

**MEDICINAL PROPERTIES OF SPECIES OF THE KOVRAK (FERULA L.) GROUP**

*Berdikulova Nargiza Yusufjon qizi*

*Independent researcher of Jizzakh State Pedagogical University,*

*Khushnazarova N.D.*

*Jizzakh State Pedagogical University, student of Stage 3*

Central Asia, including the territory of our Republic, is a land rich in medicinal plants. Among the useful plants, representatives of the Apiaceae L. family occupy a special place. Among this family, Ferula L. has the largest number of species (180-200), more than 110 of which are found in Central Asia and Kazakhstan, and 44 in Uzbekistan. Species of this group are essential oil, fodder, honey, medicinal, starchy, aromatic, nutritious and technical plants.

Species of the Ferula L. family contain tar (glue), essential oils, and are used in medicine, food industry, as a varnish and spice. The glue extracted from the root of the plant is used in the form of nastoyka, emulsion to prevent extreme exhaustion (hysteria), and also as a carminative and expectorant. Galban (galban, Iranian galban) obtained from the species belonging to the Ferula L. family is included in various heating and plasters.

The thickened roots, young grass, leaves and seeds of some species of the Ferula L. family — F. foetida, F. renardi, F. alliacea, F. angrenii, F. persica, F. szowitschiana — are consumed by the local population. The fragrant root of F. sumbul is also used in confectionery. The fruit of F. rigidula is used in the fishing industry to flavor preserves. As a result of the complex study of species of Ferula L., new medicinal preparations are being created (Saidkhodjaev et al., 1974; Melibaev et al., 1980; Malikov et al., 1998; Kurmukov, Ahmedkhodjaeva, 1994). It was found that the F. tenuisecta plant contains substances with estrogenic properties, and on this basis, the drugs "Tefestrol" used in gynecology and "Panoferol" used in veterinary medicine were created.

Species of the Ferula L. family are also included among plants that give nectar and perga (wax). According to our calculations, 39 species of the Ferula L. family growing only in Western Tianshan are 39 species of succulent plants, of which 21 monocarp and 18 polycarp species are of great importance in beekeeping. Species of the Ferula L. family have essential oil, flavor-aromatic, resin (glue), healing, coumarins, terpenoids, lactones, honey and perfume, fodder, food Markova et al., 1954; Rahmonkulov et al., 1981), technology and starch-sugar storage plants

Due to the fact that the species of the Ferula L. family grow in different ecological conditions, they are also important as fodder plants. About 40 species of the

group have important fodder properties, especially *F. tenuisecta*, *F. kuhistanika*, *F. foetida*, *F. foetidissima*, *F. dshizakensis*, *F. akitschkensis*, *F. ferganensis*, *F. tschurovskiana*, *F. ugamica*, *F. karatavika*, *F. ovina*, *F. tschimganica*, *F. prangifolia*, *F. litvinoviana*, *F. ferulaeoides*, *F. penninervis*, *F. rubroarenosa* and *F. kokanika* species are important as edifiers and subedifiers in various plant groups. .

The seeds of *Ferula L.* species are considered a nutritious concentrate, and are loved by Karakol sheep, horses, and camels in summer and winter. S.M. According to Karpov (1954), *F. akitschkensis* plant contains 14.34% protein (digestible), 9.7% fat, 16.9% fiber. Since the fruits of the species are rich in proteins, they are used for fattening poultry (Utiyaganova et al., 1973).

Due to the widespread use of *Ferula L.* species in folk medicine, their area is getting smaller and smaller, some species are included in the Red Book of the Republic. If the Red Book published in 1984 included 2 types of this burkum, then in the 2009 edition, this amount increased to 7. Thus, *Ferula L.* species are medicinal, nutritious, and aromatic plants.

Sassiq carpet (Fig. 1) is distributed in the Fergana Valley, in the lower part of the Zarafshan River, in Kyzylkum, in the Surkhan-Sherabad Valley, and in Ustyurt. The plant is resistant to drought, not demanding on growing conditions. There are 104 types of rugs in Central Asia. 45 species are listed in the flora of Uzbekistan. 5 species are included in the Red Book of Uzbekistan: Archa korak, Nor korak, Sumbul korak, Tuganakli korak and Kyzilkum korak.

In Uzbekistan, two types of carpet are used on an industrial scale: sassik carpet and kokhistan carpet. The plant is propagated by sowing seeds. Before planting, the soil is cleaned of weeds, enriched with organic and mineral fertilizers. The best places for planting are areas close to the plant's natural growth area. The main plow is carried out at a depth of 25-30 cm. It is planted in wide rows. Row spacing is 70 cm, planting rate is 2-3 kg/ha, planting depth is 2-3 cm. The period of planting is November-December, because it is necessary not to allow seeds to germinate in the fall. In the spring, in mid-March, the seeds germinate. After the second true leaf is formed on the plant, it is cleaned of weeds and made uniform. A plant is left from one bush at 40-50 cm.

In *Ferula foetida*, when the number of leaves increases to 6-8 in 4-5 years from the root of the plant, sap extraction begins. First, when the leaves of the plant begin to dry, that is, when the leaves are easily separated from the root neck, the root circumference is dug in a 30x30 cm scheme. The leaves are gently separated from the root neck and pressed on the root. The leaves are buried with a little soil so that they do not blow away in the wind, and the root of the plant is moistened for 30 days. During this time, sap accumulates in the root of the plant. Then the root surface is gently cleaned. After cleaning, it is cut with a special sharp knife. After three days, the sap is

collected from the upper part of the root. The duration of this activity depends on the sharpness of the knife and not to damage the root by moving it. Each root is thinly cut up to at least 15 times. Collected sap is stored in 5-10 kg plastic containers for up to 1 year. In established plantations, 2-3 plants per 10 m<sup>2</sup> are left for seeding and natural regeneration. The seeds are harvested when they are full.

Cattle resin is mainly used to improve the functioning of the nervous system and as a cough suppressant. It has analgesic, sedative and laxative properties. Its active ingredient is essential oil. Scientists have different opinions about its healing properties. Someone says that it is harmless even in large doses, while others say that it is poisonous. In veterinary practice, it is used as a remedy against intestinal and skin parasites. Kovrak has a sharp, strong, unpleasant, lingering garlic onion smell. It is used as a seasoning in food where it is grown. In Iran and Afghanistan, kokurkin is added to dishes made from mutton. In India and Indonesia, it is added to vegetable and rice dishes. Kovrak 196 is also included in the curry mixture. Active ingredients: resin containing up to 60% ester of koruvic acid, azaresitannol, coumarins, essential oil, vanillin and a number of other substances. Studying the biology of koruvic species, especially the stinky koruvic species, planting, breeding and food from it. - promoting its use in the food industry is an urgent problem.

#### ADABIYOTLAR

1. Саидходжаев А.И. Сесквитерпеноидные производные рода Ферула Л. // Химия природ. соедин. 1979. 4. С. 332-336.
2. Коровин Е.П. Иллюстративная монография рода Ферула Л. (Тоурн.) Ташкент. 1947. 93 с.
3. Курмуков А.Г., Ахмедходжаева Х.С. Эстрогеновые лекарственные препараты из растений рода ферула. Ташкент: Издателскополиграфическое объединение имени Ибн Сино. 1994. 69 с.
4. Пименов М.Г. Семейство Зонтичные // Определитель растений Средней Азии. Ташкент. 1983а. Т. 7. С. 276-313.
5. Рахманкулов У., Мелибаев С., Саидходжаев А.И. Сренеазиатские виды рода Ферула Л. источник сесквитерпеновых производных // Биологическое особенности и распространение перспективных лекарственных растений. Ташкент: ФАН. 1981. С. 138-153.
6. <http://fayllar.org>