

SIGNIFICANCE AND USEFUL PROPERTIES OF BASIL (OCIMUM BASILICUM L.)
IN FOLK MEDICINE

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Abstract: This article presents information on the chemical composition and medicinal properties of basil (*Ocimum basilicum* L.), which can be used in every way in the daily life of a person.

Key words: Basil, *Ocimum*, *Ocimum basilicum*, essential oil, vitamin, glycoside, antimicrobial, antiviral, anticancer effect.

In recent years, the development and growth of medicine and medical science among the population has created an even greater need for natural medicinal plants in maintaining and restoring human health. In fact, the benefits of natural drugs compared to synthetic drugs are much higher. The literature contains information about the growth of 10-12 million species of plants on our planet. Among them, the chemical, pharmacological and medicinal properties of more than 1000 species have been studied [1]. Among other plants, rayhon (*Ocimum*) turkumiga mansub plants are widely used and useful.

The main part. Rayhon (*Ocimum basilicum* L.) is an annual herb of the Lamiaceae family, widely distributed in tropical and subtropical regions. The green parts of Rayhon, mainly the leaves, contain 0.02% to 0.3% ether oil, the composition of which varies according to variety and variety. Rayhon contains vitamins (C, B1, B2, PP, K, carotene, rutin, etc.) and minerals (copper, manganese, potassium, magnesium, iron, etc.) and sugars, tannins, flavonoids, glycosides, phytoncides, of which there are plant hormones and others. [2].

The uniqueness and richness of the chemical composition and the composition of useful substances make rayhon not only in the culinary and food industry, but also in the production and treatment of medicines and perfumery and cosmetics (essential oil) in the production of creams, lotions, shampoos, etc. Rayhon keng qamrovli o'simlikka siliydi.

Scientists have proven that this plant can stop the process of aging. The presence of antioxidants, anticancer and antimicrobial properties of rayhon slows down the aging process, has a general strengthening effect, increases immunity and the body's defenses [1]. Regular consumption of rayhon helps to prevent the development of age-related changes, improves blood circulation in the brain, improves the condition of blood vessels, skin, nails and hair, helps to overcome headaches and migraines [4]. Also, this natural remedy is able to destroy 99 percent of pathogenic microorganisms present in human body. The shifobaxsh properties of etheric oils have been known since ancient times. Therefore, it is recommended to add this o'simlikni yurak bilan og'rigan raatsioniga to the heart. Its components have diuretic properties and help fight kidney stones. Rayhon essential oil is used in medicine to treat stomach, intestine, gall bladder, kidney and other diseases. Due to its antiviral, anti-infective and anti-microbial properties, it is recognized as a natural antibiotic. Also, the boiled drops of rayhon leaves, gastritis, colitis and meteorism. Calms the nervous system, improves mood, eliminates depression, strengthens immunity. This wonderful herb is also useful in treating radiation exposure. Its regular consumption even serves as a vaccine against smallpox.

Basil is eaten fresh, dried, boiled and steamed. In addition, it can be used as a tool in the form of various drops, compresses and gas ointments. When dried, it loses many of its beneficial properties, so it is best to eat it with freshly cut leaves.[4]

Basil is used for sore throat, stomatitis, compresses, fever, headache, runny nose, healing wounds that are difficult to heal and skin diseases. Anticarcinogenic properties of basil help its successful use in the treatment of cancer [3].

However, in the course of treatment, it should be used very carefully after consulting a doctor. Due to the richness of its composition and the composition of various substances and compounds, including some mercury compounds, it can be dangerous for certain diseases, especially for people with hypersensitivity and allergies. [4].

Basil, in addition to its useful properties, has harmful and negative effects that occur when consumed in excess. Frequent consumption of basil is strictly prohibited for pregnant women and nursing mothers. It is not recommended to give basil to children of preschool age.

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