



## DESCRIPTION OF MEDICINAL PLANTS USED IN TREATMENT OF DIFFERENT DISEASES

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<b>Received:</b> August 28 <sup>h</sup> 2021 <b>Accepted:</b> September 30 <sup>th</sup> 2021 <b>Published:</b> November 6 <sup>th</sup> 2021	As you know, the science of medicine in our region has long been developed. This is because of the fact that every plant that grows in our country has certain medicinal properties. Whether it grows in the mountains or in the plains or in the desert, it has healing properties. In addition, the leading scientists in the field of medicine became famous all over the world. In this article, we will focus on some of these medicinal plants that have been used in diseases related to blood pressure, based on the information provided in the literature.
<b>Keywords:</b> Medical science, medicinal plants, mountainous area, plain, desert, medicinal properties, blood pressure.	

### INTRODUCTION

As mentioned earlier, mankind has enjoyed the healing properties of plants since ancient times. In ancient times, people sought a cure for their ailments, first of all, in the world of plants, minerals and animal products. Originally, the fruits, roots, tubers, berries, and vegetables of naturally occurring plants and herbs served as food for humans. Those who are aware of the healing properties of nature's gifts, doctors and judges have paid great attention to the preparation of medicines, first of all, from the products of medicinal plants and animals.

Health is the result of the balance of life with nature, and disease is the result of living contrary to the laws of life. Plants, which are an integral part of nature, nourish, clothe, warm, purify and heal people.

### HOW TO USE HERBS

Here are some of the plants that have such medicinal properties.

Onion (*Allium cereale*) - Onion contains essential oil, vitamins C, B1, carotene, phytoncides, flavonoids and other substances. The leaves contain vitamins C, B2, carotene, essential oil and organic acids. It is very useful in atherosclerosis and heart disease, especially if the diet is high in fat. Reduces the synthesis of cholesterol, thereby reducing the risk of developing cardiovascular disease (Agafonov A.F., 1999. - P. 46-49). To do this, drink a tincture of onion in alcohol. To prepare the tincture from onions, add 40 g of peeled and crushed onions to half a liter of alcohol and leave for 7 days. It is then filtered through a gauze pad. To treat the above diseases, take a teaspoon of tincture 2-3 times a day with a mixture of 3 tablespoons of water.

Lion's tail (*Herba leonuri*) - the upper part of the plant, the plant contains flavonoids, additives up to 9%, alkaloids up to 0.4%, essential oil, vitamin C, carotene, iridoids, saponins, bitter substances, sugars and other

substances. Routine, hyperoside, quercetin and others are extracted from the product's flavonoids. Drugs of the lion's tail are used as a sedative (like valerian) for the treatment of hypertension, nervous disorders and some heart diseases (cardiac neurosis, cardiosclerosis). (Kholmatov X.X., Ahmedov O.A. "Pharmacognosy", Tashkent, 2007.) Tincture, liquid extract. The product is included in the soothing tea collection and Zbrenko collection.

*Folia Digitalis* contains all the cardiac glycosides. The leaves of red angiosperms contain purpureaglycoside A, purpureaglycoside B, 0.25-0.3% digitoxin, gitoxin, 0.11% gitaloxin and other cardiac glycosides. Purpureaglycoside A is broken down into glucose and digitoxin glycoside by the enzyme A, and digitoxin is broken down into three molecules digitoxose and digitoxigenin aglyconium by acid. Purpureaglycoside V is also broken down into glucose and gitoxin glycoside, then into 3 molecules digitoxose and gitoxigen aglycone.

Drugs of the plant (*Digitalis purpurea* L.) are used in the treatment of circulatory disorders II and III, hypertension and atrial fibrillation as a result of heart failure and disorders of heart compensation. (Kholmatov H., Pratorov O., Mahsumov M., Uncomplicated drugs. Tashkent, 2006 u., -B. 252) Preparations made from the leaf have a cumulative effect, that is, they accumulate in the body and then act. They can be poisonous if consumed in large quantities. Therefore, angiosperm should be used in combination with other drugs that affect the heart.

*Melilotus officinalis* (*Melilotus officinalis* L.) - the aboveground part of the plant contains coumarin, melilotoxin, melilotoside glycoside, coumarin and melilotoxic acids and essential oil. Herbal tinctures are used in chronic bronchitis, headaches, hypertension and other diseases. *Melilotus officinalis*, herbal medicines are not taken in large quantities and for a long time. Otherwise,



dizziness, vomiting and insomnia may occur. Pour 2 cups of boiling and chilled water into a bowl, add 2 teaspoons of the crushed top of the plant and leave for a while. It is then filtered through a gauze pad. Drink a quarter glass 2–3 times a day.

Chinese jujube (*Ziziphus jujube* Mill) - the fruit contains sugar, organic acids, large amounts of vitamin C, nutrients, rutin, carotene and other substances. In Central Asian folk medicine, a tincture made from the fruit of Chinese jujube is used as a remedy for chest pain, asthma and lowering blood pressure.

Put 20 g of crushed fruit in 1 cup of boiling water in a closed container and infuse for 1 hour. It is then filtered through a gauze pad. Drink 2 tablespoons 3 times a day for half an hour before a meal. In recent years, the fruit of Chinese jujube has been found in experiments to have a blood-lowering, diuretic effect and has been recommended for use in scientific medicine.

Lemon (*Melissa officinalis* L) is a bright lemon with a light herbal scent. The plant contains essential oil, vitamin C, flavonoids, flavorings and other substances (Kholmatov X.X., Ahmedov O'.A. "Pharmacognosy", Tashkent, 2007). Abu Ali Ibn Sina used the lemon plant to improve heart function and digestion. Therefore, herbal medicines (essential oils, drops) are recommended in scientific medicine for the treatment of hypertension.

Pour 2 cups of boiling water into a closed container, add 8 teaspoons of crushed ground or crushed leaves of the plant and infuse for 4 hours. Drink half a glass 4 times daily before meals. At the same time, the oil helps to lower blood pressure and is effective in heart failure.

Dandelion (*Taraxacum officinale* Web) - the root of the plant contains the bitter glycoside taraxacin, taraxerol, taraxasterol and triterpene compounds, inulin and other substances. The leaves and stems contain arnidol and faradiol, triterpene alcohols, vitamins C, V2, carotene and other compounds. It has long been used as a cocaine in folk medicine. It is useful in appetite, improves digestion, jaundice and liver disease, diabetes, high blood pressure, anemia, impotence (Universal Encyclopedia of Medicinal Plants, I. Putyrsky, V. Prokhonov, 2000).

Take 1 tablespoon of leaves and flowers and pour 200 g of boiling water. Infuse for 20 minutes, strain 2-4 tablespoons 3 times a day for half an hour before meals. To prepare the root: it is thoroughly crushed. Put 1 tablespoon in 1 cup of boiling water and simmer on low heat for 30 minutes. Then take 2-3 tablespoons of the decoction 3 times a day.

Capsella bursa (*Sapsella bursa pastoris* (L)) - contains organic acids, choline, acetylcholine, additives, tyramine, vitamins C, K, inositol, carotene, saponin. (

Kholmatov XX, Ahmedov OA. "Pharmacognosy", Tashkent, 2007.) In folk medicine, fresh juice is recommended for gastritis, peptic ulcer, diarrhea, joint pain, heart and genital diseases. Tincture and extract have antihypertensive properties. Take 2-3 tablespoons of fresh dried herbs, pour boiling water (200 g) and infuse for 1 hour. Then drink 30–40 g 3–4 times a day.

Coriander (*Coriandrum sativum* L) - Coriander seeds are used in folk medicine to treat various diseases, such as lowering blood pressure. In addition, tea with kashnich seeds is drunk to quickly quench thirst and stop vomiting when the heart is beating fast. It also helps with dizziness, nosebleeds, and hot flashes. Stops bleeding. Take 1 teaspoon of coriander seeds in 0.5 liters of water, boil for 5-7 minutes, add a teaspoon of black tea, cool to room temperature, strain and drink.

## CONCLUSION

Almost all the plants around us have medicinal properties. So, what does their healing property, their strength, depend on? The point is that plants are natural laboratories with such a complex structure that they synthesize complex organic substances from simple substances, i.e., biologically active substances. And man is still amazed at the miracles he has created. The quantity, quantity and quality of biologically active substances in plants are an important factor in determining their medicinal properties. As mentioned above, the properties of medicinal plants have been known to humans since ancient times and have been used to treat various ailments. The locals knew in advance about the miraculous power of such plants and used them in medicine. Because they contain proteins, carbohydrates, fats, vitamins, mineral salts, physiologically active substances and many other elements that are necessary for the human body.

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