

**EFFECTS OF MEDICINAL PLANTS ON THE BODY. CLASSIC
MEDICINAL PLANTS***Choriyev Jahongir Olimjon o'g'li**Student of the Institute of Entrepreneurship and Pedagogy*

Abstract: Our country is also rich in wild medicinal plants. Roses grow in the forests, from which a medicine is prepared for those suffering from heart disease, and valerian, which grows in the forest foothills and moist meadows, is used as a sedative. At every step in the meadows there are dalchoy (it is said that it is a cure for 95 diseases), yarrow, sedum, black andis and other medicinal plants. The effect of medicinal plants on the body depends on the amount of chemical compounds in their composition. These compounds accumulate in different amounts in parts of plants. The necessary parts of the plant for the preparation of medicine are collected at different times, for example, the bark, shoots are collected in early spring, the leaves are taken before or when the plant blooms, the fruits and seeds are ripe, and the roots and rhizomes are taken in spring or late autumn.

Keywords: medicinal plants. alkaloids, root, stem, leaf, arnica, flax, nettle, marigold

The flora of Uzbekistan is very rich and diverse. Deserts and steppes, mountains and hills, lowlands and river deltas are located side by side to create a wonderful landscape. According to official statistics, 112 types of medicinal plants are registered for use in scientific medicine in Uzbekistan, 70 of which are actively used in the pharmaceutical industry. It is noted that in recent years, the areas of their cultivation in Uzbekistan have significantly expanded, and the number of farmers/entrepreneurs engaged in the commercial production and processing of medicinal plants is increasing. According to data, as of February 2023, the total area of medicinal plants cultivation in the country is 17.3 thousand hectares. In 2022, 19,100 tons of medicinal plants were grown in these plantations, and the number of economic entities growing medicinal plants was 235. In 2023, it is planned to allocate 17,700 hectares of land for the cultivation of medicinal plants. A total of 20 thousand tons of medicinal plants, including 16 thousand tons of licorice, 1.3 thousand tons of capers, 700 tons of ferula, 600 tons of wild flowers and 1.4 thousand tons of other medicinal plants are planned to be grown in these areas. Thus, in 2023, the production volume of medicinal plants in Uzbekistan will increase by 20,000 tons, i.e. by 4.7%, compared to 19,100 units in 2022. By 2026, it is planned to increase the area of cultivation of medicinal plants to 36,000 hectares, and from September 1, 2022, a number of incentives have been approved for growers and processors of medicinal plants. Among them: 50% reduction

in land tax, income tax and property tax rates, subsidies for drilling wells for irrigation, concessional loans, compensation of up to 50% of transport costs for exports and other benefits there is. It may seem incredible, but in fact, compared to the neighboring regions of Central Asia, the number of plants per unit of area in the mountains of Uzbekistan is several times greater. The rich flora of the country there are more than six thousand different plants, including medicinal plants. Such herbs are ecologically clean and used as raw materials for the production of food, aromatic and pharmaceutical products. Complex processing of plant materials is carried out in accordance with all modern regulations, including extraction that meets all international quality standards of production. , purification, concentration, standardization are carried out. Integration of science and production in the supply of medicinal plant products. A republican scientific-practical conference dedicated to the theme "Integration of science and production in the supply of medicinal plant products" was held. G. Kurbanov revealed. We all know that today in the countries of the world, "health of the population" has become one of the most important issues in politics, which leads to the increase in the volume and types of production of medicinal and medicinal products. This, in turn, requires the cooperation of those involved in each stage of the industry.

In recent years, along with other sectors, the adoption of a number of decisions of the President of the Republic of Uzbekistan and the Cabinet of Ministers on the organization, cultivation, processing of seeds of medicinal plants and the development of science in the field created a solid foundation for the development of this field. - said G. Kurbanov.

Also, in recent years, the adoption of a number of decisions of the President of the Republic of Uzbekistan and the Cabinet of Ministers on the organization, cultivation, processing and development of science in the field of medicinal plants, along with other industries, is a solid foundation for the development of this industry. created

Decree of the President of the Republic of Uzbekistan "On measures to expand the scope of scientific research on the cultivation and processing of medicinal plants, the development of their seed production" dated November 26, 2020 According to the decision No. 4901, the "Research and production center for the cultivation and processing of medicinal plants" was established in the structure of the State Forestry Committee, and the "Road Map" for the improvement of the Center's activities was approved. .

On the processing and export of raw materials of medicinal plants grown by forestry farms, medicinal plant cultivation and scientific production clusters have been established with "MEXRIGIYO" LLC and "NUSRAT EKSIM" LLC. placed

"Recommendations on the use of Jerusalem artichoke medicinal plant to reduce salinity and increase productivity of irrigated lands" were developed by the Center and sent to the Committee and regional governors.

This year, according to the results of the study of foreign and domestic market requirements, plantations of 64 types of medicinal plants were established on an area of 5,000 hectares and 8,000 tons of products were grown.

For the purpose of cultivation, preparation and reproduction of medicinal plant seed materials, mother plantations of 8 unique types of medicinal plants (lavender, rosemary, mavrak, thyme, godji, etc.) were established in Kuyichirchik State Forestry. and experimental plantations of 8 types of rare medicinal plants were established by forestry enterprises in the system on an area of 191.1 hectares.

The expansion of cultural plantations of medicinal plants, together with the increase in production volumes, creates an opportunity to further increase the export potential in the sector.

In the preparation of medicinal plant raw materials, the volume of culturally grown medicinal plant raw materials compared to the volume of raw materials prepared from wild plants is observed to increase year by year.

For example, in 2018, the volume of cultivated medicinal plant raw materials made up 62 percent of the total amount of prepared medicinal products, and in 2019, it made up 81 percent, and in 2020, this indicator made up 86 percent.

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.

In order to further strengthen the work in this regard, a manual on "Cultivation of medicinal plants and preparation of raw materials" was developed in cooperation with the "Research and Production Center for Cultivation and Processing of Medicinal Plants" and the Chamber of Commerce and Industry of the Republic of Uzbekistan.

On the basis of this manual, a training course work plan was developed to improve the qualifications of enterprising entities growing medicinal plants and homestead land owners in the republic, and the Chamber of Commerce and Industry of the Republic of Uzbekistan and the State Forestry Department was approved by the Ministry of Health and based on this work plan, training courses will be held on the ground, not only to increase the consumption culture of the population, but also to attract them to the cultivation of medicinal plants in their farms, clusters and export based on the principle of "one neighborhood - one product" self-employment and increase of income of the population by planting medicinal plants in cooperation with the producers, directing primary processing to domestic and foreign markets. The most common medicinal plants in Uzbekistan are basil (basil), coriander (coriander), dill, mint, sebarga. Wild plants can be found in the plains and mountains, and can be bought in markets and

pharmacies. They are eaten, added to food as a spice, brewed into tea, used as medicine, and also used in cosmetology. In pharmacies and cosmetic stores, you can buy monoherbs, special herbal tinctures, herbal preparations for baths, various useful supplements, essential oils, etc. Each product contains natural minerals, vitamins and biologically active substances. The use of medicinal plants is the oldest form of healing treatment and the foundation of naturopathy. Many medicinal plants are also used in traditional medicine and their effects have been scientifically proven and recognized. There are further developments in medicinal plant treatment, especially in the area of dosage forms; Many plant extracts are now available in modern drug forms such as oral sprays (eg chamomile), ready-to-use baths (eg oak bark) or anal tampons (eg witch hazel).

Fields of application of medicinal plants

Like all medicines, herbal medicines have defined uses and effects. Fields of application are often more diverse than chemical preparations, since plant extracts often contain several components that determine their effectiveness.

Treatment with medicinal plant extracts is usually used for mild or chronic diseases (for example, gastrointestinal diseases) or when side effects need to be removed (for example, in pregnant women or children or in long-term therapy). Traditional medicine and medicinal plant therapy often complement each other very well. B. Herbal expectorants are used for sinus infections in addition to or after antibiotic treatment. In any case, preparations made with tea or medicinal plant extracts are not all-purpose drugs. On the contrary, they should be considered as a special group of drugs in traditional medicine - with certain advantages and disadvantages and defined fields of application.

Side effects of medicinal plants

Many herbal medicines have few side effects, so there are no profound changes in the body. At the same time, there are also toxic substances in the plant world that are highly effective or, if the dosage is exceeded. Examples of this include:

The active ingredients of the decoction for use in heart failure become toxic when misused or overdosed.

Regular use of senna leaves for cleansing can lead to intestinal disorders

Foxglove leaves are medicinal but also known as poisonous plants

Preparation of medicinal plants

Medicinal plants can be used in various preparations:

Teas (loose tea, filter bags or instant tea)

Tinctures, juices or lozenges or lozenges

Tablets, film-coated tablets, capsules, coated tablets

Breathing oils

Ointment, cream, skin oils

Mouthwashes and sprays

Candles

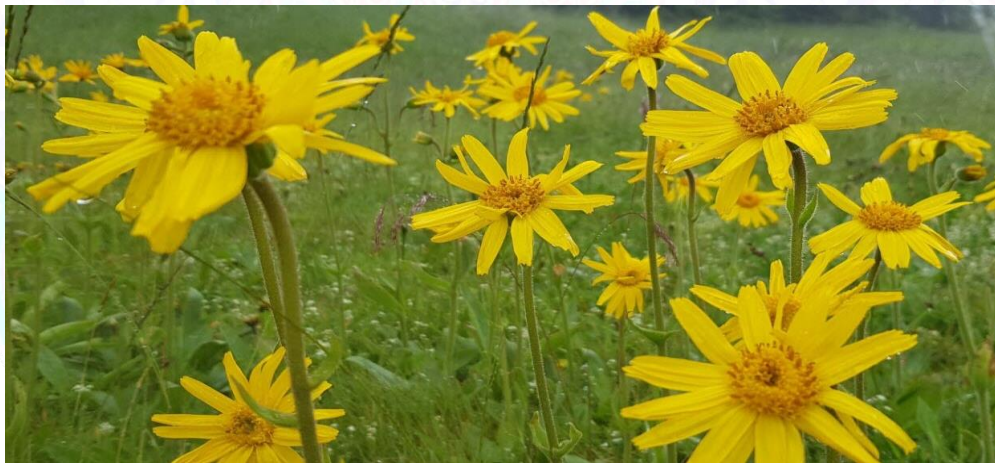
Baths, hips, baths and compresses

Preparation as herbal tea

It is common to use tea, drops or juices. You can buy loose-fill teas at the pharmacy or combine them to make a tea blend. The use of filter bags is very practical and the cut goods contained in them meet the same quality criteria as the loose goods. The same applies to instant teas, which are often enriched with vegetable ingredients. Tea preparations can be prepared in the form of infusion, tincture or cold extract.

Arnica

Arnica has analgesic, anti-inflammatory and anti-rheumatic effects. Therefore, it is suitable for bruises, sprains and rheumatic complaints and for wound healing. The application is mainly in the form of a compress with arnica tincture diluted with water, or in the form of a cream or ointment. In no case do not use arnica tincture undiluted, as this can cause allergic irritation, especially on the skin. Also, you should check for arnica allergies before using it on large areas. Arnica is not used internally due to its high susceptibility to allergies. Even when applied externally, arnica has powerful effects recognized by traditional medicine. Arnica grows in meadows and pastures in the highlands. All parts of the soil and rhizome are used for medicinal purposes.



1-figure: Arnica Montana L

Nettle tea is traditionally used for cleansing. Due to its metabolism-stimulating and diuretic properties, nettle can also be used for flushing the urinary tract, skin diseases, and rheumatic complaints. In addition to being used as a tea, nettle is also used in the form of compressed vegetable juice.



2-figure: Nettle. *Urtica L*

The seeds of the flax plant (flax) are a very effective and non-intestinal laxative. The effect is based on the ability of the seeds to swell with additional fluid in the colon. By increasing the volume of bowel movements, digestion becomes easier and faster. It is suitable for long-term use and therefore can be used for preventive purposes. If necessary, mix 1 tablespoon of crushed or whole flaxseeds into yogurt or muesli 2-3 times a day, or swirl in orange juice. Drink plenty of fluids to do this, because otherwise the intestines can become gelatinous.



3-figure: *Linum usitatissimum L*

Marigold

Marigold is mainly used externally because it enhances healing processes, has anti-inflammatory and antibacterial properties. Areas of application of Marigold ointment range from poorly healing wounds to inflammation of the nail bed, strains, bruises and inflammatory venous diseases. Marigold can also be used as a tea and as a wash for inflamed mucous membranes in the mouth and throat.



3-figure: **Tagetes erecta.**

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