



MONARDA - HEALTH

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Annotation

This article provides information on the origin, distribution and industrial use of the plant monarda - (Monarda L), cultivation technology, medicinal properties.

Keywords: medicinal monarch, medicine, healthy eating, essential oil, light, heat, food industry, perfumery industry, medical industry, honey plants, Mona Lisa, Bergama, Jar-ptitsa, biodiversity -diversity.

Introduction

One of the most pressing issues facing our scientists today is the study of the methods and biology of cultivation of rare vegetable plants in the country, the selection of varieties that are suitable for our climatic conditions and their reproduction. The cultivation of non-traditional plants in our country primarily serves to preserve biodiversity and meet the food needs of the population.

Therefore, in our country, great importance is attached to meeting the needs of the population in food products and increasing the variety of vegetable crops. Among these crops, one of the plants used in world agriculture not only as a medicinal plant but also as a vegetable crop, the medicinal monarda (Monarda dydyama L) has a special place for our country.

Monarda (Monarda L) is native to North America and is grown as a valuable vegetable and medicinal plant in areas from Canada to Mexico. Today, the monarch is grown in many countries in America and Europe [4]. It is one of the most unusual and newly studied plants in our country.

There are about 20 species of Monarda and it is known that from them 5-6 species are grown in natural conditions as a vegetable crop rich in essential oils. Another feature of this plant is that it is a honey plant. It is known that honey plants and nectar plants





are closed-seeded plants in which bees collect nectar and pollen, which is the main food base for bees. [2, 3]. The double monarch is very decorative when planted as an ornamental crop. Due to its valuable value as a useful vegetable, medicinal and ornamental crop, scientific research on the monarda plant is currently being conducted in Belarus and Russia.

Importance in Medicine

In ancient times, this plant was used in medicine and to flavor food. Monarda has the following medicinal properties: it is an antiseptic due to its plant origin; leaves pain in the gastrointestinal tract; used for diseases of the oral cavity, throat; absorbs radiation as an adjunct in chemotherapy. Medicinal teas and tinctures are prepared for diseases.

It is also widely used in the production of essential oils in Monarda. To do this, the plant is grown on large plantations. Essential oils from the plant are used in cosmetology and pharmacology. Masks for problem skin are made from the dried monard plant. Here are some suggestions on how to look or get an appointment for antique items:



Mona liza an annual variety grown for the garden, reaching a height of 60-100 cm. All parts of this variety have a strong lemon scent. One plant weighs 350-480 grams. The leaves, stems and inflorescences are used as fragrant teas and spices. Suitable for decorating beds as a decorative flower. The yield of green mass is 2.8-3.5 kg / m². Bergama stems erect, up to 80 cm tall, perennial, leafy, tetrahedral, finely hairy.

The leaves are opposite the stem.

The flowers are small, purple and bloom until late autumn. Grows well in full sun and partial shade. Medicinal value: fragrant bitter, appetizing and spicy. Flowers are used to treat coughs, wounds. One plant weighs 300-320 grams. The yield of green mass is 3.0-3.5 kg / m². The stem of the jar grows to 80-100 cm in height. Contains large amounts of

essential oil, vitamins C, B1, B2. Fragrant teas treat colds, stomach aches, wounds, eczema. Grows well in full sun and partial shade. Flowering is long, lasting from July to late September. One plant weighs 370-450 grams. The yield of green mass is 2.5-3.0 kg / m². Lemon aroma - the height of the plant is 70-90 cm. The bright long-flowering plant has a wonderful fragrant aroma and unusual pink-purple flowers,





which attract bees and butterflies. This variety is interesting to grow in home gardens, because it can be used not only as an ornamental, but also as a spice and medicinal plant. One plant weighs 300-340 grams. Ko'k massa hosili 2,8-3,5 kg/m².

Conclusion

In recent years, as global climate change and the growing problem of food shortages have increased, it has become important to study non-traditional plants and increase the variety of vegetables. The expansion of medicinal and spicy aromatic plants will reduce the volume of imported products.

References

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