

## AMYGDALUS COMMUNIS AND ITS APPLICATION

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### ABSTRACT

The nature of Uzbekistan is unusually diverse and original. The richest flora of Central Asia includes more than 6000 species of different plants. The most highly developed plant communities are in the foothills and mountainous areas. By using natural resources, people negatively affect the natural landscapes that have been developing over centuries.

**Keywords:** Flora, fauna, natural resources, habitat, Canons of medicine, archaeological excavations.

### INTRODUCTION

The arrival of spring in Central Asia marks the flowering of almonds. And almonds meet such spring days up to 130 times. It grows on mountain rocky, gravelly slopes and forms almond groves. Cultivated in gardens. Blooms in early spring in February-April. Almond harvest time is June-July. Currently, about 40 types of almonds are known. Two species - Vavilov and Suzak almonds - are listed in the Red Book.

There are 11 species growing in Central Asia. The distribution area in Central Asia is the foothills of Turkmenistan and Tajikistan, small foci are noted in the southern regions of Kazakhstan and Kyrgyzstan. In Uzbekistan, wild almonds occupy hundreds of thousands of hectares of foothill areas. The Fergana Valley is considered one of the primary centers of its cultivation. And the oldest city of the Fergana Valley is Kanibadam<sup>1</sup> – is called the “city of almonds”.

The region of origin of almonds is considered to be Western Asia, from there it spread to the west. This point of view is confirmed by many literary sources. For example, almonds are repeatedly mentioned in Avicenna’s books “The Canons of Medicine” and in the fairy tales “A Thousand and One Nights”.

Almonds apparently came to Europe a very long time ago. The first European country where almonds were found was Ancient Greece. This is evidenced by the results of archaeological excavations and ancient Greek myths. From Greece in the second century BC, the almond culture came to Ancient Rome. During the time of Pliny, this plant could be seen in the gardens of the patricians. In the Roman Empire, almonds were called Greek, or Phasos, nuts.<sup>2</sup> Around the same time, almonds appeared on the Iberian Peninsula and Africa. In France, almonds began to be grown in the first century AD. Almonds later appeared in Germany, and in the ninth century in England. However, here the first attempts to cultivate almonds were unsuccessful.

Almonds were consumed as food by the ancient peoples of Central Asia. Almonds can be sweet or bitter. Bitter almond seeds are even poisonous due to the presence of hydrocyanic

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<sup>1</sup> Прежний Кент-и-бодом

<sup>2</sup> По имени греческого города Фазос

acid in them. The fruits of sweet almonds contain up to 60 percent non-drying fatty oil, a lot of proteins, sugar, and vitamins. Almonds also have medicinal properties, which is why they have attracted traditional healers since ancient times. In the process of human life, almonds are used as follows: 92 percent are consumed by the food industry, 6% by medicine and 2% by perfumery.

In folk medicine of Central Asia, crushed sweet almond seeds mixed with sugar are used for anemia, cough, asthma, insomnia, headaches, numbness in the arms or legs and cramps.

In scientific medicine, an emulsion is obtained from almond seeds and is prescribed as an enveloping, emollient, and analgesic for gastrointestinal diseases. Almond oil is used as a laxative, and it serves as a solvent for camphor, administered for colds. Even fruit shells are used: activated carbon is prepared from it. Almond milk and almond oil are used for cosmetic purposes.

In this article, we wanted to tell you not only about the distribution area and properties of the common almond, but also that today the habitat of this unique and ancient plant is shrinking every day. The groves are barbarously cut down by the local population for fields and fuel. If no measures are taken to protect this plant, then in the coming years it will be very rare to find it in the foothill areas. The authors of this article would not like to include 11 more Central Asian almond species in the Red Book.

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