

Medicinal Properties of Deer Growth Plant and Its Place in Folk Medicine

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Abstract. *This article provides information on the botanical description, systematics, morphology, importance, chemical composition, application in medicine and folk medicine, as well as medicinal properties of deer herb "Zizifora".*

Keywords. Deer grass, vitamins E and A, phytotea, tincture, healing properties, morphology, lentil, saponins, organic acids, polyphenols, resin, uracil acid.

Introduction

Deer herb (Zizifora) is a perennial plant belonging to the family Labiatae, there are 7 species of this genus in the country. In medicine and the food industry, there are three main types of deer grass that are common in nature. Locals also call deer grass by various names, such as "blue grass", "tall bread". Deer grass is a plant up to 40 cm tall, with many stems, woody base, slightly bent, thin, serrated, covered with fine hairs.

The leaves are linear, obovate, with a pointed tip, hairy or downy. The flowers at the ends of the stems and branches are banded, with fine hairs, in the form of inflorescences. The petals are 7-8 mm long, light purple, fragrant, bloom in June and July, the seeds ripen in July-September.

Deer grass is found mainly in the northern and southern slopes of mountainous areas, on gravelly and rocky, loamy and brown soils. It is especially common on the southern slopes and occupies large areas in some places. Deer grass grows on the slopes and rocky places in our country. It helps prevent sore throats, stomach upsets, nausea and heart attacks.

Deer grass contains vitamins A, E, biologically active substances, menthol and saponins. Due to these substances, deer grass improves heart function, lowers blood pressure, has a positive effect on the nervous system and calms. Helps wounds heal faster.

Relaxation of the abdomen, nausea, toothache and fatigue, healing of weakness. Thymol in plants kills worms and germs. Deer antlers also have the ability to kill cancer cells. Scientists have discovered this in practice. Deer grass is used in folk medicine.

Locals add deer grass to various dishes as a spice because they contain essential oils, vitamins and various macro and micro elements necessary for the human body. In folk medicine, deer grass is used to treat diseases of the kidneys, heart, liver and gastrointestinal tract.

In scientific medicine, their tincture is widely used to improve heart function, lower blood pressure, and as a diuretic. The above-ground parts of the plant - stems, leaves and inflorescences contain up to 2.5% of essential oils, vitamins C, E and A.

It is currently used in medicine in the treatment of liver diseases, especially jaundice - hepatitis. Deer grass is widely used not only in medicine but also in the food industry.

In addition, deer grass is included in various herbal teas and is used successfully. It should be noted that deer grass is currently used in the preparation of high-quality (enriched) teas. Based on the many years of experience of our people, our scientists have been successful in the preparation and creation of various "herbal teas" and "fortified teas".

Consumers are mainly pharmaceutical companies such as Mehriyoh and Gerbofarm, which process deer grass and produce phyto-teas, biologically active additives and medicines that are an ointment for our people. '

Currently, scientific and practical work is being carried out on the cultural cultivation of deer grass in the specialized state forestries of the republic. Our goal is to cultivate deer grass without harming the environment and to create a solid raw material base to meet the needs of consumers.

Methods of preparation and use of drugs.

1. Pour 2 cups of boiling water on 2 tablespoons of freshly ground kiikot, infuse for 4 hours, then strain, drink 1-4 cups 3-4 times a day.
2. Take 1 tablespoon of deer grass in a thermos, pour 300 ml of boiling water over it and infuse overnight. Drink 3 times a day before meals.

The upper part of the Kiyikoti is *Herba Ziziphorae pedicellatae*

3. Gulbandli kiyikot-Ziziphora pedicellata Pazij et Vved

Family. Yasnotkadoshlar - Lamiaceae.

A perennial herbaceous plant with a woody base, four-sided, unbranched or branched upper, 20-40 cm tall. The leaves are lanceolate or narrowly lanceolate, sharply pointed, straight-edged, shortly banded, opposite the stem. The flowers are arranged in a long, hairy cluster, forming a bouquet-like inflorescence at the ends of the stems and branches. The inflorescence is narrow tube-like, with two indistinguishable lips, the crown is two-lipped, light purple. The fruit is four nuts. It flowers in June-August and ripens in July-September.

Product preparation. When the plant is in full bloom, the topsoil (10-20 cm long) is harvested and the shade is dried on the ground.

Product appearance. The product consists of whole or partially crushed leaves and leafy stems up to 20 cm long. The stems are quadrangular, slender, with some oily areas. The leaves are lanceolate or narrowly lanceolate, with a sharp tip, short banded, straight-edged. The flowers are bisexual and form a cluster of flowers at the ends of the stems and branches. The leaves are greenish-gray, the flowers are light purple. The smell is strong, pleasant, fragrant, the taste is sharp, fragrant.

Chemical composition. The product contains 0.96% essential oil, 1.04% flavonoids, 0.19% coumarins, 1.02% anthocyanins, 170 mg% vitamin C, 11.3% sugars, 4.82% organic acids, 0.67% ursolic acid, 3.40% polyphenols, 4.69% resins and other compounds.

To be used. The Ministry of Health of the Republic of Uzbekistan has approved the use of tincture of Kiyikoti on the surface as a means of lowering blood pressure and diuretic.

Medicinal products. Drip.

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