the stem is 8-10 cm, the leaf is long and elliptical, and is located in a row with a long band on the stem. The flowers are small, it is invisible and forms a large broom-like flower cluster up to half a meter long. The seed is small spherical, brown or yellow in color, and the weight of 1000 seeds is 0.4-0.6 grams. One plant can produce 0.5 - 45 kg of seeds. The bottom of the seed is shiny. It blooms in June, the seeds ripen in July. [3].

Uses: amaranth plant seeds are used to treat a number of diseases - respiratory diseases (bronchitis, laryngitis, pleurisy, pneumonia), endocrine correction (anemia, obesity, diabetes), bone and vascular diseases

(ostechondrosis, arthrosis, arthritis). it is used in the treatment of oncological diseases, insomnia and other sexual diseases. [7]. Amaranthus seeds are a source of oil and squalene. Squalene stops the development of cancer cells, rejuvenates the body, strengthens the immune system, restores the activity of the hormonal system of organs, and at the same time increases the duration of a healthy life. [8,9].

Recently, the types and number of diseases that occur in the human body are increasing, therefore the demand and need for medicinal plants is also increasing. Taking this into account, it is important to develop measures for the preservation and effective use of medicinal plants.

References.

1. UZME. The first volume. Tashkent, 2000.
2. Kholiqov K., Medicinal plants of southern Uzbekistan, T., 1992.
3. Ahmedov O., Ergashev.A, Abzalov A. and etc. Technology and ecology of growing medicinal plants. Tashkent. 2018.
4. Ahmedov O., Ergashev.A, Abzalov A. and etc. Technology and ecology of growing medicinal plants. Tashkent. 2020.
5. M.A.Jorayeva. Atlas of medicinal plants. Tashkent. 2019.
6. O.K. Khojimatov., X.Q. Khaydarov., D.T. Khamraeva., va boshq. \ Atlas of medicinal plants of Uzbekistan. Samarkand. 2021.
7. <https://mushohada.uz>
8. Атамухаммедова. М. Р; Саидова А. Я. Основние правилна питания при занятиях спортом// Новая наука история становления, современное состояние, перспективы развития.2020.
9. Nabiyeva S.B., Adxamjonova A.A. The chemical composition and properties of chicken meat//Innovative Technologica; Methodical Research Journal. 2021.