

NATURAL MEDICINAL HERBS OF THE LAMIASEAE FAMILY AND THEIR MEDICAL
PROPERTIES

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Abstract: *this article describes the natural medicinal herbs of the lamiaceae family and their healing properties. Medicinal plants have been known to mankind since ancient times. Plants were widely used not only as food, but also as a source of biologically active substances. There is evidence that medicinal plants were used for medicinal purposes in the Sumerian civilization 5000 years ago. Medicinal plants have served as the only source of medicinal products throughout the long historical periods.*

Key words: *lamiaseae, medicinal plants, medicinal plants, tograykhan, lion's tail, spoil, % ether oil.*

From the Middle Ages to us the description of medicinal plants and them many scientific applications for the improvement of human health the works have arrived. A great contribution to the development of world medicine Our compatriot Abu Ali ibn Sina (980-1037) medicine has devoted more than 20 scientific works to these issues. A scientist for 20 years on the basis of the experiences gained during medical practice He created the 5-volume work "Al-Qanun" ("Laws of Medicine"), this work not only Arabs, but also European doctors for centuries the program was implemented. There are more than 500 medicines in the book plants and more than 40 medicinal products prepared from them information is provided. There are many famous works of this scientist Translated and printed into the languages of the European nations, of the Latin language It has been reprinted 16 times in its own right, even in the present era the book has not lost its importance For a long time, the main medicine of the peoples of the world Means are prepared on the basis of raw materials of medicinal plants bride Medicinal plants are not poisonous, or less poisonous, most The main thing is that they do not leave complications, they contain biologically active substances having many and long-term healing effects on the human body stands

In the 20th century, synthetic chemistry developed rapidly, by synthesis many new, fast and powerful drugs created, but it is human to consume them regularly leading to a violation of the structure and vital functions of the organism it became known to come. 25% of drugs created by synthesis related to medicinal plant substances. It is known that approximately 50% of drugs produced in pharmaceutical enterprises worldwide are

medicinal plants. is being prepared from raw materials. It is a drug used especially for the treatment and prevention of cardiovascular diseases 77% of drugs, 74% of drugs used in the prevention and treatment of liver and gastrointestinal diseases, 73% of expectorant drugs, 60% of hemostatic drugs are produced on the basis of raw materials of medicinal plants.

Tograykhan (Dushitsa) – *Origanum* L. Tograykhan species are perennial herbs belonging to the Lamiaceae (Labiatae) family. In medicine, raw materials prepared from the surface of the two species are used. *Origanum tytthanthum* Gontsch. *Origanum tytthanthum* Gontsch. It grows on small stony slopes in the lower and middle parts of the mountains in the southern regions of Uzbekistan, Tajikistan, Kyrgyzstan and Kazakhstan. The surface contains essential oil, triterpene acids, coumarins, flavonoids and other substances there is *Origanum vulgare* L. It grows in the European part of the MDX, in the southern regions of the Caucasus, Siberia, partly in Kyrgyzstan and Kazakhstan in dry, open meadows, juniper forests and forest edges, rocky slopes and thickets. The surface of the earth contains essential oil, vitamin C, triterpenic acids, flavoring and other biologically active substances. Essential oil consists of phenols (thymol, carvacrol) and other terpenoids. The above-ground part of both species is used as a decoction and in various teas-compounds, as well as liquid extract of the above-ground part of common tograykhan is used as an expectorant in respiratory tract diseases, when bowel movement is weakened, to increase appetite, to improve food digestion, and to improve urination. A liquid extract is included in pertussin, which is used in respiratory disease and whooping cough. Thymol is extracted from the essential oil. Thymol oral mucosa It is used to disinfect the floor and relieve toothache, and to treat fungal skin diseases, sometimes to expel worms. Thymol is included in Hertmann's liquid, which relieves toothache.

Lion's tail (Pustyrnik) - *Leonurus* L. Lion's tail species belong to the family of sedges - Lamiaceae (Labiatae) and are 50-150 (200) cm tall. annual herb. The stem is several, grows upright, branched, four-sided. The leaves are egg-shaped, cut into five parts, the upper ones are cut into 3 long-ellipsoidal parts, and the stem and branches are opposed by a band. Pink, pink-purple, five-lobed, two-lipped flowers the leaves of the upper part of the plant are arranged in a circle in the axil and form a spike-like flower. Fruit - four nuts. Lion's tail blooms in June-August, and bears fruit in July-September. Lion's tail species grows in the CIS countries in the European part, the Caucasus and Western Siberia, in the lands near the inhabited areas, vacant lands, fields and other lands. In medicine, two types of lion's tail are used: five-lobed lion's tail - *Leonurus quinquelobatus* L. and common lion's tail - lion's tail (obyknovenny) - *Leonurus cardiac* L. Turkestan lion's tail (*Leonurus turkestanicus* V. Krees. et. Kupr.) is widespread in Uzbekistan, its height is 40-150 cm. In medicine, the above-ground part of the lion's tail species is used. During the flowering period of the plant, the upper part of the stem is cut to a length of 30-40 cm and the shade is dried on the ground. The aerial part of the species of lion's tail contains flavonoids (rutin, quercetin and quinqueloid), 0.4% alkaloids, essential oil, It contains vitamin C, carotene, sugars, up

to 9% flavoring, bitter and other biologically active substances. Lion's tail preparations have a calming effect.

Bozulbang (Lagoxilus) (*Lagoxilus opyanyayushchyi*) –*Lagochilus inebrians* Bge. Bozulbang Yasnotkadoshka is a perennial herb, 30-40 (60) cm tall, belonging to the Lamiaceae family. The stem grows upright, four-sided, unbranched or branched. The leaves are divided into three to five parts and are located opposite each other in a short band on the branches. During the flowering period of the plant, the lower leaves dry up. Pink flowers are located in the form of 4-6 rings in the axils of the leaves on the upper part of the branches. Fruit - four nuts. Bozulbang Uzbekistan, Turkmenistan and partly Tajikistan grows on hills and gravelly mountain slopes in some regions. The above-ground part of the bozulbang plant is the flower and leaf It is widely used in medicine. The flowers and leaves contain 0.2% ether oil, vitamins C and K, carotene, organic acids, sugar, tar, There are 0.67% flavonoids, lagoxilin, 11 - 14% additives and other biologically active substances. Medicinal preparations of bozulbang (tincture, nastoyka and dry extract in tablet form and logoden drug) have the effect of accelerating blood coagulation and lowering blood pressure, so they are used to stop bleeding from the lungs and nose, as well as for the treatment of hemophilia, hemophilia, and hypertension. Tincture or decoction made from bozulbang is used as a blood-stopping agent in folk medicine. Bozulbang is included in the "Red Book" as a rare and endangered plant. Therefore, it is forbidden to collect its raw materials from natural growth places.

Conclusion: The role of medicinal plants and medicinal preparations prepared from them is incomparable in maintaining people's health, preventing diseases, raising and forming a healthy young generation. In the following years, in most countries, including Uzbekistan The rapid development of the pharmaceutical industry is observed in the Republic, which causes a sharp increase in the demand for raw materials of medicinal plants by pharmaceutical companies. It should be noted that due to the limitation of the reserves of naturally growing medicinal plants, in the future, the pharmaceutical industry will meet the ever-increasing demand of the enterprises for the raw materials of medicinal plants, mainly for the cultivation of medicinal plants. can only be satisfied through The field of cultivation of medicinal plants is one of the main areas of forestry, providing the pharmaceutical industry and the population with high-quality, environmentally friendly medicinal plants The role of this industry in providing raw materials is great.

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