

## MEDICINAL PLANTS AND THEIR IMPORTANCE IN HUMAN LIFE

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### ANNOTATION

Medicinal plants are very common in our medicine, and among them a special place is occupied by the family of early doses. The world of medicine has its own secrets and peculiarities. In medicine, crushed almond seeds mixed with honey and sugar are used as a remedy for weakness, shortness of breath, dizziness and cough.

**Plant description:** Almonds belong to the family of rhododendrons, there are 40 species. 7-8 meters tall. The root will be deep. Therefore, it can withstand heat. The leaves are lanceolate, pointed, arranged in a row. The flowers are white or pink. The fruit is ovoid, dry, covered with a peel, a grainy fruit. 4 wild and 1 cultivated species grow in Uzbekistan.

**Applicable part.** The seed and its oil.

**Composition and use.** The seed contains 45-62% oil, 20% protein, 2-3% sucrose and other compounds. Bitter almond seeds contain an additional 2.2-4 percent, sometimes up to 8 percent, amygdalin glycoside.

**Usage.** In medicine, ground almond seeds mixed with honey and a shaker are used as a cure for weakness, shortness of breath, dizziness and cough. Bitter almond mixed with musallas is used to treat urticaria, and honey mixed with honey is used as a remedy for fungal diseases.



A decoction of the root of the elderberry plant mixed with almond oil and then applied to the head reduces hair loss. Almond "milk" (sweet almond oil or kernel crushed and mixed with water) is a mild diuretic when drunk. Sweet almond oil is an antidote for young children. A decoction of sweet almond seeds was used for children with measles. Bitter almond seeds and its oil were used by Ibn Sina in the treatment of blood spitting, cough, asthma, lung, kidney and bladder diseases, as well as in removing stones from the bladder.

Sweet and bitter almond oil and sweet almond seeds are used in the food industry.

### Drug preparation and use

1. Half a cup of sweet almond pods are separated from the seeds and boiled in 2 cups of water. After passing through a gauze, a child with measles is given a quarter glass 3 times a day.

Take 1 tablespoon of almond oil 2-3 times a day and use it as a suppository

### Adonis



The aerial part of the Adonis plant is *Herva adonidis vernalis*. Spring Adonis-*adonis vernalis* L. The Russian name is Adonis Vesenny, Gorisivet Vesenny. An annual herbaceous plant belonging to the Aiktovanodoshka family. Adonis is a perennial short and multi-headed rhizome dog plant. The stem is a few erect unbranched or sparsely branched cypresses, 5-20 cm before flowering, 30-40 cm after flowering. The leaf is simple claw-shaped and divided into 5 parts. The flower is located on the stem without a band. The fruit is a ball with many nuts. It blooms in April-May in some places in June. The fruit ripens in June. All parts of the plant are poisonous. Geographic distribution. It is found mainly in the desert and forest zone in Europe, on black soils, in the North Caucasus, along the Volga and other places.

The applied part is the above-ground part. Adonis plant blooms from 15-17 years old, often 80-100-year-old Adonis produces a lot.

Chemical composition and use. Contains cardiac chloricoids and flavonoids. Preparations of Adonis plant are used in the treatment of heart failure, heart disease, nervous infectious diseases, insomnia and epilepsy. Mixture BM Bekhterov is also used with bromine and codeine preparations. Preparation and use of medicine To prepare a tincture, take 4-10 g of the dried plant and brew it like a tea in 200 ml of water. Adults drink 1 tablespoon 3-4 times a day, children 1/2-1 teaspoon or dessert spoon 3-4 times a day. Powder of dry Adonis extract is dissolved in water 1:10.

1. 1 tablespoon of the plant is steeped in 2 cups of boiling water for 1 hour, then strained and drunk 1 tablespoon 3-4 times a day before meals. 2. 1 teaspoon of the plant is poured into 1 glass of water and boiled slowly. Then it is cooled for 1 hour and filtered. The infusion is drunk

1 tablespoon 3-4 times a day 14-20 minutes before meals. There are many species of Adonis plant and they are not studied enough. All types of Adonis can have biological effects. Biological effects have been studied and medicine has allowed its use in medicine. Adonis species are Amur adonis *Adonis amurensis* L and is a perennial plant that grows in the Far East. Cardiac glycosides have been isolated from the biological activity of Amur adonis. Red Adonis-*Adonis flammeus* is an annual herb whose flower grows in the red Caucasus. Siberian adonis-*Adonis sibiricus* part is a perennial herb that grows in the southern regions of European countries and on the Siberian side of Russia. Although the biological activity of this plant is much lower than spring adonis, it is prepared for medicinal use in medicine. The following three perennial species of adonis growing in Central Asia are more commonly used in medicine as medicinal plants. Golden adonis *Adonis zalotistiy* – *Adonis charysocyathus* nook filet *tihoms* perennial herb plant image stems erect or climbing. The unbranched or branched leaves are 15-30 cm tall and are cut in a lancet shape with the help of those in the lower part of the long band stem or those in the upper part without a band are arranged in a row on the stem and branches. The large yellow flowers are borne singly at the ends of the stems and branches, and the fruit is nut-like, forming a ball with a spherical head. All parts of the plant are poisonous.

Geographical distribution: Shakhimardan, Oloy Mountains, Hisar mountain ranges of Uzbekistan, Kyrgyzstan, Tajikistan, Kazakhstan, southern mountain ranges, 2,500-3,000 m above sea level. It grows in meadows near the snow and in other places. The applied part is the chemical composition and use of the above-ground part. It contains 0.5-0.93% cardiac glycosides, cymarin K-strophantin-B, etc., 9.7% steroid sponins, 0.4% coumarins, 0.81-1.55% flavonoids, orientin, adonevernite, etc., organic acids, vitamin Skarotin, and other substances. there is

K-srophanthin B glycoside is obtained from the plant. This gulcoside is used in the treatment of severe diseases of the heart and blood vessels, heart failure of the 1-11th degree. Adonis of Turkestan *Adonis Turkistoniskiy goritsivet Turkistoniskiy Adonis turkestanica* Karsh Adolf. Adoni c sarikhgul Tajik adrasmon gulizardak Russian jelotsivet *Adonis turkestaniskiy* is mentioned in the folk language.

Plant description. 30-80 cm long, perennial herbaceous plant with many erect stems, few branched leaves, large star-shaped, sharp-pointed, 1-2-lobed into two lobes. It is found singly at the tips of the branches with a yellow stem, which is cut like a feather, and has a rowless stem and branches. The fruit is a nut gathered in a spherical head. All parts of the plant are poisonous. Geographic distribution Uzbekistan, Tajikistan, Kyrgyzstan, Kazakhstan, grows in the mountain ranges of 2000-2300 m above sea level, on small gravelly rocks, in juniper trees, in grassy places. its composition and use include 0.2-0.3 percent cardenolide cymarin strophantin kanvallyatoxin K-strophantin-B coumarins scopoletin umbelliferone 0.4-0.67 percent flavonoids adopivernit vitexin orientin 0.01-0.04 percent lactone 7-11, fo trace steroidal saponin 0.21-0.43 percent essential oil 5-9 percent dubil substance 1-3 mg percent carotite 27-47 mg percent vitamin C resin organic acids and other chemical ingredients are prepared similar to Spring Adonis. Mixture BM Bkhterova is also used. The biological activity of 1g of the spring adonis product is 50-70 LED or 6.5-8 KED, while that of the Turkestan adonis is 90-100 LED. *goritsivet shanskii Adonis tianschanica* Adolf Lipsch

plant image is a perennial herb with several stems 10-40 cm tall. grows upright. The branched or unbranched leaves are feathery cut into two or three linear-lanceolate pieces, and the large golden-yellow flowers are arranged in a row on the stems and branches, singly, and are located at the ends of the stems and branches. All parts of the plant are poisonous except for the nut collected on the fruit head.

**Geographical distribution** It grows in the deserts of Central Asia in the mountains of Tyans Khan, Pamir and Jungar Ola, in meadows, in mountain river valleys. The used part is the above-ground chemical composition and use. It contains 0.04-0.53 percent cardiac glycosides, strophanthidin, cymarins, k-stofatin-b, canvalotxin, etc. 3.4-8.7 percent triterpene saponins, 0.59 percent flavonoids orientin. There are adonivernitlyoteolin and others, choline, coumarins, phenolcarbon and other organic acids, vitamin skarotin and other compounds. Glycosides isolated from Tianshan Adonis and their medicinal preparations are used in scientific medicine and folk medicine in the treatment of severe cardiovascular diseases, along with spring Adonis preparations.

## Aloy



**Plant description** *Lilia seai* is an evergreen woody or herbaceous plant up to 4 m tall. The upper part of the stem, which is arranged in a row with the help of a sheath of leaves, is a ball-leaved leaf, thick, soft, sword-like. The length is up to 50 cm, the thickness is up to 14-16 cm. The flowers are big and different. Up to 4 cm long, many-flowered cylindrical flowers are located on the axis. Forms shingles. The fruit is three-sided cylindrical with many seeds and many flowers. Cylindrical flower axis reaches 40 cm in length. Geographical distribution: its homeland is South Africa, Russia, Georgia, Ukraine.

**The part that is used** is the pure leaf, and the juice extracted from it is made from dried and condensed juice from the aloe, which is also called sabur.

**Chemical composition and use** In medicine and scientific medicine, two different types of aloe are used in folk medicine. woody aloy-aloy direvovidinoe-A striatila. In addition, in Africa, real aloe, prickly hairy aloe, and others grow wild. Their chemical composition is still not fully understood.

Aloy **sabur obtained from condensed juice** contains 1.66 percent of aloy-emodene, and anthracene derivatives are also called aloin barbaloin. The formula is isobarbaloin,

rhubarberene, isoimodine, resins and others. Abu Ali ibn Sina used socotr in Arab and shamkhani sabur for medicine and considered the first one to be the most useful.

by putting it on the kilim, it stopped hair loss, and by drinking it, the liver and spleen congestion diseases were eliminated, it completely cured liver malaise, various wounds and yellow diseases in the body, and it cured gastrointestinal colds and ulcer diseases of the opening of the posterior excreta.

Ibn Sina Kanon vrachebnoy nauki Tashkent 1956 kn. 2-2.p.532-534. In addition, Abu Ali ibn Sina treated the diseases mentioned below with aloe juice water. In folk medicine, neurosis, asthenic condition, various headaches, appetite suppression, gastrointestinal blockages, surbyronhid pneumonia, pulmonary tuberculosis were treated with a mixture of aloe water, honey and wine. Applying aloe juice to severe wounds and other wounds on the skin and flesh by rubbing them helps when the gums are sore and swollen.

### **Contraindications:**

severe heart and blood conditions, hypertension, blood pressure, pregnancy, acute stomach and intestinal disorders, nephrosonephritis, should not be consumed during menstruation. Preparation and use 1 large leaves of aloe are crushed and squeezed to make a mixture. The resulting juice is mixed with 200 grams of juice, 300 grams of honey, and 350 grams of wine in a black or brown glass container. The mouth of the bottle is closed and kept at room temperature in a dark place for 5-7 days. After 5 days, one teaspoon is taken three times a day, one hour before meals. Treatment course-3-4 weeks EALadnina RSMorozova medical publishing house 1987.

2. Mixture 150g of aloe leaf is taken according to NGKovaleva's recipe. 300 g of melted honey is chopped and boiled overnight. The mixture is heated and filtered and eaten 5-10 g once a day, 1 hour before meals.

3. Mix 1500 g of May honey with 850 g of port wine, dark pearl or kagor wine, put the bottle in a dark or brown container and store it in a dark place for 5-7 days. Before preparing this medicine, aloe should not be watered for five days. Then good juice is obtained and the chemical composition is complete.

4. Aloe juice, aloe juice. Take 80 ml of freshly cut aloe leaf juice and add 20 ml of 96% alcohol. It will be even better if 0.5 g of chlorobutanol hydrate is added to it. It is mainly used for gastritis, gastro-enteritis, enterocolitis, 1 teaspoon half an hour before meals 2-3 times a day. It is applied to purulent wounds and burns. Aloe juice is also stored in a glass container in a dark place. Then drink 1 teaspoon of the resulting liquid 3 times 30 minutes before meals. The duration of treatment is 30-45 days, it is mainly issued in pharmacies. If the treatment course is repeated 3-4 times a year, the above diseases will be cured.

6. Aloe preparations. Aloe preparations are widely used in medicine and medicine. Aloe liquid extract is released in an ampoule for injection and is considered a biogin stimulant.

**Use.** Aloe liquid extract for injection. Extraction of aloe liquid extract from the leaves of the above eye diseases, inflammation of the edge of the eyelids, chorioiditis-inflammation of the retinal vessels of the eye, retinitis-inflammation of the retina, conjunctivitis-inflammation of the connective tissue of the eye inflammatory keratitis-inflammation of the cornea, inflammation of the iris of the colored membrane, clouding of the vitreous body of the eye, etc.,

gastrointestinal ulcer diseases, bronchial asthma, diarrhea, acute hepatitis treats portal hypertension, oxaluria, rectal obstruction, sifectorne decrease and other diseases. Aloy liquid extract for injection is injected subcutaneously per day for adults 1 ml high dose 3-4 ml for children under 5 years of age 0.2-0.3 ml for children over 5 years of age -0.5 ml, the duration of treatment is 15-20 days, It can be repeated after 2-3 months.

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**Insect repellent** helps to remove dust or other objects from the outside. It can be said that the sight of this grain tears the skin off the eyes. **Not so in practice.** There are doctors with such big hands who can perform mini-operations, there is no need to worry. So, sometimes nothing can help when you accidentally get dust in your eyes and open your eyes. **Urinary deposit damage.** Crying does not come out with tears. It is not necessary to massage the eye area many times. If you don't have mosquito repellent, no problem. You take it and put it in one corner of the teary eye. Before entering the mosquito net, it becomes slimy and attracts dust and dirt. You urinate over the eyelashes with your eyes closed. The eye will get rid of "enemies" after a couple of turns. Ginoin has no effect on the affected eye. If the eye is sore, a drop of Novacain will kill germs and reduce pain. This plant grows in many places. It should be distinguished. It is necessary to prevent the decrease of mosquito net. Therefore, Kamina is trying to grow this unique herb.

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