

Features of Medicinal Plants

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Abstract: *The basis of this article is the properties of medicinal plants, their positive and infant effects on the human body. In addition, the methods and criteria for the collection, use of medicinal plants are given. Contraindications and methods of action in the use of these herbs are given.*

Keywords: Medicinal plant, organism, properties, medicine, nature.

INTRODUCTION

From ancient times the plants are used to treat diseases. Sources of medicinal plants were written in India, China, and Egypt thousands of years ago. In the East, especially in the folk medicine of Central Asia, the use of herbs is widespread, there are traditions. Al-Qanun Abu Ali ibn Sina provides information on the medicinal properties of about 480 plants and how to use them.

The rich nature of the country is home to more than 6,000 different plant species, including medicinal species. Such medicinal plants are environmentally friendly and are used as raw materials for the production of food, fragrances and pharmaceutical products. are wires. Today, there is a large list of diseases that do not allow patients to take medication for long periods of time. For example, if the drug has too many side effects or has a negative effect on its components. Often in such cases, doctors prescribe medicinal plants. This method of treatment is called herbal treatment. These methods usually lead to great results.

The properties of medicinal plants are many and varied. Each element of the plant produces special substances that affect the immune, nervous, cardiovascular systems, as well as restore the energy balance of man.

MATERIALS AND METHODS

Specialists in the use of medicinal plants in medicine, pharmaceuticals are divided into several groups depending on the main active ingredients. Each group is characterized by the presence of certain medicinal properties:

1. Alkaloids - this group includes plants such as prince, ephedra and pilocarpus. The properties of these plants are many and have a wide range of effects. It has beneficial effects on human immunity, blood circulation and nervous system. Helps to normalize many physiological processes.
2. Salons - includes kidney tea, primrose, cyanosis dining areas. Plants in this group have diuretic, choleric, expectorant, emetic properties and help lower blood pressure.
3. Glycosides - this group includes valley, fox and adonis. These plants are very toxic and should therefore be used with extreme caution in medical practice, especially in the fight against cardiovascular disease.
4. Horseradish glycosides - Contains herbs such as St. John's wort, dandelion and buckwheat. This group of medicinal herbs helps to normalize the work of the gastrointestinal tract, activates appetite and gastric motility, and improves digestion.
5. Healing essential oils are found in plants such as hornbeam, mint, lemon balm, spruce, wormwood. It has anthelmintic, sedative, analgesic, expectorant, anti-inflammatory, antimicrobial and vasodilator properties.
6. The group of flavonoids includes black currant, dandelion, black currant, tansy and red root. The above herbs have bactericidal and choleric properties and help cleanse the body of harmful radioactive substances.

In order to collect medicinal plants, we need to clearly identify their species, be careful in collecting and using those that have their negative properties.

The leaves are formed during the flowering period of plants. However, this does not apply to all species of plants. For example, coltsfoot leaves appear only after flowering plants. Mint leaves can overwinter under the snow. Therefore, they can be harvested in early spring. The leaves are rooted from top to bottom or consist of nothing at all.

Fruits and seeds are usually harvested after they are fully ripe. However, in some plants the fruit or seeds fall off after ripening, in which case it is important to bring the product to this point. When harvesting fruits (seeds) it should be borne in mind that they do not fall into the raw material of other types of herbs. Wheat prefers to harvest the fruits of plants in dry weather, and on a hot day it is better to do it in the morning and evening. It is recommended to collect the fruits in the recommended way. It is not recommended to wash the fruit before drying. The flowers are usually harvested at the beginning of the plant's flowering - during this time they contain the highest amount of nutrients.

Methods of using medicinal plants in medicine:

Methods of application of medicinal plants in medicine and pharmaceuticals are divided into two main groups: internal and external. Medicinal plants are selected in the form of infusions, extracts, herbal teas, extracts and salts.

RESULT AND DISCUSSION

Compresses from powders, infusions and suspensions, as well as oils from medicinal plants are sufficiently applied to apply the external method.

How are medicinal plants used?

Experts prescribe the following rules for the use of medicinal plants, which should be used during treatment:

1. Use a specific plant if instructed. Otherwise, the risk of weakening the immune system and other diseases is high.
2. Herbal preparations with strong effects can be used for one or two weeks in a row. If necessary, the therapeutic course can be repeated, which requires mandatory temporary suspension.
3. The maximum duration of treatment with any medicinal plant should not exceed two months.
4. Avoid drinking alcohol and heavy fatty foods while treating plants.
5. Apply treatments regularly and regularly. If there is a break in treatment, it is recommended to resume the course of therapy.
6. Medications should be taken separately at the dose recommended by the treating physician.
7. Prepare herbal infusions and solutions every day, as they break down quickly and lose their basic properties.
8. Store plant materials in tightly closed containers with lids. It is recommended to store the plants in a place protected from moisture, dust and sunlight.
9. Before taking any medicinal plant, consult your doctor, as each plant has its benefits and limitations. In addition, specialists will be able to choose the highest dose and duration of the course of treatment.

Instructions against the use of plants:

Despite the abundance of vitamins and other nutrients that make up this plant, there are a number of restrictions on its use:

1. Increases the acidity of gastric juice with gastritis. Medicines containing this plant can lead to an exacerbation of the disease.
2. Diseases of the cardiovascular system. The plant increases blood clotting, which can lead to blood clots. Therefore, it is better to reject people who have had a heart attack.
3. Hypotension. Barberry helps lower blood pressure, which significantly worsens the condition of a person with such a diagnosis. Gastric or duodenal ulcer.
4. The presence of stones in the gallbladder and liver cirrhosis.

Also, do not forget about individual intolerance or hypersensitivity to spices. In such cases, it can have a negative impact on his health.

You must remember! Unripe fruits of the plant can not be used! During this period, they contain a large amount of poison.

CONCLUSION

As a result of writing this article, I have come to realize that medicinal plants are of great importance to human life. It turns out that high results can be achieved if medicinal plants are consumed in the prescribed amount. While these also have side effects, it is more beneficial to consult a doctor when using them or to consume them following the desired method of use.

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