



# Interdisciplinary Conference of Young Scholars in Social Sciences

---

## MEDICINAL PROPERTIES OF GINSENG

*Toyirkhon Saidxonov, Bobur Raxmatov*  
*Samarkand Institute of Veterinary Medicine*

**Abstract:** The uniqueness and importance of the Ginseng plant, which is a unique medicinal plant in nature and can cure many diseases.

**Keywords:** Root, stem, cell, antioxidant, ginsenoside, cancer, placebo.

Ginseng (*Panax ginseng*) is a perennial herb of the Araliceae family. An ancient plant that grows naturally in East Asia, China and Korea. It has long been known as a medicinal plant (drugs derived from the roots increase the body's energy). It is 30-50 cm long, the leaves are claw-shaped, the flowers are small, bluish, in umbrella-shaped inflorescences. The fruit is soft. The fleshy root is cylindrical, fragrant and has a bitter taste. The upper part of the root is thicker, the lower part is branched, partly reminiscent of the human body. That is why it is called "Ginseng", which means "human root" in Chinese. The root weighs 20-25 g. Ginseng's natural reserves have been greatly depleted. Therefore, it was planted in many places. It is grown in the Botanical Garden of Uzbekistan.

### **It can have potential benefits against cancer.**

Ginseng can help reduce the risk of some cancers. The ginsenosides in this herb have been found to help reduce inflammation and protect against antioxidants.

Cell cycle is the normal growth and division of cells. Ginsenocytes can benefit from this cycle by preventing abnormal production and growth from the cell.

Reviewing various studies, ginseng showed that people who took it had a 16 percent lower risk of developing cancer.

In addition, observational studies have shown that people who use ginseng are less likely to develop certain types of cancer, such as lip, mouth, esophagus, stomach, colon, liver and lung cancer.

Ginseng helps to improve the health of patients undergoing chemotherapy, reduce side effects and increase the effectiveness of some therapeutic drugs.

Although research on the role of ginseng in cancer prevention has shown some benefits, they remain ineffective.

Ginseng can increase energy levels, reduce fatigue. Ginseng has been shown to help fight fatigue and improve energy levels. In the study of various animals, compounds such as polysaccharides and oligopeptides in ginseng prevent oxidative stress and ensure high energy production in cells, which helps fight fatigue.

A four-week study studied the results of 1 or 2 grams of *Panax ginseng* or placebo chronic fatigue.

Those who took *Panax ginseng* experienced less physical and mental fatigue than those who took a placebo.

Another study gave 364 people 2,000mg with chronic fatigue. American ginseng or placebo. Eight weeks later, the fatigue level of patients in the ginseng group was lower than in the placebo group.

# Interdisciplinary Conference of Young Scholars in Social Sciences

In addition, more than 155 studies have been reviewed, showing that ginseng supplements reduce fatigue as well as increase physical activity.



The biggest health benefit is ginseng root ... It is rich in pectin, sucrose, essential oils, organic acids and fatty oils.

It also contains many biologically active substances that are beneficial to the body, for example:

- B group vitamins;
- Group C, D, A, F, E glycosides;
- Nicotinic acid;
- Pantothenic acid;
- Folic acid;
- Micro and macronutrients (magnesium, manganese, calcium, phosphorus, etc.)

Ginseng roots contain large amounts of valuable components: J ginseng root Panaxic acid, panaksozidy, panakvilon, essential oils. It is also proven that the roots are rich in phytosterols, alkaloids, resins, mucus, ascorbic acid, sugar, manganese, vitamins, iron and other elements.

The root of the plant heals wounds, improves vision, relaxes the nervous system and relieves pain. It is used in its preparation, Botkin's disease, they have a beneficial effect on the patient. In traditional medicine, the plant is used in the form of ointments, tinctures, salts, teas and tinctures.

## References:

1. Kholmatov H.X., Khabibov Z. H., Pharmacognosy [Textbook], T., 1967; Nabiyev M, Medicinal herbs, T., 1980; Khojimatov K., Olloyorov M.,
2. Medicinal plants of Uzbekistan and their protection, T., 1988; Kholikov K., Medicinal plants in the south of Uzbekistan, T., 1992; Hojimatov Q.H., Yuldashev K.Y., Shogulomov U.Sh., Khojimatov O.K.,
3. Medicinal herbs ointment for diseases (Phytotherapy), T., 1995; M urdoxayev Yu.M.