

**WILD PLANTS AS AN OBJECT OF STUDY, LIFE SAFETY, USE IN
MEDICINE AND INDUSTRY**

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Annatation. *The flora of Uzbekistan is extremely rich and diverse. Deserts and steppes, mountains and foothills, plains and river deltas coexist side by side and form an amazing landscape. This may seem incredible, but in reality, compared with the neighboring regions of Central Asia, the number of plants per unit area in the foothills and mountainous regions of Uzbekistan is many times higher.*

About 80% of them are naturally growing plants, but in recent years large areas of artificial plantations have been increasingly appearing. According to the World Health Organization, 60% of medicines used in modern medicine are prepared and produced on the basis of medicinal plant raw materials.

Keywords: *grass, raw materials, plant, taste, application, composition.*

The rich flora of the country has more than six thousand different species of plants, among which there are medicinal herbs. Such herbs are environmentally



friendly and are used as raw materials for the production of food, aromatic and pharmaceutical products.

Complex processing of plant raw materials is carried out according to all modern regulations, within the framework of which extraction, purification, concentration, standardization takes place, corresponding to all international production quality standards.

Wild plants that are not specially cared for by humans are called wild plants. That's what they started to be called because they grow in the wild. These plants adapt to their natural habitat, that is, to a natural environment where humans do not interfere. Wild plants are found even in the garden (weeds)

They grow everywhere: in the forest, in the meadow, in the swamp, high in the mountains, in reservoirs. Wild plants can perfectly exist without human intervention. To do this, they use what surrounds them.

The most famous and growing in almost all climatic zones of Uzbekistan, which are difficult to confuse: dioecious nettle, medicinal dandelion, large burdock (burdock), bitter wormwood, large plantain, raspberry, chamomile, red clover, hanging birch. hawthorn, rhubarb, knotweed, gooseberry, burdock, horsetail, quinoa, primrose,. Plants with a pronounced taste and aroma, such as tansy, shepherd's purse, wormwood are added in small quantities as edible wild plants

There are wild trees — birch, oak, aspen, shrubs — juniper, hazel, herbaceous plants — nettle, dandelion, clover.

Many wild plants can be eaten or used as raw materials in industry, medicines, perfumes, cosmetics are made from them, dyes and tannins are obtained. A person uses various parts of plants for his needs: roots, stems, leaves, seeds, fruits, inflorescences. There are several ways to process raw materials of wild plants. Food plants are dried, boiled, salted, pickled. Medicinal plants are usually dried, teas, collections, infusions, decoctions, extracts are made. The first were herbaceous and woody species that were consumed for food, later those that were used for medicinal purposes, to produce fabrics and building materials, began to be grown. Medieval apothecary gardens and gardens at monasteries provided food and medicinal raw



materials. Wild plants are very common in nature. They are important for nature as a whole. The fact is that these plants are a source of food for various animals. If they are destroyed, then food chains will be disrupted because of this. There are many decorative, beautifully flowering plants in the field that decorate natural landscapes and can be artificially bred. The most important of them are: spring adonis, irises, bluebells, lily of the locust, kupalnitsa, thin-leaved peony, willow. Locals know firsthand about the miraculous effects of such plants. They are eaten, added as spices, brewed tea, used as medicines, as well as in cosmetology. In pharmacies and cosmetic stores, you can buy products from monotraves, special herbal teas, herbal bath preparations, various useful additives, essential oils and much more. Each product contains a complex of natural minerals, vitamins and biologically active substances.

The purpose of the study. To study some plants, their use and contraindications.

1. Rayhon (basil)

Rayhon is a pleasant-smelling plant, it is not whimsical and grows in almost every home. The plant is known all over the world as basil, but in Uzbekistan it is raykhon. Rayhon is a natural antibiotic, it is used as an antipyretic and bactericidal agent. It has been used since ancient times in the treatment of colds caused by various pathogens. The substances included in this plant reduce muscle pain, relieve inflammation, remove sputum from the bronchi and lungs, help fight cough and runny nose.

In addition, basil is actively used in perfumery and in the manufacture of essential oils. There are several types of basil and each has its own flavor: aniseed, lemon, clove, broadleaf. Patients with a diagnosis of myocardial infarction, people who have suffered a heart attack, as well as with thrombosis and thrombophlebitis, absolutely against the indications of taking rayhon, coriander, angelica, which cause a sufficiently active increase in the blood clotting process.

2. Cilantro (coriander)



Cilantro grows easily and freely in Uzbekistan. The plant has excellent cleansing properties. The substances contained in the plant help to remove heavy metals from the body and neutralize their harmful effects. Coriander seeds are also great for purifying water. To do this, it is enough to put a bag of seeds in a container with water for a short time. Hypotension patients should not take coriander, dill, fennel.

3. Fennel

Fennel fruits are very useful. It contains such powerful substances as anethol, an anti-cancer drug, vitamin C, dietary fiber, which reduces cholesterol levels in the blood. In addition, fennel reduces stress levels, calms the nervous and digestive systems, and successfully fights colds, stomatitis and pharyngitis. Fennel has practically no contraindications, so it is successfully added to food, given to young children and pregnant women.

Noble mint is the most important component (menthol) in essential oil. Mint tea is an effective remedy in the fight against disorders of the gastrointestinal tract. Mint soothes the nervous system, helps relieve pain and removes excess water from the body.

4. Clover

Clover can be found throughout Uzbekistan, but most of all in highly humid places. Several types of clover grow on the territory of Uzbekistan, each of which is widely used in folk medicine. Decoctions are made from strawberry clover and used for diseases of the spleen. Inflorescences are infused from meadow clover and used for bronchitis, cough, anemia, malaria, asthma. Decoctions are made from creeping white clover and used as a restorative, analgesic and tonic.

Research methods:

60 patients aged 15 to 65 years with inflammation of the upper respiratory tract were examined and an infusion of basil and coriander was prescribed.

Results. Pharmacological studies have established that the infusion of basil herb is recommended for inflammatory diseases of the upper respiratory tract, as well as diseases of the bladder and urinary canals, colds, runny nose and fever.



Conclusion. The pharmacological data we have obtained allows us to recommend basil herb as a therapeutic and dietary remedy for ballrooms.

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