



MEDICINAL PLANTS AND THEIR PROPERTIES

F. A. Mirzoyeva

Student of the 326-Group of Pharmaceutical Faculty

Y. A. Imamova

Assistant of the Department of Pharmacognosy and
Pharmaceutical Technology

O. J. Meliqulov

Assistant of the Department of Pharmacognosy and
Pharmaceutical Technology Samarkand State Medical University

Annotation

Nowadays, phytotherapy is in full swing, and the effective use of flora has become the motto of our people. Uzbekistan is a country rich in medicinal plants.

Plants contain bioactive substances that are useful in the prevention and treatment of various diseases.

In our country, the priority is to protect public health, prevent diseases, raise healthy offspring, and phytopreparations made from relatively effective, harmless plants, which are one of the prevention and treatment of diseases. of great importance. In order for medicinal plants to fully demonstrate their medicinal properties, it is necessary to follow the rules of their timely harvesting, proper drying and storage.

Aqueous extracts from plants 1:10; plants containing strong active substances are prepared in the ratio of 1: 30 and plants containing toxic substances in the ratio of 1: 400.

There are many plants that we grow in our lifetime, but not all of us know that they have healing properties. Bioactive substances in medicinal plants can be found in all parts of the plant.

Cultural vine – *Vitis vinifera* L.

It belongs to the family of vines (vines). About 500 varieties of vine are widely grown in Uzbekistan. Among them are such varieties as raisins, large-leaved, black gooseberry, daroi, buvaki, hilali, kirmizi, husayni, sahibi, rhizomat, tayifi, charos, soyaki, chillaki.

One of the most common representatives of the Tokdosh is the cultural Tok. Its height is up to 10 meters. With the help of curls it grows on stalks and trees. The color of ripe twigs is brown, reddish or brown. The leaves are elongated, clawed. The vine blooms





in May-June. Fruits of different shapes and colors are sweet or sour, delicious, juicy, wet fruit. The fruits ripen in July-October.

The vine is cut off when ripe and used without drying or dried, and the leaves are harvested at different times, in the spring (when the leaves are ripe) or when the fruit is ripe, and used in the shade without drying or drying. Vine fruit contains a lot of sugars, flavanoids, folic acid, organic acids, vitamin C, vitamin P, vitamin PP, vitamin B, additives, dyes and other substances, and the seeds contain fat and additives. The leaves contain vitamins C, B and K, carotene and folic acid, flavanoids, inosides, additives and other substances.

Abu Ali ibn Sina used grapefruit as a painkiller for kidney, bladder and intestinal pain, and leaf curl for the treatment of diseases of the head, eyes (swelling of the eyes), ears and stomach. Dysentery with leaf juice treated skin diseases with ash from the stems and branches.

In folk medicine, grapes are used in the treatment of diseases of the kidneys, bladder, stomach, intestines, heart, liver, hemorrhoids, gout, as well as as a stimulant, hemostasis, diuretic and laxative, appetite suppressant and dietary food.

Tincture and decoction of vine leaves rinse the sore throat and wash the skin in skin diseases. Dried leaf powder is taken in 2-4 g as a blood thinner when bleeding from the uterus. The young leaves of the vine are also used for food.

In scientific medicine, grapes are used in diseases of the gastrointestinal tract, metabolic disorders, anemia, nephritis and chronic bronchitis. In the above diseases, grapes are expectorant, diaphoretic, diuretic and laxative, and mild laxative. In addition, grapefruit is also used as an appetite suppressant in cases of debilitating and excessive weight loss due to pulmonary tuberculosis and neurological diseases.

White mulberry

White mulberry – *Morus alba* L.

White mulberry is grown as a fruit tree in all regions of Uzbekistan. White mulberry tree up to 10-12 meters tall. The stem is covered with brown or lake-brown bark. The leaves are ovoid, sharp or pointed, with an uneven toothed edge, the branches are arranged in a row with a band, the flowers are unisexual, the paternal and maternal flowers are gathered in separate clusters, the fruit is white, with a series of juicy fruits. P fruit, blooms in April, the fruit ripens in May-June. White mulberry bark is harvested in spring, when the leaves are in bloom and the fruits are ripe. The leaves are dried in the shade, the bark and fruit in the open.





White mulberry leaves contain vitamin C, carotene, essential oil, trace elements, carbohydrates, amino acids, additives, mucus, dyes and other substances, fruits – sugars, organic acids, vitamin C, additives, and alkaloids in the peel. There are no additives, additives and other substances.

Abu Ali ibn Sina treated white mulberry leaves for angina and dried leaf juice for toothache. He used fruits and fruit juices to treat swelling of the mouth and throat, dysentery, and as a diuretic.

In folk medicine, white mulberry is used for fever, intestinal diseases, as a blood purifier and multiplier. Mulberry peel is used in the treatment of wounds as an ointment made from decoction and sesame oil, as well as a expectorant, diuretic. Leaf decoction is used as a temperature reducer when a person has a cold or fever. Mulberry from white mulberry fruit is used in pharmaceutical practice in the preparation of pills.

Conclusion

Made from grapes and mulberries, this delicacy contains a lot of sugar. Honey is a rich source of energy for the body. Rich in minerals such as iron, calcium, potassium, magnesium, this product can meet most of the body's daily needs. Molasses has protective properties against various diseases. In particular, it prevents diseases such as colds. Increases sexual potency. Increases the endurance of the body. Beneficial against asthma and bronchitis. Increases blood flow, increases appetite. It is also useful in child care during pregnancy. Strengthens the stomach and intestines and kidneys, improves blood circulation by lowering cholesterol. It is recommended not to eat a lot of shinni in the hot summer months. It should also be boiled over a low heat during the cooking process. It is better to keep the shin in a cooler place.

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