

THE COMPOSITION OF THE RUBUS CAESIUS L. PLANT AND ITS USE IN FOLK MEDICINE

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ANNOTATION

This article presents information about the morphological characteristics of the rubus caesius plant, its chemical composition and methods of using it in folk medicine.

Keywords: Rubuscaesius L, blueberry, vitamin, minerals.

The flora of Uzbekistan is extremely diverse and natural food products from these plants, as well as in medicine, are widely used in various sectors of the national economy [1].

One of the medicinal plants is blueberry-Rubuscaesius L, which belongs to the Rubus group of the Rosaceae family [2]. There are more than 400 species of plants belonging to this family in America and Eurasia. In Central Asia, there are 266 species belonging to 32 group of the family, of which there are 96 species belonging to 11 group in Uzbekistan [3]. It is grown on the slopes of the mountains, along the stream and in gardens in the Tashkent, Syrdarya, Jizzakh, Fergana, Namangan, Kashkadarya regions of Uzbekistan. The fruit-bearing varieties of blueberry were developed by the well-known Russian scientist I.V. Michurin. Rubuscaesius is a perennial bush reaching 50-150 cm. Its leaves are feathery. The flowers are bigender, white, sometimes pink, and located in a bunch. It blooms in May-June and ripens in June-July. The fruit is like a mulberry, juicy, sweet-sour, dark red, complex [4].

The fruit contains 4-6 % sugar, 3.1-3.2 % fructose, 0.3-0.6 % sucrose, carotene, flavonoids, organic acids, about 15 vitamin C, folic acid (vitamin B9), vitamin K and small amount of vitamin E. In addition, minerals such as potassium, calcium, copper, magnesium, phosphorus, iron and zinc are found in blueberry [5].

As can be seen from the above information, the leaves, fruits and roots of Rubuscaesius L are widely used in medicine due to their richness in elemental and organic content. However, the chemical compositions of the Rubuscaesius plant growing in the territory of Uzbekistan and its influence on physiological activity have not been well studied. Therefore, taking into account the above characteristics, researching new aspects of the plant and developing a biologically active food additive based on this are urgent tasks [6].

As an object of research, the prickly type of growing Rubuscaesius L plant in the Fergana region and the non-prickly type growing in the Angren regions of the Tashkent region were selected. In folk medicine, fresh blackberries are used to strengthen the body and saturate it with vitamins. With atherosclerosis, it is useful to eat blackberries in any form. Eating blackberries

helps to improve the composition of the blood. The leaves activate digestion. Their decoction treats eczema and inflammation of the skin, is used for pathological menopause, caressing the throat with sore throat, stomatitis. Decoction of branches is drunk with neurosis of the heart. Blackberry helps with adhesive disease, which occurs as a result of operations [7].

Decoction of leaves and berries helps as an antipyretic. From the roots, with their high starch content – as an antidiuretic and anti-inflammatory agent. A decoction from the roots is also useful during the exacerbation of diseases such as ascites, hemorrhoidal hemorrhages, colitis. Leaves and young twigs can be brewed and infused as a remedy for diarrhea of any etiology, including infectious (as a general tonic concomitant with antibiotics).

A fresh leaf brewed for an hour – for lichen, eczema, psoriasis, trophic ulcers and stomatitis (lotions and compresses are made).

For the treatment of hysterical seizures, hypertension and atherosclerosis, a decoction of fruits and leaves is used.

Unripe fruits have a powerful astringent effect and can be used for diarrhea, but ripe ones, on the contrary, have a laxative effect [8].

Expectorant and antitussive remedy from blackberry leaves is made for inflammation of the upper respiratory tract. To do this, 1 tablespoon of crushed leaves is poured with 1 cup of boiling water and infused for 2-3 hours.

Such an infusion can also be used for all types of bleeding, not excluding painful and prolonged menstruation that occurs outside the menstrual cycle (douching with an enema-pear or Esmarch mug).

A mixture of blackberry leaves, valerian root, ash leaves, dioecious nettle and horsetail in equal parts is useful in the treatment and assistance during exacerbations of diabetes. To do this, pour 2 full tablespoons of 1 liter of boiling water and insist for 3 hours. Then drink half a glass after eating 3 times a day.

And for bronchitis, sore throat, pharyngitis and tracheitis, a decoction and infusion of berries are used. Blackberry fruits and leaves have a calming and restorative effect. Berries and blackberry juice quench thirst well, have an antipyretic effect. Ripe berries can have a mild laxative effect, and unripe berries can have an astringent effect. The flowers have an anti-inflammatory, astringent, hemostatic effect.

Decoction of roots is used as a diuretic and anti-inflammatory agent, for ascites, liver diseases and colitis, hemorrhoidal bleeding. Aboveground parts — for colitis, diarrhea and dysentery.

Fresh leaves are used to treat wounds and dermatoses, gum diseases, trophic ulcers, lichen, eczema. They are part of the collection for the treatment of atherosclerosis of hypertension, hysterical seizures. Leaves, fruits are used for gynecological diseases. Immature fruits are prescribed as an astringent, mature — as a mild laxative for constipation, diarrhea and dysentery in children, gastritis, acute respiratory diseases, hemoptysis.

Blackberries are used for diseases of the gastrointestinal tract. Infusion of leaves is indicated for diarrhea, gastritis, gastric and intestinal bleeding, as an additional treatment for dysentery and food poisoning, sometimes with gastric ulcer and duodenal ulcer. Mature fruits are a mild laxative, unripe ones have a strengthening effect.

The juice is made from ripe juicy blackberry fruits and young leaves. Blackberry berry juice is very effective for tracheitis, bronchitis, pharyngitis, sore throat, feverish conditions, anemia,

gynecological diseases, colitis, dysentery, diarrhea. Blackberry juice has a restorative and soothing effect. The juice from the leaves is used to treat wounds, dermatoses, trophic ulcers, lichens, eczema, gum diseases, sore throat, pharyngitis and stomatitis. Inside, the juice of fresh leaves is taken as a diaphoretic and diuretic, as well as for gastritis, diarrhea, anemia and as a sedative.

Blackberry fruit juice is indicated for the prevention of dehydration in various infections. In addition, it is an excellent therapeutic and prophylactic agent against iron deficiency anemia, vitamin deficiency and disorders of the immune system.

A decoction of blackberry roots is effective for liver diseases, ascites and hemorrhoidal bleeding. It is also an excellent diuretic and anti-inflammatory agent.

Decoction and infusion of blackberry leaves is recommended for normalization of intestinal motility, as well as for gastritis and helminthiasis. Externally, it can be used for shallow wounds, ulcers, burns and eczema. For rinsing, a decoction of blackberry leaves is used for stomatitis, gingivitis, pharyngitis, sore throat and other diseases of the throat and oral cavity.

Application recipes:

The infusion of leaves has wound-healing, anti-inflammatory, diaphoretic and diuretic properties. It is also used for disorders of the nervous system and heart diseases.

Crushed blackberry leaves can be applied to wounds, abscesses, bruises, they treat lichens, eczema, trophic ulcers and other skin diseases.

Infusion of leaves is also useful for gum disease, in this case it is used in the form of rinses.

A decoction of blackberry roots is also curative. It is believed that its use gives a good effect as a diuretic for dropsy.

It is recommended to drink an infusion of the leaves of the plant in three doses per day. It is prepared as follows: 2 teaspoons of dry crushed raw materials are infused for 20 minutes in 1 cup of boiling water and filtered.

With diarrhea, gastritis, as an additional remedy for dysentery, food poisoning, gastric ulcer and duodenal ulcer, the infusion of leaves is prepared somewhat differently: 1 tablespoon of dry crushed raw materials is poured with 1 cup of boiling water, infused for 3 hours in a thermos. Take 1/2 cup 3-4 times a day 20 minutes before meals. With gastrointestinal bleeding and enterocolitis, the infusion should be taken every 2 hours.

With inflammation of the upper respiratory tract and pulmonary bleeding, it is useful to drink a decoction of blackberry roots or leaves: 20 g of dry crushed raw materials are poured with 1 cup of boiling water and boiled for 20 minutes, then infused for 3 hours, filtered and brought to the initial volume with boiled water. Take 2 tablespoons 3-4 times a day before meals.

For gargling with pharyngitis, sore throat and tonsillitis, they use a decoction of blackberry roots. For this purpose, 20 g of dry crushed raw materials are boiled in 1 cup of water for 20 minutes, then infused for 3 hours, filtered and brought to the initial volume of liquid with boiled water.

With urolithiasis for therapeutic and prophylactic purposes, especially in the preoperative period, when the type of stones is not established, a decoction of blackberry roots or leaves is taken: 20 g of dry crushed raw materials are boiled in 1 cup of water for 20 minutes, then infused for 3 hours, filtered and brought to the initial volume of liquid with boiled water. Take 2 tablespoons 3-4 times a day before meals.

With diabetes, it is useful to eat blackberry berries in any quantity. In addition, you can take an infusion of leaves, which is prepared as follows: 2 teaspoons of dry crushed raw materials are poured with 1 cup of boiling water and infused for 30 minutes. They drink filtered for a day in three doses.

High temperature: Blackberry juice diluted with water or fresh berries (can be thawed).

Diabetes, gout, anemia: 1 tbsp. a spoonful of crushed fruits is poured with 1 cup of boiling water, closed with a tight lid, then, after cooling, filtered and drunk in 2 doses a day before meals [4,5,6].

So, in folk medicine, the use of decoctions made from the *rubus caesius* plant in the treatment of various diseases gives its effective result.

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