

ZUBTURUM, BARGIZUB (*PLANTAGO MAJOR L.*) O'SIMLIGINING DORIVORLIK
XUSUSIYATLARI

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Annotatsiya: *Ushbu tezisdagi zubtutum, bargizub (*Plantago major L.*) o'simligi inson salomatligi uchun foydali bo'lgan xususiyatlari haqida batafsil ma'lumot keltirilgan.*

Annotation: *This thesis provides detailed information about the beneficial properties of the plant zubtutum, leafy plant (*Plantago major L.*) for human health.*

Аннотация: *В данной дипломной работе представлена подробная информация о полезных свойствах растения зубтutum, листового растения (*Plantago major L.*) для здоровья человека.*

Kalit so'zlar: *Dorivor, tabobatda qo'llanilishi, dori vositalari, kimyoviy tarkibi.*

Key words: *Medicine, use in medicine, drugs, chemical composition.*

Ключевые слова: *Медицина, применение в медицине, лекарственные средства, химический состав.*

Qadimdan ma'lumki insonlar sog'lom bo'lish uchun foydali xususiyatlarga ega, o'simliklardan tayyorlangan, dori vositalari va har xil damlamalardan iste'mol qilib kelishgan. Hozirgi kunda dorivorlik xususiyatiga ega bo'lgan o'simliklar juda ko'p uchraydi. Bunday o'simliklar kasalliklarni davolashda yoki ularni oldini olishda muhim ahamiyat kasb etadi. Shunday xususiyatga ega bo'lgan Zubtutum, bargizub (*Plantago major L.*) o'simligi esa Zubtutumdoshlar - Plantaginaceae oilasiga mansub bo'lib, kalta va yo'g'on ildizpoyali, poyasiz ko'p yillik o't o'simlik. Yer ustki qismini ildizoldi barglari va 10-50 sm balandlikdagi gul o'qi tashkil qiladi. Barglari uzun, qanotli bandli, keng tuxumsimon yoki keng ellipssimon, tekis qirrali, 3-9 ta yoysimon asosiy tomirli bo'ladi. Gul o'qi bitta yoki bir nechta. Mayda, ko'rimsiz, to'rt bo'lakli gullari gul o'qi uehidagi boshhoqsimon to'pgulga joylashgan. Mevasi tuxumsimon, ko'p urug'li ko'sakcha. Zubtutum iyun-sentabr oylarida gullaydi va mevasi yetiladi.

1-jadval

Tibbiyotda ishlatiladigan Zubtutum, bargizub (*Plantago major L.*) haqida tahlil

Nomi	Lotincha nomi	Hayot shakli	O'sish holati	Ahamiyati	O'sish joyi
Zubtutum, bargizub	<i>Plantago major L</i>	Ko'p yillik o't-o'simlik	Tabiiy holda o'sadi	Dorivorlik xususiyati	yo'l chekkalarida, ariq, daryo, buloq bo'ylurida, bog'larda, botqoqliklarda, dalalarda, ekinzorlarda, o'tloqlarda, o'rmon chetlarida.



Plantago major o'simligi tarqalgan areal.

Tabiiy holda: Afghanistan, Albania, Algeria, Altay, Amur, Austria, Baleares, Baltic States, Belarus, Belgium, Bulgaria, Buryatiya, Canary Is., Cape Provinces, Cape Verde, Central European Rus, China North-Central, China South-Central, China Southeast, Chita, Corse, Cyprus, Czechoslovakia, Denmark, East Aegean Is., East European Russia, Egypt, Finland, France, Free State, Føroyar, Germany, Great Britain, Greece, Hainan, Hungary, Inner Mongolia, Iran, Iraq, Ireland, Irkutsk, Italy, Japan, Kamchatka, Kazakhstan, Khabarovsk, Kirgizstan, Korea, Krasnoyarsk, Kriti, Krym, Kuril Is., KwaZulu-Natal, Lebanon-Syria, Lesotho, Madeira, Magadan, Manchuria, Mongolia, Morocco, Namibia, Nepal, Netherlands, North Caucasus, North European Russi, Northern Provinces, Northwest European R, Norway, Oman, Pakistan, Palestine, Poland, Portugal, Primorye, Qinghai, Romania, Sakhalin, Sardegna, Saudi Arabia, Sicilia, Sinai, South European Russi, Spain, Sweden, Switzerland, Tadzhikistan, Taiwan, Tibet, Transcaucasus, Tunisia, Turkey, Turkey-in-Europe, Turkmenistan, Tuva, Ukraine, Uzbekistan, West Himalaya, West Siberia, Xinjiang, Yakutskiya, Yemen, Yugoslavia

Introduksiya qilingan: Alabama, Alaska, Alberta, Aleutian Is., Angola, Argentina Northeast, Argentina Northwest, Argentina South, Arizona, Arkansas, Ascension, Assam, Bahamas, Belize, Bermuda, Bolivia, Brazil North, Brazil Northeast, Brazil South, Brazil Southeast, Brazil West-Central, British Columbia, California, Cambodia, Chagos

Archipelago, Chile Central, Chile North, Chile South, Christmas I., Colombia, Colorado, Connecticut, Cook Is., Costa Rica, Cuba, Delaware, Desventurados Is., District of Columbia, Dominican Republic, Easter Is., El Salvador, Eritrea, Ethiopia, Fiji, Florida, French Guiana, Galápagos, Georgia, Greenland, Guatemala, Gulf of Guinea Is., Guyana, Haiti, Honduras, Iceland, Idaho, Illinois, Indiana, Iowa, Jamaica, Juan Fernández Is., Kansas, Kentucky, Kenya, Labrador, Laos, Leeward Is., Lesser Sunda Is., Louisiana, Maine, Malaya, Manitoba, Maryland, Massachusetts, Mauritius, Mexico Central, Mexico Northeast, Mexico Northwest, Mexico Southwest, Michigan, Minnesota, Mississippi, Missouri, Montana, Myanmar, Nebraska, Nevada, New Brunswick, New Caledonia, New Hampshire, New Jersey, New Mexico, New York, New Zealand North, Newfoundland, Nicaragua, Niue, Norfolk Is., North Carolina, North Dakota, Northwest Territorie, Nova Scotia, Nunavut, Ohio, Oklahoma, Ontario, Oregon, Panamá, Pennsylvania, Peru, Prince Edward I., Puerto Rico, Québec, Rhode I., Samoa, Saskatchewan, Seychelles, South Carolina, South Dakota, Southwest Caribbean, St.Helena, Suriname, Tennessee, Texas, Tonga, Trinidad-Tobago, Tristan da Cunha, Uruguay, Utah, Venezuela, Venezuelan Antilles, Vermont, Vietnam, Virginia, Washington, West Virginia, Windward Is., Wisconsin, Wyoming, Yukon, Zambia, Zaire, Zimbabwe.

2- jadval

Zubtutum, bargizub (*Plantago major L.*) o'simligining kimyoviy tarkibi (%).

Moddalar nomi	Qaysi organda ko'p miqdorda bo'lishi	% miqdori
Efir moylar	Yer ustki qismida	0.1
C va K vitamin	Yer ustki qismida	3
karotin, flavonoidlar	Yer ustki qismida	4.5-32.91
Yo g' saponinlar	Urug'da	22
Shilliq	Urug'da	44

Katta zubtutumning dorivor preparatlaridan (damlamasi, yangi yig'ib olingan bargi yoki yer ustki qismining konservatsiya qilingan shirasi, shirasidan tayyorlangan plantaglyusid preparati) me'daichak kasalliklari (gastrit, enterit, enterokolit), yo'g'on ichakning yallig'lanishi, me'da va o'n ikki barmoq ichakning yara kasalligini davolashda foydalaniladi. Bundan tashqari, me'da shirasining kislotaliligi kamayib ketgan hollarda ham ishlatiladi. Bargi yoki yer ustki qismi shirasi bilan tuzalishi qiyin bo'lgan kolit kasalligi va yaralar davolanadi. Zubtutum bargi yo'talga qarshi ishlatiladigan yig'malar-choylar tarkibiga kiradi. Zubtutum qadimdan xalq tabobatida turli kasalliklarni davolashda keng ishlatilib kelingan o'simlik hisoblanadi. Uning bargi bilan Abu Ali ibn Sino o'z vaqtida qiyin bitadigan yaralarni, shishlami (xavfli shishlami ham), ko'z yallig'lanishi, jigar, buyrak va boshqa kasalliklarni davolagan hamda qon to'xtatish uchun ishlatgan. Jigar va buyrak kasalliklarida hamda qon tupurishda bemorga zubtutum urug'ining qaynatmasini ichirgan. Bargidan tayyorlangan damlamasi yoki quritilmagan bargshirasi xalq tabobatida nafas yo'llari, ko'z, teri,

bezgak, yo'g'on ichak yallig'lanishi va turli yuqumli kasalliklarni hamda kuydirgini davolashda ishlatiladi. Keyingi izlanishlarda ushbu Burchoqdoshlar-*Fabaceae* oilasiga mansub Qizilmiya (*Glycrrhiza glabra*) o'simligining dorivor o'simliklar qatorida turgan o'rni tahlili amalga oshirish rejalashtirilgan. Shu orqali bu o'simlik turlari dorivorlik xususiyati haqida ma'lumotlarga ega bo'lgan holda, unga yaqin boshqa turlarni ham dorivorlik xususiyatini o'rganishni amalga oshirish mumkin.

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