

IMPORTANCE AND ROLE OF NATURAL MEDICAL PLANTS IN THE FIELD OF MEDICINE

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Abstract: This article contains interesting information about medicinal plants and when to use them, why medicinal plants are used in medicine.

Key words: Natural, medicinal plants, medicine, preparation, pharmacognosy, basil, parsley, anise, peppermint.

Medical plants are the plants used in medicine to treat certain diseases and to prevent them. The study of medical plants is called pharmacognosy. The word pharmacognosy is composed of the Greek words pharmakon, poison, drug and gnosis, and is a science that teaches medical products obtained mainly from medicinal plants and partly from animals.

Medicines are prepared from medicinal plants or medical preparations and pure medicinal substances are obtained from medicinal plants for the purpose of treatment and prevention. For this, the parts of these plants that are rich in biologically active substances that have the properties of treating diseases, that is, some plants from underground organs, and some from above-ground organs is used. Sometimes drugs, medicinal preparations and pure substances are prepared and extracted from essential oil, tars, oils and fats, tree glues, poisons, lanolin, propolis and etc. Obtained by primary processing of plants and animals.

Organs of medicinal plants and animals used for the preparation of pharmaceutical drugs and medicinal preparations and pure substances, or products obtained from them through primary processing, are called medicinal products.

Pharmacognosy is of great importance in medicine. Because despite the high development of chemical science, especially synthetic chemistry, and many powerful medicinal substances obtained by synthesis, about 40% of medicinal preparations used in medicine are still obtained from plants. This number reaches 80% in medicinal preparations used in the treatment of certain diseases, such as cardiovascular diseases. In the future, it is expected that herbal preparations and medicinal plants will be more widely used in medicine. Medicinal plants and preparations obtained from them.

The reason for the further increase in demand in the future was obtained by synthesis long-term continuous consumption of any chemical medicine causes various unpleasant changes in human and animal body. For this reason, the demand for

phytopreparations and medicinal plants has been increasing in the world in recent times. This, in turn, leads to an even greater increase in the importance of the science of pharmacognosy.

History of the study of medicinal plants. Mankind since ancient times has been using plants as a healing agent.

1. There are 10-12 thousand medicinal plants on earth. There is an aroma.
2. 577 medicinal plants in Uzbekistan type is available.
3. Of these, 250 species are currently used in scientific medicine.
4. The effect of medicinal plants on the body of compounds contained in them depending on the amount.
5. These compounds are different from the plant it accumulates in different amounts in parts.

6. Since ancient times, people have been using wild plants to treat various diseases.

In my opinion, medicinal plants have a great place in medicine. Our great intellectuals have found their cures from this method since ancient times. For example, our intellectual Abu Ali ibn Sina, who studied medicine very well, used medical plants all his life. To leave what he knew to future generations, he writes "The Laws of Medicine". He even included his wise words in this book.

1. "If you are engaged in physical education, there is no need for any medicine, for this it is necessary to follow a certain order. Panic is half a disease."

2. "Calmness is half health. And patience is the beginning of healing."

3. "If there was no dust and smoke in the air, a person would live for a thousand years."

Medicinal plants:



in the production of perfumes and essential oils. There are several types of basil and each of them has its own taste: licorice, lemon, clove, broad-leaf.

Basil is a fragrant plants that is not demanding and grows in almost every home. Around the world this plant is known as basil, but in Uzbekistan it is basil. Basil is a natural antibiotic and is used as an antipyretic and anti-bacterial agent. It has been used since ancient times to treat colds caused by various pathogens. The substances contained in this plant reduce muscle pain, prevent inflammation, remove phlegm from the bronchi and lungs, and fight cough and runny nose. In addition, basil is actively used





Parsle(corionder)- parsle grows easily and freely in Uzbekistan. The plant has excellent cleansing properties. Substances contained in the plant help remove heavy metals from the body and neutralize their harmful effects. Parsle seeds are also great for water purification. To do this, you just need to throw a packet of seeds into a bowl of water in a short time.

Anise- fruits are very useful. It contains powerful substances such as anti-cancer agent-anethole, vitamin C, nutrients that reduce blood cholesterol. In addition, fennel reduces stress, calms the nervous and digestive systems, and successfully fights colds, stomatitis, and pharyngitis. Anise has almost no contraindications, so it can be easily added to food given to young children and pregnant women.



Peppermint-is a component of essential oil. Peppermint tea is an effective tool in the fight against disorders of the gastrointestinal tract. Peppermint calms the nervous system, relieves pain and removes excess water from the body.

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