

## Medicinal Properties of Mint Plant and Export Power of the Republic on Medicinal Plants

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**Annotation:** Today, there is a growing interest in medicinal plants, and a growing number of farmers and entrepreneurs are engaged not only in wild collection, but also in plantation and processing.

**Keywords:** mint, methanol, antioxidant, heart, diabetes, cancer.

Mint not only contributes to the taste of tea and sweets, but also has a positive effect on health.



Pain and spasms caused by other problems with the gastrointestinal tract can be reduced or even completely eliminated by using mint oil. Its methanol soothes, reduces pain and relieves pain. While special supplements are the best, mint remedies can also be helpful. However, if the spasm lasts longer than 1 hour, seek medical attention immediately. [1-5]

**Reduces inflammation:** Peppermint is rich in antioxidants. They protect the cells from damage. In addition, the anti-inflammatory compounds in mint prevent the development of chronic inflammation.

**Strengthens immunity:** A quarter cup of mint is half the daily dose of vitamin A, which protects cells from damage. It helps prevent chronic diseases such as heart disease, diabetes and some types of cancer.

**Kills bacteria:** Peppermint essential oil contains a compound of caraway and limonene, which helps reduce the risk of harmful bacteria. For this reason, it is recommended to add mint to food.

**Helps to reduce salt intake:** Sometimes simply reducing salt intake helps improve kidney function and weight loss. Adding mint makes dishes and salads more delicious, so there is no need to add extra salt.

Uzbekistan is a region rich in natural and geographical medicinal plants, with about 4,500 species of natural plants. About 1,200 of them have medicinal properties. Currently, 112 species of medicinal plants are allowed to be used in official medicine in the Republic of Uzbekistan, 80% of which are naturally growing plants. [6-10]

### **UZBEKISTAN'S POTENTIAL FOR EXPORT OF MEDICINAL PLANTS**

In 2020 alone, 16,000 tons of medicinal plant raw materials worth \$ 50 million will be processed in the country, and finished or semi-finished products will be exported to China (52.3%), Turkey (16.7%), Afghanistan (10.6%). , Exported to South Korea (3.7%), India (3.9%), Germany (1.5%) and other countries (11.3%).

In particular, at the beginning of 2020 in all regions of the country there were a total of 11.5 thousand hectares of medicinal plants, and in the spring on 1.8 thousand hectares of land 37 and one species of medicinal plants purchased in domestic and foreign markets Annual medicinal plants were planted, and the area of medicinal and spice plants reached 13.3 thousand hectares.

Today, the plantations of medicinal plants with high export potential are expanding year by year. This year, 162 entities cultivate 45 types of medicinal plants on 15.6 thousand hectares (2.3 thousand more than last year). The country also produces seeds and seedlings of 14 types of medicinal and spice plants by 11 entities.

In order to further develop this sector, in 2022, based on domestic and foreign market requirements and marketing results, it is planned to grow a total of 17.4 thousand hectares (1.8 thousand more than in 2021) of medicinal plants, including in the main areas. 4.5 thousand hectares, 12.9 thousand hectares in dry lands. [11-13]

### **THE MOST EXPORTED MEDICINAL PLANTS**

Today, much attention is paid to the use of natural remedies, the cultivation of medicinal plants and the increase of raw materials. Medicinal plants (lat. *Plantae medicinalis*) are plants used in folk medicine, medicine or veterinary practice, for prevention and treatment. According to the International Union for Conservation of Nature (IUCN), about 21,000 medicinal plants are used in medicine.

The annual turnover of medicinal plants is 3.26 billion. dollars. China, India and Germany are the leading exporters of medicinal plants.

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