pISSN:2349-5707 Volume:13,Issue 2, February -2026 eISSN:2349-5715

USEFUL MEDICINAL PROPERTIES OF LEAVES AND FRUITS OF TRICOLOR VIOLET GROUND AND FOREST STRAWBERRY. BENEFICIAL PROPERTIES OF CENTAURY FLOWERS - FLORES CENTAUREAE.

Makhmudova Mekhriniso Ergashevna

teacher of the Department of "General Sciences" of the Asian International University

Abstract

Currently, respiratory diseases, bronchial diseases, and urinary tract diseases are extremely common among people. Medicinal preparations of this plant are considered to have a beneficial effect in such diseases.

Keywords

Allergy, pneumonia, bronchi, urea, minerals, acid, vitexin, orientin and violaquercetin, flavonoids, anthocyanin glycosides.

Viola tricolor L. and Viola arvensis Murr.; related plants belong to the Violaceae family.An annual or biennial herb, 10-40 cm tall. The stem is branched or unbranched, erect. The leaves are simple, alternate, arranged in a whorl on the stem. The stems and branches end with a single flower. The upper two petals of the tricolor violet are purple, and the lower three are yellow. The tricolor violet flower type is a simple frondosian inflorescence. The flowers are zygomorphic, long, three- or four-lobed, glabrous or slightly pubescent, on curved peduncles at the top, arising singly from the leaf axils; Each plant has its own upper tier, on the side of the flower, 2 branches. The corolla is slightly larger than the sepal. The corolla of the field violet is yellow, smaller than the sepal. The fruit is a round-triangular, oblong-ovate, glabrous, thick, 10 mm long, one-celled green capsule, with three carpels of the same size, the flaps are rounded, the arches are boat-shaped. The color of the seed is light or light yellow. The surface Seeds ripen from June. The weight of 1000 seeds is 0.4-0.5 g. The sprout is stored for up to two years. It blooms from April to late autumn. This plant grows on forest edges, in fields, meadows, among bushes in Ukraine, Belarus, Moldova, the European part of Russia and Western Siberia. Field violet is widespread and is found as a weed in fields and arable land. In the preparation of the product, the above-ground part of the plant is mainly collected when it is in bloom, spread thinly on a cool surface and dried. The finished product consists of a mixture of the stem, leaves, and flowers of the plant. The stem is three-sided and hollow inside. The leaves on the lower part of the stem are long-stalked, rounded, egg-shaped, about 6 cm long, while the leaves on the upper part are oblong, arranged in a row on the stem with a short stalk. Each leaf has two additional leaves. The additional leaves are separated and longer than the leaf stalk.

pISSN:2349-5707 Volume:13,Issue 2, February -2026 eISSN:2349-5715

The product has a weak odor and a sweetish-mucous taste.

Rutin, vitexin, violaquercetin flavonoids, anthocyanin glycosides, carotene and other carotenoids, vitamin C, salicylic and ursolic acids, mucilage, and saponins are present.

Uses. In medicine, medicinal preparations prepared from the above-ground parts of both types of marigolds are used as expectorants and diuretics in respiratory diseases. We can prepare a decoction from this plant and consume it at home.

Leaves and fruits of wild strawberries. Wild strawberries (strawberries) - Fragaria vesca L.; belongs to the Rosaceae family. Perennial, 5-20 cm tall, brown, rhizomatous and small-rooted herb. The stem is single or multiple, erect, hairy, with one or two poorly developed simple leaves, the upper part is sparsely flowered, ending in an umbellate or shield-shaped inflorescence. From the rhizome, long, thin - fibrous, creeping branches grow and take root from the joints and settle on the ground, as well as basal leaves. The leaves are long-striped, three-bladed. The leaves are unstriped, elliptical or rhombic, with large toothed edges, dark green, the lower side is more hairy and light green with a bluish tint. The flowers are large, long-

The fruit is an ovoid or broadly elliptical, red, pleasant, sweet-sour taste, fragrant, juicy, fleshy, pseudo-fruit formed from the flower stalk. It contains small, dry true fruits - pistachios. It blooms in May-June, the fruit ripens in June-July.

This medicinal plant grows in the forest and forest-steppe zone of Ukraine, Belarus, the Baltic States, the European part of Russia, in forest meadows in Siberia, the Caucasus, Kazakhstan and Central Asia (in the Tien Shan mountains), in open and dry places in the forest, among bushes, in mountainous and dry places. The leaves are cut off or cut short after flowering and are restored in the fall and in the shade. When the fruit is fully ripe, it is picked without any flowers after the morning dew has appeared. The finished product consists of prepared products and some fruits.The dried fruit is red, ovoid or broadly elliptical, with a unique pleasant taste and aroma. The composition of strawberry leaves is vitamin C, carotene, rutin and other flavonoids, phenolic compounds, fragarine glycoside, alkaloids, triterpene saponins, astringents and other adjuvants.

The fruit contains organic acids, vitamins C, B1, B2, P, E, flavonoids, coumarins, phenolic carboxylic acids, essential oil, carotene, folate acid, microelements (iron, manganese, copper, chromium and others), pectin, astringent, seeds contain oil.Uses. Medicinal preparations of leaves and fruits are used in scurvy and other avitaminosis diseases, as a diuretic (kidney and urinary tract diseases), in gout, anemia, to stop uterine bleeding, in the treatment of wounds, skin and other diseases.

Medicinal preparations.

pISSN:2349-5707 Volume:13,Issue 2, February -2026 eISSN:2349-5715

Decoctions and decoctions are prepared from leaves and fruits.

Annual herbaceous plant, 40-80 cm tall. The stem is erect, the upper part is branched. The stem is

banded, with a feathery part, and the plant dries up before flowering. The upper part of the rest of the stem is narrowly lanceolate or linear, with a straight edge. The leaves are arranged in a row on the stem without a band. The flowers are collected in a basket. The fruit is a black or

yellow-colored pistachio with a pointed tip.

It blooms in June-July, the fruit ripens in August. The plant is found mostly in Moldova,

Ukraine, Belarus, the European part of Russia, the Caucasus, Central Asia Minor and the Far East.

Product preparation. When the plant blooms, collect the baskets and

pick the product and the funnel-shaped flowers on the edge and partially tubular flowers in the middle by hand.

The wrapper and flower stalk are discarded. The collected soya is cleaned.

The finished product is a sexless, blue funnel-shaped and partially double-walled basket at the edge

consists of purple tubular flowers. Other cynarin, centaurin and cicornin glycosides, cyanin, pelargonin chloride and cyanidin-3,5-diglycoside anthocyanins, flavonoids polysaccharides, a combination of rotenoids, osmanthus boron, cicor.

Use. In medicine, decoctions from the flower of the blueberry are indicated as a means of transport for diseases of the bladder. In addition, since the blueberry has a bile-stimulating effect, it is also used in diseases of the liver and gallbladder. Infusion and decoction. Blueberry flower tea - acomponent of the collection.

Blueberry hydrolate has a soothing and regenerating effect, helps to eliminate irritation, returns a feeling of comfort and freshness to the skin, improves turgor and helps to tighten pores. Suitable for the care of the delicate skin of the eyelids: relieves swelling, smoothes fine wrinkles around the eyes. Blueberry water is also useful for the face and other parts of the skin as a natural tonic and excellent moisturizer! Properties: tones and moisturizes the skin

pISSN:2349-5707 Volume:13,Issue 2, February -2026 eISSN:2349-5715

Soothes, relieves irritation quickly relieves swelling from the eyelids.

Dorivor Toloknyanka bargi va novdasi

Plant name. Uvae Ursi bearberry is an evergreen shrub reaching 25-30 cm in height. The leaves are simple, thick, arranged alternately on a short stalk. The flowers are collected in a drooping panicle. The fruit is a red, 5-seeded, inedible, wet fruit. It blooms in May-July, and the fruit ripens in July-September.

Bearberry grows in dry pine forests, in mountainous areas and in open, sandy areas. It is mainly found in Belarus, Ukraine, the Baltic states, the European part of Russia, the Far East, the Caucasus Mountains, and Eastern Siberia. The product is collected twice a year: in spring, before the plant blooms and begins to bloom, and from the moment the fruit ripens until it falls off. The finished product consists of a short-stalked, oblong-ovate leaf. The leaf blade is reticulate, with straight edges, hairless, shiny, dark green on the upper side, dull, light green on the lower side, 1-2.2 cm long, 0.5-1.2 cm wide. Young leaves have very fine hairs on the edges, which later fall off. The product is odorless, has a strong astringent and bitter taste.

The composition of the Toloknyanka leaf includes up to 8% arbutin and a small amount of methylarbutin glycosides. In addition to arbutin and methylarbutin glycosides, the product contains up to 30-35% of the pyrogallol group of tannins, 6.1% of gallic, ellagic, quinic, formic and ursolic acids, free hydroquinone, flavonoids, myricetin, catechin, anthocyanins and other compounds.

The Toloknyanka preparation is used for disinfection and urination in diseases of the urinary tract and bladder.

Medicinal preparations. Decoction. The leaf is used as a diuretic tea.

Technology for preparing the tincture:

Measure 10.0 g of dried or freshly picked leaves of the tricolor sunafsha, put them in a glass and pour 100 ml of boiled water over them, cover and let them stand for 15-20 minutes, strain through clean sterile gauze and add water to the tincture to make 100 ml. Add a pinch of sugar to the prepared tincture according to the instructions and recommend that the patient drink a tablespoonful 3 times a day half an hour before meals.

pISSN:2349-5707 Volume:13,Issue 2, February -2026 eISSN:2349-5715

REFERENCES USED:

1. Gubanov I. A. 922. Viola tricolor L. — Fialka trioxtsvetnaya //
2. Illustrirovannyy opredelitel rasteniy Sredney Rossii : v 3 t. /
3. I. A. Gubanov, Page Template:Shablon:Comment/styles.css has no content.K. V. Kiselyova, V. S. Novikov, V. N. Tikhomirov. — M. : Tovarishchestvo nauch. izd. KMK : Institute of Technology. issled., 2003. — T. 2 : Pokrytosemennenye (dvudolnye: razdelnolepestnye). — S. 577. — 666 p. — 3000 ex. — ISBN 9-87317-128-9.