

### Importance of Medicinal Plants in Uzbekistan

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#### ABSTRACT

The demand for medicinal plants is currently growing even more. Therefore, the study of medicinal plants, the preparation of medicines from them, knowledge of the power of their effect on diseases is relevant topics. This article describes the medicinal properties and harm of the blackberry plant, as well as provides information about Thai medicinal plants growing in Uzbekistan and their habitats.

Medicinal plants are people and animals treatment of diseases prevention get for, as well as food, perfumes and cosmetics in the industry used are plants. Earth on the face medicine 10-12 thousand plants type presence determined. from 1000 more than plant of type chemical, pharmacological properties checked. in Uzbekistan medicine from 700 plants more than type there is Of these natural in the circumstances growing and cultivated 120 ha near plant of types scientific and people in medicine is used. Current period in medicine applied of medicines \_ about 40-47% [1-5] plant raw from the materials is taken. Plants complicated to the structure have was live natural chemical laboratory is simple \_ inorganic of substances complicated organic substances or compounds Create ability have \_ Medicinal of plants dried herb, shoot, root, rhizome, tuber, bulb, bark, leaf, flower, bud, fruit ( seed ), seed, juice, pulp, stone, ether oil and from others drugstore in the style of is used. in Uzbekistan wild without growing and cultivated plants the number is 4150 ha enough \_ 577 of them healing to the feature have \_ Scientific in medicine used, medicinal of drugs about 45% i from plants separate is taken or of them is prepared. Medicinal plants different different systematic to groups have \_ They are different different in zones spread \_ Medicinal from plants removable products their tulu from the organs is taken. Because necessary has been substances plant type to live to the conditions looking different in the organs will be located. Medicinal plants very many to diseases claim will be

1. To wind
2. To inflammation
3. Stomach - intestines
4. breath ways
5. blood when you leave

6. blood in pressure
7. inside driving
8. Cough against and another to diseases drug tools in preparation moreover natural tincture, decoction, tinctures also wide in preparation used. [2] Drug of plants to the organism effect their contained chemical of compounds to the amount depend \_ These compounds of plants in parts different amount collected. Medicine preparation for of the plant necessary parts different in deadlines collected, for example, bark, shoots early in the spring, the leaf plant bloom before or when flowering, fruit and seeds when ripe, root, rhizome in the spring or It's late in the fall is taken. Of nature indispensable structural part plant is the world. Plants are also their own in turn one how many to species to species is divided. Of these the most the important ones medicine are plants.

Current at the time Uzbekistan \_ \_ in the deserts cherkez, chog'on, anabazis, keyreuk, yovshan \_ \_ \_ blanket, incense, bittersweet such as a lot \_ medicine plants \_ \_ occurs. In the desert of moisture deficiency because of the majority \_ medicine plants \_ \_ early March - April months o ' sib out of winter until December his life continue makes \_ Adir zone to itself special medicine plants cover have \_ Adir of the region soil hungry typical and full gray from the soil consists of In the hills Qakio't, Isfarak, Cholyalpiz, Rovoch, Gazakot, flowers such as very a lot medicine plants occurs. . Our republic in the mountains brown soils automorphic soil considered, often dry mountains in the region occurs. In the mountain region cereal and legumes crops is planted.

Bottom in the mountain region one yearly medicine plants occurs. In the mountains zirk, mint, peppermint, namatak, red peppermint, etc a few medicine plants grows. Current at the time in medicine from 900 used more different of medicines from three one part medicine of plants custom is considered Heart diseases when suing used 77 % of drugs, I liver and stomach - intestines on the roads occurring diseases who claims 74% of drugs, bachodon to diseases against used 80% of drugs are curative from plants Prepared in MDX countries in the flora 17,500 species are high sporulated and floral of plants in medicine to 70 families belongs to 247 types of is being used. A lot plant types healing, that is drug medicine feature has. [1] Of these one monkey It is a plant plant friends to his family belongs to being From 400 in Eurasia more than type There are 90 types of them, mostly blue ( Rubus Caesius ) and small fruiting (without R nensen ) species Caucasus, Ukraine South in the part and Medium in Asia of Uzbekistan fell in the regions grows and field, farm and in the gardens grown. Leaves feathery. Flowers shingle in a bouquet located. Fruit knot fruit \_ Fruit contains 4-6% sugar, 0. 8-1. 4% organic acids vitamin C and carotene available. [3] Fruit in its novelty consumption made, dried, canned It is also used in preparation. Its fruit sweet sour complete to many happy will be. Monkey sweet and sour to taste have berry fruit being his \_ great the taste to everyone I like it. From this except monkey very useful \_ product is : 2000 years first this the fruit ancient in Greece medicine considered a tool. It is below cases help gives : 1. He is thirsty suppress the temperature drops ; 2. It is one of the diseases after organism recovery help gives ; 3. Gastrointestinal system activities improves ; 4. He is nervous system strengthen it di and calm down to sleep help gives ; 5. Thinking ability and memory strengthens ; 6. There are many of them antioxidants keep the reason is from the body harmful toxins out throws ;[2] Monkey plant healing with together harmful aspects also exist. This is the product allergies to call there is no possibility not \_ From this except, he himself a lot acid keep the reason, too, him a lot consumption to do it's not good

Summary by doing to say it's okay in the body some being almost fat monkey for too use to the goal compatible. Monkey in itself A, S, V group vitamins, minerals and tissues keep cause weight loss aspirants for it is wonderful product is counted. His calories less to be despite, it is satiety feeling long until time holds. 100 grams \_ of the monkey nutritional the value is 31 kCal organize 2 grams \_ proteins, 6. 4 grams carbohydrates and 0 grams fats organize does. Of course

nature also created by given of miracles is one zero every thing the end as it is this the end of the blessing There is nature himself doctor that knew without him protect our tool is needed.

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