

MEDICINAL AND USEFUL PROPERTIES OF MEDICINAL PLANTS

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Abstract: *This article describes the healing and useful properties of medicinal plants. And today, the interest in medicinal plants is growing more and more, due to the fact that people pay special attention to health during the global pandemic, the awareness of health secrets increases, the aging and chronically ill people prefer natural means to activate the immune system, the absolute harmlessness and benefits of natural remedies have caused a sharp increase in the amount of investments in scientific research in this field and the demand for medicinal plants in international markets.*

Key words: *Medicinal plants, sebarga, basil, licorice, saffron, healing properties, immunity, immune system.*

Medicinal plants are plants used for the treatment of humans and animals, for the prevention of diseases, as well as in the food, perfumery and cosmetic industry. It has been determined that there are 10-12 thousand species of medicinal plants on earth. The chemical, pharmacological and functional properties of more than 1000 plant species have been investigated. There are more than 700 species of medicinal plants in Uzbekistan. Of these, about 120 species of plants grown in natural conditions and cultivated are used in scientific and folk medicine. Currently, about 40-47% of medicines used in medicine are obtained from raw plant materials. Plants are living natural chemical laboratories with complex structures and the ability to create complex organic substances or compounds from simple inorganic substances. Dried herb, shoot, root, rhizome, tuber, bulb, bark, leaf, flower, bud, fruit (seed), stem, juice, paste, stone tea, essential oil, etc. of medicinal plants are used medicinally. Including, in 2020, the world the turnover of medicinal plant-based products in the countries amounted to 100.9 billion dollars, the annual growth was 7.2%. Uzbekistan is considered a natural and geographically rich region of medicinal plants, about 1,200 of the 4,500 species of tall plants that exist naturally in the republic have medicinal properties. and effective use is given great importance. In particular, PQ-4670 of the President of the Republic of Uzbekistan dated April 10, 2020 "On measures for the protection of medicinal plants growing in the wild, cultural cultivation, processing and rational use of available resources" Decision No. created the legal basis for the radical development of the industry. As a result of the implementation of the tasks of this decision, the number of farmers and entrepreneurs who are engaged not only in collecting medicinal plants wildly in nature, but also in cultural reproduction and

processing in the plantation method is increasing significantly. During the past period, 9 Medicinal plant cultivation clusters have been established, and they are growing chamomile, saffron, lemongrass, peppermint, licorice, saffron and other medicinal plants. As a result of their activities, in 2021, raw materials and processed products of medicinal plants worth 1.7 million US dollars were exported to 4 foreign countries. plants are allowed to be used in official medicine, and the main part of these medicinal plants are naturally growing plants. The raw material reserve of these naturally growing medicinal plants is limited, and one of the urgent problems is to protect them, study their bio-ecological properties, develop scientifically based methods of proper use and reproduction of the raw material reserve. Therefore, it is necessary to supply the needs of the pharmaceutical industry in Uzbekistan with raw materials of medicinal plants, to enrich the local flora with new introduced plant species and to develop technologies for their cultivation. In particular, at the beginning of 2020, there were 27 types of medicinal plant plantations on a total of 11.5 thousand ha of land in all regions of the republic, and during 2021, medicinal plant plantations were planted by 162 subjects on 15.8 thousand ha. delivered, and 17.3 thousand tons of raw materials of 45 types of medicinal and spice plants, which are in demand in domestic and foreign markets, were grown. Along with the expansion of cultural plantations of medicinal plants and the increase in production volumes, the export potential of the industry is being strengthened. At the end of 2020, more than 16,000 tons of medicinal plant raw materials and processed products worth 50.0 million US dollars were exported to 29 foreign countries, and by the end of 2021, this indicator will increase. products worth 55 million dollars were exported to 37 countries of the world. The increase in the export geography at the expense of the USA and European countries is an indication of the great potential of the sector. In addition, the establishment of primary seed production and the establishment of nurseries for the creation of cultural plantations of actively used medicinal plants is the root of the industry, and today 22 types of medicinal and spice plants are grown by 16 entities. "plant seeds" and seedlings are being grown. It should be said that along with the development of the industry, the population's interest and consumption of natural medicines is increasing, and awareness is increasing. Strengthening the work in this regard, not only improving the consumer culture of the population, but also involving them in the cultivation of medicinal plants on their farms, planting medicinal plants in cooperation with clusters and exporters based on the principle of "one neighborhood - one product", primary processing " Saffron is the most expensive plant in the world today. Saffron is grown in large plantations in the countries of the Mediterranean, the Middle East, Central and South Asia, including Iran, India, Turkey, Greece, Italy, Pakistan, the USA, Azerbaijan, Russia, and today also in the territories of Uzbekistan. This plant is a perennial herb with a height of 10-30 cm. The root is 2-3 cm. A bunch of leaves appear on the plant 10-15 days before the flowering period. Saffron flowers are large, pink in color and bloom in late October and first half of November. Inside the petals, pollinators are red,

seeds are orange. Since it does not produce seeds, it is propagated vegetatively (by cuttings). In the first year after planting a saffron plant, 2 kg per hectare, 4 kg in the second year, and 6-8 kg of raw saffron flowers can be harvested from the third year. More than 150,000 flowers need to be picked to prepare one kilogram of dried saffron flower raw material. On average, 7 mg of dried spice is obtained from 1 saffron flower. On the initiative of the President of the Republic of Uzbekistan, in order to introduce the saffron plant in large areas in the republic, to increase and grow plant plantations, to attract foreign investment in the industry and to increase the export potential, as well as to provide employment to women, Italy in Bakhmal district of Jizzakh region. "BMB Opera Zafferano" LLC joint enterprise was established in cooperation with the state. More than 21 million pieces of onion bulbs were brought from Italy in order to export finished products from saffron raw materials to European countries, and today a saffron plantation was established in Bakhmal district on a total area of 205 hectares. As a result of these actions, in 2021, saffron products in the amount of 773 thousand US dollars were exported to Italy. "stops", in cleaning the blood (it renews and cleans it, which means it strengthens the cardiovascular system, nourishes all the cells of the body), improves brain activity (grows brain tissue, improves memory), relieves neurosis, relieves headache relieves tiredness and insomnia, normalizes gastrointestinal activity, energizes the body, restores vision, cures eye diseases, rejuvenates the whole body.

Summary: In pharmacies and cosmetic stores, you can buy monoherbs, special herbal tinctures, herbal bath preparations, various useful supplements, essential oils, and more. Each product contains natural minerals, vitamins and biologically active substances. Basil is a plant with a pleasant smell, it is not demanding and grows in almost every home. Around the world, this plant is known as basil, but in Uzbekistan it is called basil. Basil is a natural antibiotic and is used as an antipyretic and antibacterial agent. It has been used since ancient times to treat colds caused by various pathogens. The substances contained in this plant reduce muscle pain, prevent inflammation, remove phlegm from the bronchi and lungs, and fight cough and runny nose. In addition, basil is used in the production of perfumes and essential oils. actively used. There are several types of basil and each of them has its own taste: licorice, lemon, clove, broadleaf. Coriander grows easily and freely in Uzbekistan. The plant has excellent cleaning properties. Substances contained in the plant help remove heavy metals from the body and neutralize their harmful effects. Coriander seeds are also very good for water purification. For this, you can throw a packet of seeds in a bowl of water in a short time. Fennel fruits are very useful. It contains powerful substances such as anti-cancer agent - anethole, vitamin C, nutrients that reduce blood cholesterol. In addition, fennel reduces stress, calms the nervous and digestive systems, and successfully fights colds, stomatitis, and pharyngitis. Fennel has almost no contraindications, so it can be easily added to food given to young children and pregnant women. Peppermint is a component of essential oil (menthol). Peppermint

tea is an effective tool in the fight against disorders of the gastrointestinal tract. Peppermint calms the nervous system, relieves pain and removes excess water from the body. Peppermint can be found throughout Uzbekistan, but the most important thing is that it is more abundant in places with very high humidity. In the territory of Uzbekistan, several types of sebarga grow at the same time, each of them is widely used in traditional medicine. Tinctures are prepared from red sedum and used in spleen diseases. Meadowsweet is used for bronchitis, cough, anemia, malaria, asthma. White sebarga is used as a tonic, pain reliever and strengthening medicine.

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