

### Peculiarities of the Influence of a Grub on Metabolism

**Arslonova Raikhan Rajabboevna, Jalilova Dildora Murodovna**

Assistant of the Department of Pharmacology, Samarkand State Medical University, Samarkand, Uzbekistan

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#### ABSTRACT

Zarchava is a spice and a plant that has been known to us for several thousand years. The main feature of Zarchava, which differs from other plants, is that it is an antioxidant for the human body, and at the same time, it reduces the amount of cholesterol in the blood and reduces appetite. In addition to having a direct effect on the metabolism, it improves the assimilation of glucose in the tissues, removes fats from their accumulated places, reduces the formation of triglycerides and their absorption from the intestines. used in the treatment of obesity associated with.

**Relevance of the topic:** Turmeric plant (Latin *Curcuma*) is a perennial plant belonging to the Ginger family. Zarchava plant is widely cultivated in India, Indonesia, Pakistan and China. The smell of the root of this plant is fragrant, the taste is sharp, more bitter, it is astringent, and it is used as a spice for food in the form of a fine powder. Many researches show that the use of zarchava plant accelerates the metabolism in the human body, affects the formation and breakdown of triglycerides in the blood, reduces absorption in the intestines, and reduces the amount of cholesterol in the blood. used in obesity. One of the most important properties of Zarchava plant is that it cleans the gastrointestinal tract of unnecessary toxins, improves digestion, increases the activity of the gastric glands, reduces the amount of hydrochloric acid and can reduce the formation of ulcers in the gastrointestinal tract. Many scientists In his research work, he noted that zarchava plant normalizes metabolism, has a positive effect on the activity of the gastric glands, increases the immune system, and reduces inflammatory processes. The root of this plant contains starch, essential oil, calcium, iodine, phosphorus, potassium, iron, B and C vitamins, lactone, alkaloid and yellow substance, i.e. curcumin. In addition, its rhizome contains phellandrene, zingiberine, sesquiterpene ketones, borneol and terpenoids. Zarchava is a well-known plant of ancient and modern folk medicine. People knew about zarchava more than two and a half thousand years ago, although, according to some sources, this plant was known to the Vedic culture of India more than four thousand years ago. At that time, this spice was used only in India and China. Later, it reached Greece, where this plant was called yellow ginger. The great traveler Marco Polo, who found a treasure in South China, said: "Here we grow a vegetable that has all the characteristics of real saffron, such as the smell and color, but it is not a real saffron plant." He described the plant as "the value of the Earth". In addition, in those times, all famous people of ancient medicine of Central Asia - ibn Sina, Beruni and

others used zarchava as an anti-inflammatory, expectorant, diuretic, and wound-healing agent. Nowadays, we can see zarchava in the form of crushed zarchava powder on the sales counters. Dried turmeric has high anti-inflammatory and analgesic properties. Therefore, this plant is used in the treatment of arthritis and inflammatory processes.

In home treatment and cleansing of the body, zarchava can be used in the form of a tincture, decoction, tincture, mask, bath, compress, and also in the form of adding it to ordinary food. There are some in the form of. If the zarchava is roasted and chewed, it is effective in treating toothache. Zarchava root is widely used in Ayurvedic medicine. This plant is mainly used as a blood-stopper, rejuvenator, and to improve the functioning of the digestive organs.

Nowadays, zarchavani is also used in folk medicine as an anti-tumor, deworming, anti-inflammatory, for the treatment of high blood pressure, heart disease and rapid heartbeat. Zarchava cleans the gastrointestinal tract from unnecessary mucous substances, destroys the cloudy microflora, prevents the appearance of ulcers and ensures the normal functioning of the organs of the digestive tract. It helps in the formation of erythrocytes in the circulatory system and reduces the number of harmful platelets. Regulates blood composition. In addition, it lowers the amount of cholesterol in the blood, prevents you from eating fatty and sweet foods with appetite. That is why many people use the root of this plant in order to lose weight and reduce excess weight. Mixing 1 teaspoon of Zarchava with 1 glass of warm milk and drinking it tightens the skin and whitens the color. But one thing should not be forgotten when taking it, its daily dose should be up to 7g

**The purpose of the research:** to study and apply in practice the specific characteristics of the influence of the Zarchava plant on the metabolism.

Study object and methods: Infusion. 1/2 teaspoon of zarchava powder and a pinch of black pepper are placed in an enameled bowl, 1 cup of boiling water is poured over it, covered with a lid and heated in a water bath for 15 minutes, stirring frequently. Cool for 45 minutes at room temperature and filter. The remaining raw material is squeezed out. The volume of the resulting infusion should be 200 ml. Drink 1/3 cup 3 times a day 15 minutes before meals.

The decoction, 1/2 teaspoon of ginger powder, a pinch of black pepper is put in an enameled bowl, 1 cup of boiling water is poured, covered with a lid and heated in a water bath for 30 minutes, stirring. After cooling at room temperature for 10 minutes, it is filtered. The remaining raw material is squeezed out. The volume of the obtained decoction should be 200 ml. Drink 1/4 cup 3 times a day 30 minutes before meals. Zarchava baths. Zarchava baths are used to relieve pain in muscles and joints, and also as a means of preventing inflammation. Such baths increase the body's immune system, help to avoid colds in the wet and autumn season or on a cold winter day.

Method of preparation and use: 3 tablespoons of zarchava powder should be poured into 1 liter of cold water and boiled for 10-12 minutes over low heat. The decoction is poured into a bath filled with hot water (37-38 ° C) and mixed thoroughly. It is recommended to sit in the Zarchava bath for up to 20 minutes. Do not take a shower after it. It is better to perform such procedures before going to bed. Zarchava tea is primarily recommended for those suffering from disorders in the digestive system: poor appetite, nausea, gastritis, indigestion, constipation, etc. Also, zarchava tea has a high cleansing effect, so it cleanses the body of toxins, normalizes fat metabolism and blood pressure.

**Conclusion:** Thus, Zarchava plant is of great importance in diseases of the gastrointestinal system, diseases of the circulatory system, improving metabolism, strengthening immunity, joint diseases, and protecting the liver from toxic substances by affecting the metabolism. Zarchava is also a natural antibiotic. Being considered a powerful anti-inflammatory and antiseptic, it lowers

body temperature and relieves cough. Therefore, it is widely used in folk medicine.

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