



PECULIARITIES OF THE PLANT *PHYSALIS* AND ITS USING IN DIFFERENT SPHERES OF MEDICINE

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Annotation: *The purpose of this article is to study the *Physalis* plant, its medicinal properties and use in the treatment of various diseases.*

Key words: *plants, genius, feature, fruit, berry, traditional medicine, decoction, treatment, harm, poisonous, curative, peculiarity.*

There are different plants in the world and they have some special peculiarities. One of them is *physalis*- (lat. *Phýsalis*) is the largest genus of plants in the Solanaceae family, 50-100 cm high. Perennial (much less often annual) herbaceous plants with a lignified stem at the base. Plants are heat-loving, most practically do not tolerate frost, although there are exceptions.

The greatest species diversity is observed in Central and South America. The oldest *physalis* was found in the Eocene deposits of Argentina.

A characteristic feature of all *physalis* is a fruit-berry, enclosed in a sheath-like sheath of fused sepals, similar to a Chinese paper lantern. The calyx in the first time after flowering grows noticeably faster than the fruit. When the fruit is fully ripe, the calyx dries out and its color changes. Underground shoots of *physalis* creeping, woody, branching. Its stems are erect. angularly curved. The leaves are opposite, thin, ovate, entire, slightly serrated. The flowers are solitary, white or cream in color, located in the axils of the leaves. Calyx campanulate, with triangular or lanceolate teeth. The fruit is a spherical, juicy, orange or red berry enclosed in a fiery orange swollen, bubble-like berry. almost spherical cup, thanks to which the plant got its name *physalis* from the Greek word "physo", which means swollen. The plant blooms in May - August. The fruits ripen in June - September. It grows everywhere in light forests, among shrubs, on the edges, in ravines.

There are different names: emerald berry, earthy cranberry, bubble cherry, sleepy grass, purse, dog cherries, Jewish apple, marunka sleepy dope. This plant is found in light forests, on the edges, in ravines, among shrubs, like a weed in gardens, in vegetable gardens. Fresh *physalis* contains: calories-53Kcal, proteins-1.9g, fats-0.7g, carbohydrates-11.2g, water-85.4g, ash-0.8g.

In the folk medicine of Central Asia, *physalis* fruits are widely used in the treatment of anemia, hypertension, and are also recommended for people suffering from senile constipation. For this purpose, patients are recommended fresh fruits - 5-





10 pieces 2-3 times a day before meals. Patients suffering from hypertension, tea from dried leaves and fruit caps is useful.

Bulgarian folk medicine uses a decoction of physalis fruits for rheumatism, gout, jaundice, hemorrhages, gastrointestinal colic, as a diuretic for difficult urination and in the treatment of hemorrhoids. Physalis fruits are useful for cholecystitis.

Tajiks Garma simmer fresh juice and gruel from physalis fruits mixed with milk over low heat and give children water in the treatment of tonsillitis, laryngitis and stomatitis. Tabibs claim that if a patient with laryngitis is given this mixture 3-4 tablespoons daily for 4-5 days 3-4 times a day, complete recovery occurs, and periodic intake of this mixture prevents relapses.

According to the literature, the fruits of physalis were used for diseases of the digestive tract, respiratory organs and the endocrine system.

Ibn Sina believed that the medicinal properties of the fruits and leaves of physalis are similar to nightshade. He recommended the use of fresh fruits for bronchial asthma, inflammatory diseases of the upper respiratory tract, jaundice, in the treatment of ulcers, diseases of the urinary tract.

In modern medicine, physalis fruits are used as a multivitamin and dietary remedy by patients with hypoacid gastritis, gastric and duodenal ulcers, chronic cholecystitis, diabetes mellitus and hypertension.

Only ripe fruits should be used. Small fruits at one time are recommended to be consumed 10-15 pieces, and large fruits - 4-8 pieces 10-15 minutes before meals. Patients with increased acidity of gastric juice should use a 2-fold smaller dose and immediately before meals, gradually as you feel better, increasing the number of berries to 8-15 pieces.

In homeopathy, the fruits of physalis are used for urolithiasis. Physalis fruit ointment is used externally for inflammatory processes, as an anesthetic, for rheumatic and gouty pains, and as a wound healing agent that enhances tissue regeneration. Fruit juice in the Crimean folk medicine is used for lichen.

Ripe physalis fruits are consumed fresh as fruits. They are used for canning, preparation of sauces, jams, candied fruits, marinades, pickles. They can be pickled and added to cucumbers, tomatoes, cabbage, apples, pears, plums during canning. From boiled fruits of physalis, fillings for pies and decorations for cakes are prepared. Physalis juice is added to meat and fish dishes as a seasoning. Fresh juice or gruel from fruits is used with cottage cheese, kefir, tea, jelly and other products.

Physalis with extreme caution should be used by people suffering from high acidity. So, they can start using one or two berries, increasing their number gradually. Remember that all ground parts of the plant and physalis cases are poisonous, as they contain alkaloids and feselin, which are considered toxic, so they can be treated only after consulting a doctor and under his control.

Physalis, according to French beliefs, is a symbol of a long-awaited pregnancy. In ancient times, a woman who gave birth to a child presented her husband with a green





branch as a token of gratitude for conception. Most pregnant women, having learned about the beneficial properties of the fruit, begin to consume it in large quantities. Forgetting that physalis, like any other plant, can bring not only benefits to the body, but also harm.

Physalis is a very strong allergen, its use can cause a severe allergic reaction in the form of a rash, swelling and itching. This reaction can adversely affect the development of the fetus. During pregnancy, a woman's blood pressure is unstable, and since the plant is able to reduce performance, you must be extremely careful when taking berries.

Physalis is used fresh and for cooking various dishes. When purchasing a product in a store, you must adhere to the rules:

fruits are selected in a closed, dry shell;

- green sepals - the first sign of immaturity;
- store berries in a shell, in a dark, cool place for about a month;
- The purified product should only be stored in the refrigerator for no more than 10 days.

Like any plant, physalis has contraindications. First of all, the danger comes from the poisonous parts of the plant - these are the leaves and sepals. If the culture is used to prepare a dish, the fruits must be thoroughly cleaned and washed. If Physalis is used as a therapeutic drug, the dosage must be strictly observed. Healing decoctions and infusions are not recommended for use with other drugs.

Due to the high content of vitamin C, physalis will bring health benefits to people prone to frequent colds and viral infections. With the intake of this vitamin in the body, the production of white blood cells is stimulated, which serves as a defense against the invasion of foreign agents. Vitamin C increases the body's resistance to various diseases, speeds up metabolic processes, activates the production of collagen, which is responsible for maintaining the elasticity of the skin, blood vessels and muscle tissues.

Physalis prevents cancer, reduces the risk of joint disease, normalizes digestion, improves the functioning of the cardiovascular system, increases bone density, slows down the aging process, and improves eye health.

In conclusion, we can say that the beneficial properties of physalis have been known since ancient times. But in order for the emerald berry to bring benefits, and not harm, it is necessary to use medications under the supervision of a specialist.

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