

## MEDICINAL PLANTS OF UZBEKISTAN

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### ANNOTATION

There are many medicinal plants in our country, and with their reasonable use, a number of diseases can be prevented. The article reveals the types, application, and significance of some medicinal plants growing in Uzbekistan.

**Keywords:** natural plant resources, types of medicinal plants, application in pharmacology.

The nature of our country is rich in medicinal plants. Most of them were recorded by Abu Ali Ibn Sina in his work "The Canon of Medical Science". But in today's era, we hardly use many herbs that are useful to us in our living conditions.

More than 700 species of medicinal plants grow in Uzbekistan, of which only about 120 species of plants growing and cultivated in natural conditions are used in scientific and folk medicine. Even in world practice, the results in this regard are low.

Of the more than 10-12 thousand types of medicinal herbs known on earth, more than a thousand of them have been tested for chemical, pharmacological and biologically active properties. However, more than 50% of medicines produced by the pharmaceutical industry worldwide are prepared from raw materials of medicinal plants. The indicator in this regard is growing every year, along with the development of the pharmaceutical industry in our country. Based on this requirement, in recent years, consistent work has been carried out in our country to protect medicinal plants, rational use of natural resources, create plantations where medicinal plants are grown, and create a value chain through their processing. The decree of President Sh.Mirziyoyev "On measures for the protection of wild medicinal plants, cultivation, processing and rational use of available resources in a cultural form", adopted on April 10, 2020, established more specific tasks in this area.

Nature has endowed us with so many natural resources that we must use them effectively in our daily lives. There are many medicinal plants in our country, and with their reasonable use, a number of diseases can be prevented.

1. The aloe plant is considered one of the most ancient medicinal herbs. It can be stored indoors or purchased at a specialty store. Along with the use of aloe vera in the form of ointment, it can also be eaten. The aloe plant is certified by the International Scientific Council. Ibn Sina and Hippocrates even wrote about him. Aloe juice contains more than 200 active ingredients. Among them are micro- and macroelements, vitamins, enzymes and amino acids.

2. Astragalus strengthens the immune system. Chinese medicine is rich in many rare small plants. One of them is the plant astragalus, which has been used in the country for many centuries. This plant is harvested mainly because of its roots, as it has many healing properties. You can eat astragalus by adding it to tea or soup. In addition, it can be purchased in the form of capsules, extracts and powder. Astragalus strengthens the immune system and even helps to cope with tumors.

3. Use echinacea in the treatment of colds, tumors and other infectious diseases. This plant has long been used in the treatment of colds at home. With angina, an effective result is achieved if you gargle with them. According to some reports, echinacea is also used in the treatment of the upper respiratory tract. It has also been used to treat skin diseases such as wounds, infusions, eczema, psoriasis, UV radiation, common herpes virus, bee stings.

4. Ginseng fights weakness and provides the body with additional energy. Although it is primarily known for its strength for humans, it has a number of other properties. It is also recommended for low blood pressure, regular fatigue, lack of appetite, decreased performance, infertility, diseases of the nervous system.

5. Nettle is a natural antihistamine. This cocaine shows an effective result in the treatment of various allergies, strengthening the body, as well as inflammatory processes. It also helps a lot in the treatment of liver, kidney and lung diseases.

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