

**CITRUS LEMON L PLANTED IN UZBEKISTAN. THE VARIETIES OF AND THEIR
IMPORTANCE IN FOLK MEDICINE**

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Annotation This article covers the botanical classification, varieties, and role of lemon in folk medicine.

Keywords: Citrus lemon L., rutadoshlar, citrus, meyer, osteoporosis, arthritis, arthrosis.

Lemon (*Citrus lemon L.*) is a perennial fruit tree in the order rutadoshae (*Citrus*), always of the same color, that is, with a green tint. *Citrus lemon L.* the history of the coming of the world is directly linked to the regions of South and Southeast Asia. Now *Citrus lemon L.* various varieties of, climatic conditions, subtropic, are grown in regions such as the Mediterranean Sea, the United States, Mexico, Argentina, and in greenhouse and trancheya methods, in the Black Sea areas of the Caucasus, in the regions of Uzbekistan and Tajikistan. Heat-resistant and light-loving *Citrus lemon L.* adapted to this moisture. the tree is propagated by grafting a pencil [1; 562-573-b.].

Currently, in almost all lands of our country, 4 types of *Citrus lemon L.* varieties of are grown. This *Citrus lemon L.* grown in our country is and varieties are exported to many countries, including Kyrgyzstan, Kazakhstan, Afghanistan, Russia, Ukraine. For the weather of Uzbekistan, the following varieties may be suitable [2; 45-56-b.].

Citrus lemon L. one of the most common varieties in the territory of Uzbekistan is the meyer variety. Citrus lemon L. of the meyer variety, Citrus with Orange is obtained from a natural hybrid formed from the cross-dressing of lemon. This species, which is not very tall, enters the crop in its second to third year. The fruits of this species ripen in Mid-Autumn, in October. The Shape of its fruits, on the other hand, are of various oval, pear-shaped, round shapes, medium and large, weighing 80 -100 gr. The thin, orange-colored bark is smooth and has an appetizing aroma. The fruit produces a rich harvest every year [3; 160-168-b, 4; 309-317-b.].



Figure 1. Citrus lemon L. meyer variety in the territory of Uzbekistan.

Uzbek harvest-Citrus lemon variety above meyer Citrus lemon L. obtained by vegetative reproduction of. The morphological aspect of this Uzbek crop practically does not differ in any way from the meyer variety. Just like it, the Uzbek one has a low-growing, small body, wings located on the band of its Leaf, a thin, tender peel, a pear-shaped rounded fruit [5; 45-89-b.].

Ohio native Citrus lemon L. of cultivated by vegetative propagation method without thorns. The body of this variety is medium-sized, without thorns, unlike the rest. The fruits are elongated, with a smaller bulging ground at the top. The size is not very large, but the weight comes 80 – 100 gr, like the rest of the varieties. It has a pale yellow bark, which is thin and dense. There are also fragrant, succulent and sour kernels. In combination with a rich harvest every year, the fruits ripen in the middle of the winter season, in December – January [6; 160-168-b.].

Citrus lemon L, listed above. two of the varieties, “Meyer” and “Uzbekistan”, are recommended to grow high-yielding in ditches and greenhouses. The reason is that these varieties give an early harvest. It is also worth noting that now specialists working at many universities and institutes in our country are Citrus limon L. the following "Meyer", "the firstborn", "the harvest of Uzbekistan", Tashkent " Citrus limon L. they are conducting various research studies on ni varieties [7; 1890-1907-P.].

Citrus lemon L. the bark is involved in the Prevention of osteoporosis, arthritis, arthrosis and other bone diseases. Improves oral hygiene, kills harmful bacteria that cause dental diseases. The oral cavity heals mechanical damage such as cracks in the mucous membrane, scratches, small wounds. Citrus lemon L as a preventive measure in the development of stomatitis, gingivitis, periodontitis and other diseases. bark is used [8; 1459-1460-b.].

Citrus lemon L. the usefulness aspects of the fruit are known to us from history. It was often drunk in tea and is still drunk in this order today. In doing so, its bark is removed. But now Citrus lemon L. it has been found to have more useful properties of its hull than the interior of [1; 562-573-b.].

Citrus lemon L. the presence of certain chemical elements in the bark *Citrus lemon L* for people with kidney stones. the use of bark is allowed. For such patients, *Citrus lemon L* once a day in the amount of one tablespoon after breakfast. it is recommended to eat bark [9; 1-28-b.].

Citrus lemon L. defines the healing properties of. *Citrus lemon L.* it can reduce cholesterol levels in the blood and prevent hair loss. Helps the liver and gallbladder work well. Promotes the formation of full-fledged leukocytes in the fight against viral and Infectious Diseases [1; 562-573-b.].

Citrus lemon L. when the peel is consumed, the human body is cleared of toxins and slags. It ensures the production of enzymes in the stomach and intestines that accelerate the digestion and absorption of food. Because of its high fiber content, food can prevent constipation. It has an antiseptic effect, killing harmful microbes that disrupt the functioning of the stomach and cause inflammation. Also *Citrus lemon L.* the presence of a huge amount of vitamin C in the bark helps to get rid of colds. Strengthens the immune system in autumn and spring. *Citrus lemon L.* frequent use of bark prevents the body from colds [1; 562-573-b.].

Citrus lemon L. the beneficial properties of bark have been known for many years and have been used for many years to improve the functioning of the heart and intestines. More *Citrus lemon L.* the bark is also used to improve the gastrointestinal tract and at the same time the cardiovascular system, as well as to increase immunity, in the case of halos from excess weight. Due to the high content of fiber in the bark, it accelerates digestion and accelerates the development of enzymes. The human body is cleansed of toxins and scales. One of the main properties of bark is the high content of vitamin C, which is considered essential for the prevention and treatment of colds. Another 1 lemon per day can cover up to 30-35% of the human body's need for vitamin C. Also *Citrus lemon L.* high fatty acids such as palmitin, olein, linol, linolein and Group B vitamins, Group E, C - vitamins make up [2; 45-56-B.].

In various diseases of the cardiovascular system, in the treatment of singa, tuberculosis, bod, angina, lemon consumption is recommended when the metabolism of substances in the body is disturbed. Vitamins of the PP group in lemon contribute to a decrease in blood pressure and prevent blood flow to the brain [2; 45-56-b.].

Citrus lemon L. in the world migration. prevention of many diseases from waste as well as preparation of therapeutic food additives is one of the pressing problems. Mainly when we analyze scientific sources *Citrus lemon L.* varieties of cultivated abroad have been studied and analyzed. But we set ourselves the goal of studying the varieties of lemon grown in Uzbekistan, taking into account the insufficient data on the Meyer variety grown in Uzbekistan. Of these varieties, we have found that the most cultivated and most consumed variety according to the statistics of Uzbekistan is the Meyer variety. We set ourselves the goal of determining the chemical composition of this variety and conducting chemical analyzes.

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