Green wealth of Uzbekistan and its useful medical properties

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ABSTRACT

The use of natural resources in the territory of Uzbekistan creates several conveniences. First of all, thanks to the good climate of our region, our nature, especially flora, they are different and extensive. Medicinal plants are of particular importance in the flora. Before collecting plants there is a simple rule to follow. For example, it is impossible to collect medicinal plants from roadsides near cities and factories. We need to know when to harvest the plant and which part has unique properties. It is necessary to collect plants very carefully. We must not forget that some of them are dangerous and poisonous.

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O'zbekistonning yashil boyliklari va ularning foydali shifobaxsh xususiyatlari

ANNOTATSIYA

Mazkur maqolada o'simlik dunyosida alohida ahamiyatga ega bo'lgan dorivor o'simliklar haqida ma'lumotlar berilgan. Shuningdek, o'simlikni yig'ish va qaysi qismi noyob xususiyatlarga ega ekanligi haqida fikrlar bayon etilgan.

Kalit so'zlar:

tabiat, o'simlik dunyosi, dorivor o'simliklar, dorivor xususiyatlari, xalq tabobati, tasnif, dorivor o'simlik foydasi, o'simliklar ildizi, ta'siri, tabiat ne'matlari, tabiyy boyliklar.

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Зеленые богатства Узбекистана и их полезные лечебные свойства

АННОТАЦИЯ

Использование природных ресурсов на территории Узбекистана подразумевает соблюдение определённых условий. Благодаря благоприятному климату данного региона, его флора и фауна отличаются богатством и разнообразием, среди которых особенно выделяются лекарственные растения. Перед началом их сбора важно придерживаться определённых правил: например, избегать мест неподалёку от дорог, городских территорий и промышленных объектов. Важно знать оптимальное время для сбора растений и какие именно их части обладают целебными свойствами. При сборе растений требуется проявлять осторожность, учитывая наличие среди них опасных и ядовитых видов.

The territory of the Republic of Uzbekistan is a region that is rich in flora and fauna. There are many types of medicinal plants useful for traditional medicine in our country. This makes it possible to create medicines aimed at preventing several diseases using medicinal plants in our country.

However, no matter what the flora is, from year-to-year climate change and external influences lead to their numbers declining. To prevent this, it is necessary to use properly and plant natural medicinal plants. A number of laws and decisions related to the Cabinet of Ministers of the Republic of Uzbekistan are being developed in order to protect medicinal plants in the Republic of Uzbekistan from various dangers and use them in a beneficial way. These decisions are as follows: "On strengthening nature protection and improving the usage of natural resources", "On improving the protection of forests and the usage of forest resources". It is desirable to learn about some medicinal plants found in our country and their medicinal properties and usage for various purposes. There are many wonderful tools that nature has given us, unfortunately, we cannot learn them enough and apply them in our lives. If we knew all these things and knew how to use them, natural medicines would help us in our lives, but not chemical products.

Herbs are used to treat people and animals, to prevent diseases, as well as in the food, perfumery, and cosmetic industries. It has been determined that there are 10-12 thousand species of medicinal plants on the earth. The chemical, pharmacological, and properties of more than 1000 types of plants have been investigated. There are more than 700 species of medicinal plants in Uzbekistan. About 120 species of cultivated plants grown in natural conditions are used in scientific and folk medicine.

Currently, about 40-47% of medicines used in medicine are obtained from plant raw materials. Plants are living natural chemical laboratories with complex
structures and the ability to create complex organic substances or compounds from simple inorganic substances. Dried herbs, shoots, roots, rhizomes, buds, bulbs, barks, leaves, flowers, buds, fruits (seeds), seeds, juice, pulp, essential oil, etc. are used medicinally. Medicinal plants are classified in two different ways: 1) depending on the composition of active substances – alkaloids, glycosides, essential oils, vitamins, etc. 2) depending on their pharmacological properties – sedative, analgesic, hypnotic, affecting the cardiovascular system, central nervous system stimulant, hypotensive, etc. The effect of medicinal plants on the body depends on the number of chemical compounds in its composition. These compounds accumulate in various parts of the plant. The period of high effectiveness and quality of the drug corresponds to the time of the beginning of their flowering and seeding period. Medicinal substances are stored in the bud, leaf or stem of some plants, in the flower or fruit of some plants, in the root or bark of some plants. Therefore, the part of plants with the most biologically active substances is harvested.

Roots, rhizomes, bulbs and buds of plants are usually prepared during the period when the plant goes into sleep – in late autumn or before the plant wakes up – in early spring. The fruits and seeds of the plant are collected when they are ripe, because they are rich in medicinal substances at this time. Freshly harvested medicinal plant product contains moisture (up to 85% in the above-ground organs, up to 45% in the roots). If this moisture is not removed (by drying), the plant will rot and the medicinal substances will break down and become unusable.

Medicinal herbs have been used in the treatment of diseases since ancient times. Works containing information about medicinal plants were written in the countries of India, China, and Ancient Egypt 3-4 thousand years ago. In the East, especially in the folk medicine of Central Asia, treatment using medicinal plants has its own ancient traditions. Regarding the use of medicinal plants for medical purposes, Abu Ali Ibn Sina’s work "Al-Qanun" contains information about the medicinal properties of about 476 plants and the methods of their use.

Currently, the types of medicinal plants have increased, and folk medicine has been enriched with medicinal plants. Such medicinal plants as pomegranate, bittersweet almond, dogwood, walnut, frankincense, pistachio tree, wormwood, mint, rubella and others are widespread.

At Tashkent Pharmaceutical Institute named after S.Q. Islambekov, various district medicines are prepared from medicinal plants grown and cultivated in Uzbekistan. The Institute of Chemistry of Plant Substances of the Academy of Sciences of Uzbekistan has a great service in finding medicinal plants and extracting alkaloids from them. In the institute, various organs of more than 4000 plants were studied to obtain alkaloids, and about 1000 natural compounds were isolated from them. On this basis, more than 20 valuable drugs such as cytisine and galantamine were created and introduced into medicine. Essential oil, medicinal, and dye plants of the Institute of Botany and Botanical Garden of the Academy of Sciences of Uzbekistan. scientific staff in cooperation with specialists created the
"Bile-inducing Hojimatov's compound" prepared from the raw materials of medicinal plants, ecologically clean and highly effective in the treatment of jaundice (hepatitis), the most dangerous of the common infectious diseases in the region of Central Asia, and this compound is allowed to be used and produced in scientific medicine (1997). Also, the technology of planting medicinal plants is being studied at the Department of Botany of Samarkand State University, Tashkent State Pharmaceutical Institute. There are special farms that grow medicinal plants in Tashkent, Namangan, Jizzakh, Samarkand, Kashkadarya, Surkhandarya regions and Khorezm Mamun Academy. The raw materials of wild medicinal plants are mainly prepared by the republican state-joint-stock concern "Uzfarmsanoat", press companies, and the farms of the "Shifobakhsh" production association of the Ministry of Agriculture and Water Management of Uzbekistan.

One such plant is saffron, known as the "Sultan of spices", which is considered a valuable raw material for the food, pharmaceutical, and perfume industries which is both medicinal and spice, and is the most expensive plant in the world today. Saffron is grown in large plantations in the countries of the Mediterranean, the Middle East, Central and South Asia, including Iran, India, Turkey, Greece, Italy, Pakistan, the USA, Azerbaijan, Russia, and today also in the territories of Uzbekistan. This plant is a perennial herb with a height of 10-30 cm. The root is 2-3 cm. A bunch of leaves appear on the plant 10-15 days before the flowering period.

We can say that the medicinal nature of our country is a great opportunity for us. It is up to us to use this opportunity. By preserving such richness of Uzbekistan, we have the opportunity to use its various useful aspects. That is, it is better to use natural things and use natural means.

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Kahhor Hojimatov.