
Latest Information about Medicinal Plants

Tokhirov Bakhtiyor Bakhshullayevich

Ph.D., Associate Professor, Bukhara State University

Asrorova Odinaoy Otabekovna

Teacher at the Presidential School in Bukhara and the second year master's student at Bukhara State University

Annotation: The flora of Uzbekistan is very rich and colorful. Deserts and steppes, mountains and hills, lowlands and river deltas sit side by side to create a spectacular view. This may seem absurd, but in fact the number of plants per unit area in the mountains of Uzbekistan is several times higher than in neighboring Central Asian regions.

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The flora of Uzbekistan is very rich and colorful. Deserts and steppes, mountains and hills, lowlands and river deltas sit side by side to create a spectacular view. This may seem absurd, but in fact the number of plants per unit area in the mountains of Uzbekistan is several times higher than in neighboring Central Asian regions. The rich flora of the country is home to more than 6,000 different species of plants, including medicinal plants.[1-5] These herbs are environmentally friendly and are used as raw materials for the production of food, aromatic and pharmaceutical products. Complex processing of plant materials is carried out in accordance with all modern regulations, extraction, purification, concentration, standardization that meet all international quality standards of production are carried out. The most common medicinal plants in Uzbekistan are basil, coriander, dill, mint, sebar. Wild plants can be found in the plains and mountains, as well as in markets and pharmacies. The locals know in advance about the miraculous power of such plants. They are consumed, added as a spice to food, made into tea, used as medicine, and also used in cosmetology. In pharmacies and cosmetics stores you can buy monohydrates, special herbal tinctures, herbal preparations for the bath, various useful supplements, essential oils and more. Each product contains natural minerals, vitamins and biologically active substances. [6-8]

1. Basil is a fragrant plant that is not demanding and grows in almost every home. This plant is known around the world as basil, but in Uzbekistan it is called basil. Basil is a natural antibiotic used to reduce fever and fight bacteria. It has been used since ancient times to treat colds caused by various pathogens. The substances in this plant reduce muscle pain, prevent inflammation, remove mucus from the bronchi and lungs, and combat cough and runny nose. In addition, basil is used in the production of perfumes and essential oils. actively applied. There are several types of basil, and each has its own unique taste: anise, lemon, clove, broad-leaved.
2. Coriander Kashnich grows easily and freely in Uzbekistan. The plant has excellent cleansing properties. The plant's ingredients help to remove heavy metals from the body and neutralize its harmful effects. Kashnich seeds are also very good for water purification. All you have to do is drop a bag of seeds into a container of water as soon as possible.[9-12]
3. Fennel fruits are very useful. It contains powerful anti-cancer agents such as anethole, vitamin C, and cholesterol-lowering nutrients. In addition, fennel reduces stress, calms the nervous and digestive systems, and successfully fights colds, stomatitis and pharyngitis. Fennel has almost

no contraindications, so it can be easily added to meals for young children and pregnant women.

4. Mint is a component of essential oil (menthol). Mint tea is an effective tool in the fight against disorders of the gastrointestinal tract. Peppermint calms the nervous system, relieves pain and removes excess water from the body.
5. Sebarga can be found all over Uzbekistan, but most importantly, it is more common in areas with very high humidity. In the territory of Uzbekistan grows several species of seborrhea at the same time, each of which is widely used in traditional medicine. Infusions of red sebarga are prepared and used in diseases of the spleen. Measles is used for bronchitis, cough, anemia, malaria, asthma. White seborrhea is used as a tonic, analgesic and tonic.[13-15]

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