



STUDY OF MEDICINAL PLANTS BY SCIENTISTS

Kazimova Nafisaxon Minovarovna

Associate Professor of Kokand State Pedagogical Institute

nafisakazimova@gmail.com

Rahmatova Azizaxon Abdulxafiz kizi

Student of Kokand State Pedagogical Institute

rahmatova@gmail.com

Abstract

This article provides information about the history of medicinal plants, the study of medicinal plants by scientists, the use of medicinal plants in medicine, their benefits and harms. A unique oriental medicine has been formed in Central Asia for centuries, based on the experience of using medicinal plants for thousands of years. The main weapon of folk medicine is medicinal plants and their raw materials.

Keywords: medicinal plants, medicinal ointments, doctors, medicinal products, medicinal botany, pharmacognosy, pharmacology, biologically active substances, synthetic drugs and compound drugs.

In ancient times, when a person was sick, injured, or felt bad, he took medicine for his pain from the surrounding flora and was cured from some of them. Even now, if an animal gets sick in the wild, it finds a cure from plants. Therefore, the history of the use of plants as a medicinal tool by man can be considered to have started from that period, that is, during the first periods when a person treated himself with a plant for the first time. For thousands of years, the main medicinal products of the peoples of the world have been prepared on the basis of medicinal plants and the medicinal benefits obtained from them.

A unique oriental medicine has been formed in Central Asia for centuries, based on the experience of using medicinal plants for thousands of years. The main weapon of folk medicine is medicinal plants and their raw materials.

It is known that plants used for the treatment and prevention of human and animal diseases are medicinal plants. As early as BC, people had information about medicinal plants and methods of treating many diseases with their help, and they were used in practice.

Ancient sources such as the Egyptian papyri (3000 BC), the model of ancient Chinese medicine "The Law of Herbs and Roots" (written and used 2800 BC) show the use of medicinal plants and based on them medicinal plants. methods of preparation of





ointments are presented. The written information about the use of about 200 medicinal plants by the ancient Greek ruler Hippocrates (460-377 BC) has reached us.

The ancient Roman governor Galen (130-200 BC) also wrote a manual on medicinal plants. The scientific work "Research on plants" of Theophrastus, who is considered the "father of botany", has not lost its importance even now.

The Zoroastrian book "Avesta" contains information about about 1000 medicinal plants and their effects on the human body. Great scientists of Central Asia - Abu Raykhan Muhammad ibn Ahmad al-Beruni (973-1048) and Abu Ali ibn Sina (Avicenna) (980-1037) made a great contribution to the study of medicinal plants. Abu Raykhan Beruni's scientific work "Saidona" (1041-1048) contains information about 750 types of medicinal plants.

The work that introduced Abu Ali Ibn Sina to the whole world is the scientific work "Laws of Type". In this work, Abu Ali ibn Sina lists about 900 medicinal plants, their distribution and methods of preparing medicinal ointments based on them. The great scientist suggests using ointments in the form of complex medicinals consisting of several plants to increase their effect on the human body.

In the Middle Ages, folk medicine developed, and its representatives were called healers. Doctors were educated and experienced people of their time in medical practice.

Educated doctors were called judges by the people. During this period, well-known judges such as Abbas al-Zahrawi, Abu Bakr al-Razi, Najibuddin Samarkandi, Avaz tabib, Ilaqi, Kolonisi, Qumri, Khurasani, Khorazmi, Mahmud Hakim Yaipani, engaged in successful medical practice and contributed to the development of folk medicine. contributed z. Medicinal products and methods prepared on the basis of plants used by doctors gave good results, so they later influenced the development of fields such as medical botany, pharmacognosy, and pharmacology.

Pharmaceutical scientists S. Sahobiddinov and H. Kholmatov and their students made a great contribution to the study of medicinal plants in the flora of Uzbekistan. Currently, for the treatment of diseases, some medicinal preparations are usually prepared from medicinal plants in pharmacies, pharmaceutical enterprises or at home, or chemical compounds - biologically active substances of plants are extracted from them for the preparation of medicines.

Chemical compounds isolated from plants can sometimes be toxic biologically active substances that have a strong effect on living organisms. But some plants themselves can be poisonous. For example: kuchala, parpi, frankincense, Turkestan adonis,



omonkara, sylvan, bittersweet, scarlet (ephedra) and others are considered poisonous plants.

But at the same time, some plants that are widely used for food purposes can be used as a healing agent. Examples of such plants are: pomegranate, apricot, quince, fig, shotut, and balkhitut, jiida, chilonjiid. , plum, zirk, namatak, coriander, shivit, garmdori, flax, various vegetable oils, pepper, mustard, ginger, cinnamon, zarchava, pepper beads and others.

Most plants contain non-toxic biologically active substances and are used in the treatment of various diseases.

The main reason for the increased interest in medicinal plants is that regular use of various synthetic drugs over a long period of time leads to various disturbances in the structure and function of the body.

The most common medicinal products are plant raw materials.

In order to use medicinal plants for the treatment of diseases, tinctures, decoctions, tinctures, extracts or other preparations are usually prepared from them. Medicinal products are extracted from most of them with the help of water, different levels of alcohol and other solvents. As a result, a drug consisting of a collection of biologically active substances is created.

Prepared medicines contain the main biologically active compounds of plants, as well as other substances dissolved in this solvent. These are the compounds found together with the main biologically active substances, and they can have their own effect on the human body, increase or decrease the effect of the main biologically active substances, or improve their dissolution and accelerate their absorption by the body.

Therefore, there is a big difference between the effects of tinctures, decoctions, nastoykas, extracts, and collective medicinal preparations made from plants and the pure substances extracted from them on the living organism. Therefore, the isolated pure compounds cannot have the same effect as drugs made from these plants. For these reasons, the importance of drugs or collective preparations made from medicinal plants in medicine is increasing more and more.

References

1. Khaidarov K, Hojimatov K. Plants of Uzbekistan (Guide for secondary school biology teachers). T.: "Teacher". 1979.-208 p.
2. National encyclopedia of Uzbekistan. T.: "State Scientific Publishing House, 2003.
3. Decree of the President "On measures to create an additional value chain by supporting the effective use of the raw material base of medicinal plants, supporting





- processing" and "On measures to organize the wide use of medicinal plants in cultivation and processing and treatment" ” Signing of the decision. May 20, 2022
4. www. pedagogue. en
5. N. M. Kazimova, M. Ikromova. Chemical composition of pomegranate and its use in folk medicine. ВМІ, Ко`кан, 2019
6. Хисматова, Х. Ф. (2023). СОВРЕМЕННЫЙ ПОДХОД В ПРЕПОДАВАНИИ КОЛЛОИДНОЙ ХИМИИ В ВЫСШЕЙ ШКОЛЕ. *Universum: психология и образование*, (6 (108)), 16-18.
7. Vatirovna, K. D., & Tolibjonovich, M. I. (2022). DETERMINATION OF THE CHEMICAL PROPERTIES OF TOOTHPASTES. *Open Access Repository*, 8(11), 230-234.
8. Xikmatillayev, I. L., Matchanov, A. D., & Aripova, S. F. (2006). Study of elemental composition of *Physalisangulata* plant by ICP-MS method. *Биохимия и Биофизика*, 12.
9. Minovarovna, Kazimova Nafisaxon, et al. "Dependence On The Professional Competence Of The Organizers Of Educational Processes." *Journal of Positive School Psychology* (2023): 1219-1223.
10. Meliboyeva, G. S. ., and A. . Jasur. "MEDICAL PROPERTIES OF FRUITS AND IMPORTANCE IN HUMAN LIFE". *International Conference on Research Identity, Value and Ethics*, Apr. 2023, pp. 90-93, <https://conferenceseries.info/index.php/ICRIVE/article/view/784>

