

MEDICINAL PLANTS WIDELY USED IN FOLK MEDICINE IN JIZZAKH REGION

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Anotation: This article is dedicated to study the medicinal plants widely used in folk medicine common in jizzakh region. This is not only the nature of the wealth of medicinal plants, but also plays an important role in human health. Common in the region of medicinal plants research, composition, properties and provides information about the role in folk medicine.

Key words: Dzhizak medicinal plants, folk medicine, herbal therapeutic properties, Dzhizak region countries in the biology of medicinal plants.

Access

Create the world of plants in each region of uzbekistan, in particular biological diversity, the importance of medicinal plants in medicine has been increasing. Region jizzakh mountain, steppe and desert regions separated with this area ensures the diversity of medicinal plants. Using these medicinal plants in folk medicine for centuries of jizzakh region come from. As a result, the medicinal plants of this region have become an integral part of medicine of the national culture. Region jizzakh this article aims to analyze the therapeutic properties of medicinal plants commonly used in folk medicine. The nature of uzbekistan's rich and diverse, has different climate zones. In particular, the geographic location of the project region, the proximity of the mountain and steppe zone, valley, mountain before, and because of the many medicinal plants growing o'rmonzor the meadows area. Of the population of medicinal plants that grow in natural conditions using effective from ancient times in folk medicine comes. These plants are the treatment of diseases, health restoration and maintenance is widely used for these purposes.

Most of linen spread jizzakh region one of the popular medicinal plants (drum lynn usitatissimum) is, its the seeds of internal diseases, especially is used for gastrointestinal problems. Flax seed decoction prepared colds, bronchitis mucus in ko'chiruvchi is useful as a means.

Bulk

Region jizzakh its natural resources, in particular, with a wealth of medicinal plants stand out. The medicinal properties of plants widely used in folk medicine for centuries in this area has found their proof. Only medicinal plants health is to advance, but also plays a role in maintaining the ecological balance is also important biological. Region jizzakh mountain, steppe and desert areas of their composition ensures the diversity of medicinal plants in folk medicine and is used as an effective tool in the treatment of various diseases. These plants are a part of medicine not only national, but also is an important resource for scientific research.

Region jizzakh the mountain regions of biological significance and indications of common medicinal plants in folk medicine has a large coverage. Sho'ra that grow on the mountain slopes of the plant has anti-inflammatory popular among the people as the means, its antibacterial properties are used in the treatment of various diseases. While Kiyiko't respiratory and effective in the prevention of diseases of the bronx. These plants are the mountain environment are adapted to the severe conditions, if accumulated, allowing a high level of healing substances in their content. Of mountain plants in their nature to naturally increase the therapeutic properties provides, it is widely used in folk medicine ground creates.

Isiriq (peganum harmala), while in the region not only medicinal, spiritual values, but also rich in plant. It respiratory diseases, rheumatism and disorders of the nervous system is widely used among the people against the antichrist. While the fumigation isiriq clean air and the loss of bacteria in order sh is performed.

Licorice (glycyrrhiza glabra) root, colds, cough and are used since ancient times in the treatment of angina. Tinctures prepared from the root of this plant has anti-inflammatory and soothing properties. The activity of the liver also well licorice root is also useful in the pros.

Thistles (Alhagi pseudalhagi) while Jizzaxning steppe and desert regions are common. This plant is diuretic and has anti-inflammatory properties if the kidneys and urinary tract diseases. Pelvic its root tincture is prepared from h and helps to dissolve.

Onion (allium cepa) and garlic (allium sativum) is also one of the integral parts of folk medicine. They are known as natural antibiotics which fight against infections is, strengthen immunity, blood pressure norms to hold the cardiovascular system April tahkamlashda is widely used.

Also, April basil, mint, chamomile, black cumin, fennel, red basil, alfalfa, wormwood, almond blossom, and plants such as wormwood also widely consumed. The majority of these plants added to food, or tincture, decoction, is used in the case of compress. Especially in mountainous regions which grow archagul, thistles, dandelion plants like respiratory, stomach, diseases of the nervous system is used.

Medicinal plants that grow in the steppe regions of health in strengthening plays an important role. Chuchukmiya in folk medicine to boost immunity, colds, and is widely applied in the treatment of respiratory diseases. The active ingredients in its structure to the body protects from harmful factors. Also, common barberry liver in the steppe of the plant and is used in the treatment of diseases of the kidney. This steppe plants adapted to the environment are their continue to be applied in folk medicine for hundreds of years has been. Steppe plants will become an integral part of the national culture of medicine, the therapeutic properties of them.

The medicinal plants that grow in desert areas adapted to severe climatic conditions is, their biological composition includes valuable therapeutic properties. Thistles plant in folk medicine diseases of the colon and is used in the treatment of chills. In its structure, anti-inflammatory substance not only in the prevention of diseases, but also harmful for the body also effective in protecting. Another wilderness of the territory of medicinal plants – fig, dry herbal cleanse the colon and improve digestion adapted to the environment that are widely applied. These plants were widely used in folk medicine, medicinal dzhizak region enriches the resources.

Region jizzakh Universal among the people of medicinal plants are widely used. For example, in folk medicine, chamomile is anti-inflammatory and is popular as a calming tool. Its features, such as

reducing stress, improving sleep helps. While No'xatgul asabiy strain and reducing the depression, to improve the activity of the nervous system is used. These plants are not only therapeutic, but is also widely used in the structure of modern drugs. Their folk medicine and scientific research within the framework of the importance of these plants to be applied increases.

The population of this region Jizzakh of medicinal plants for health and plays an important role in the restoration of enriching the national culture. The national therapeutic properties of them not only in medicine, but also is also widely used in scientific research. Learn the resources of medicinal plants in the region and retain them in providing ecological stability, is important in creating new opportunities in the health care system.

Summary

Region jizzakh biological diversity of medicinal plants not only reflects, but also as a part of medicine of the national culture plays a role. These plants were widely used in folk medicine, and prevention of various diseases and will serve as an important tool in the treatment. Them deep and wide study of the effective use of resources through the application of nature, health and environmental sustainability to create new opportunities in the storage system can ensure. Folk medicine among the population of jizzakh region with high confidence. Many recipes specific treatment has been passed down from generation to generation in families themselves. Caution is required because some side effects in the use of medicinal plants this plant is able to ir be may. Words to conclude, a medicinal plant of great importance in folk medicine, dzhizak region is, these plants plays an important role in the treatment of various diseases. Their natural, cheap, and environmentally friendly, the possibility of combination with the presence of modern medicine – this shows the need for the preservation and development of the rich heritage of folk medicine.

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