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MEDICINAL PLANTS OF UZBEKISTAN

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Abstract: The flora of Uzbekistan is very diverse. Plants found on the territory of Uzbekistan not only have their own beautiful views, but also have useful properties. This article describes the beneficial and medicinal properties of some plants.

Key words: Plants, flora, seeds, fruit, organism, essential oil, rawe, basil, coriander, mint.

Introduction

The flora of Uzbekistan is extremely rich and diverse. Deserts and steppes, mountains and foothills, plains and river deltas sit side by side and form an amazing landscape. This may seem incredible, but in reality, compared to neighboring regions of Central Asia, in the foothills and mountainous regions of Uzbekistan, the number of plants per unit area is many times higher.

Our republic is rich in medicinal plants. 750 species of more than 4.3 thousand plants of the local flora are considered medicinal, of which 112 species are registered for use in scientific medicine, of which 70 species are actively used in the pharmaceutical industry. Such herbs are environmentally friendly and are used as raw materials for the production of food, aromatic and pharmaceutical products.

Complex processing of plant raw materials is carried out according to all modern regulations, within which extraction, purification, concentration, standardization takes place, which meet all international production quality standards.

The main part

The most common medicinal plants in Uzbekistan are basil, coriander, fennel, mint, and clover. Wild plants can be found on the plains and in the mountains, as well as purchased in bazaars and pharmacies.

Local residents know firsthand about the miraculous effects of such plants. They are used in food, added as spices, brewed tea, used as medicines, as well as in cosmetology. In pharmacies and cosmetic stores, you can buy products made from mono-herbs, special herbal teas, herbal bath preparations, various useful additives, essential oils, and much more. Each product contains a complex of natural minerals, vitamins and biologically active substances.

Basil (Ocimum basilicum)

Basil is a pleasant-smelling plant, it is not whimsical and grows in almost every home. Throughout the world, the plant is known as basil, but in Uzbekistan it райхон **is raichon**

(Ocimum basilicum). Raichon is a natural antibiotic, it is used as an antipyretic and bactericidal agent. It has been used since ancient times in the treatment of colds caused by various pathogens. The substances that make up this plant reduce muscle pain, relieve inflammation, remove phlegm from the bronchi and lungs, and help fight cough and runny nose.

In addition, basil is actively used in perfumery and in the manufacture of essential oils. There are several types of basil and each has its own flavor: anise, lemon, clove, broadleaf.

Cilantro (coriander) Coriandrum sativum

Coriander Coriandrum sativum grows easily and freely in Uzbekistan. The plant has excellent cleansing properties. The substances contained in the plant help to remove heavy metals from the body and neutralize their harmful effects. Coriander seeds are also great for purifying water. To do this, it is enough to lower a bag of seeds into a container of water for a short time.

Fennel Foeniculum vulgare

Fennel fruits are very useful. It contains such powerful substances as anethole-a remedy for cancer, vitamin C, dietary fiber, which reduces cholesterol levels in the blood. In addition, fennel reduces stress levels, calms the nervous and digestive systems, and successfully fights colds, stomatitis, and pharyngitis. Fennel has almost no contraindications, so it is successfully added to food, given to small children and pregnant women.

Mentha spicata Mint

Noble mint is the most important component (menthol) in essential oil. Mint tea is an effective remedy in the fight against disorders of the gastrointestinal tract. Mint calms the nervous system, helps relieve pain and removes excess water from the body.

Clover Trifolium pratense

Clover can be found all over Uzbekistan, but most of all-in highly humid places. On the territory of Uzbekistan, several types of clover grow at once, each of which is widely used in folk medicine. Strawberry clover is made into decoctions and used for diseases of the spleen. From meadow clover, inflorescences are infused and used for bronchitis, cough, anemia, malaria, and asthma. Decoctions are prepared from creeping white clover and used as a general tonic, analgesic and tonic.

Conclusion

It should be remembered that the protection of medicinal plants and their rational use are mutually related and unthinkable without a comprehensive study of them by botanists, pharmacologists, chemists, biochemists, technologists, clinicians and other specialists. According to academician A. L. Takhtajan, in order to protect the plant world, it is necessary to know it well in all respects – structural, functional, taxonomic and evolutionary.

One of the ways to preserve and reproduce the gene pool of medicinal plants is their introduction into culture. The process of introduction (introduction to culture) is very complex, lengthy and

depends on many factors: the origin of plants, their ecological nature, climatic and geographical conditions of the natural range and area of introduction, etc. Therefore, not all plants are successfully introduced in our zone. Introduction to the culture of medicinal plants involves a wide range of breeding operations in order to obtain highly productive forms and varieties of valuable species.

An urgent task of preserving the natural gene pool of plants is to create gene banks, i.e. to preserve the entire seed stock of wild plants under certain conditions in order to prevent the irreversible extinction of a particular species. This is also prescribed in the decree. The creation of gene banks involves a deep study of all issues of seed storage: temperature conditions (for example, alfalfa seeds can withstand prolonged heating to 100 degrees without signs of damage, while others, on the contrary, are very sensitive to heating), air humidity, and the nature of the environment (for example, meadow clover seeds can be kept in an alcohol solution without loss of germination)

One of the modern ways to save stocks of wild-growing rare and endangered medicinal plants is the culture of plant tissues. Multiplying in an artificial environment, the cells produce alkaloids, terpenoids and other compounds needed for medicine. So, for example, in the world they get codeine from poppy seeds, digoxin from foxglove, scopolamine from datura, flavonoids from Baikal skullcap and others. Undoubtedly, this method will be given more and more attention in the future in the science of Uzbekistan.

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