

USE OF MAVRAK SPECIES IN FOLK MEDICINE AND MEDICINE.

<https://doi.org/10.5281/zenodo.11653413>

Sayramov Fayzullo Baratjon o`g`li

Student of Agrarian joint faculty

of Fergana State University

Abstract

This article describes the use of representatives of the mavrak group in medicine and their importance in human life. Marmarakis a genus of perennial plants or semi-shrubs. The homeland of representatives of the Marmarak genus is considered to be the shores of the Mediterranean Sea. Marmarakplant belongs to the Lamiaceae L - family of sedges, Salvia L. - sage, marmarak, flax family. In Latin "salvara" means to heal. Most species of the category are used for therapeutic purposes. Representatives of this category are annual and perennial grasses, shrubs, and in tropical countries, shrubs and trees. Lamiaceae (L.) is a large family consisting of 170 genera and 3400 species, distributed mainly in warm and temperate regions.

Key words

family of lamiaceae, mavrak, bush, decoction, tincture, essential oils, extract.

INTRODUCTION

The decision of the president of the Republic of Uzbekistan PQ 2909 "on measures for the further development of the higher education system" was adopted in order to radically improve the higher education system, to revise the content of Personnel Training, to ensure the creation of the necessary conditions for the training of specialists with higher education corresponding to the level of international standards. This decision established the most important priorities for further improvement and complex development of the higher education system.

From these priorities, a bachelor's degree in technology for the cultivation and processing of medicinal plants was opened in various higher educational institutions of our republic, in particular, Fergana State University. Students of the direction have established the cultivation of specialists in the technology of cultivation and preparation of plants, the medicinal properties of which have been studied.

Medicinal plants are widely used in pharmaceutical and medical practice. They are used to prepare medicines and preparations that strengthen human health and serve to save lives.

LITERATURE ANALYSIS AND METHODS

In the literature, information is mainly given about naturally distributed representatives of the mint family (Lamiaceae). For Example, S.Haligov, A'.Pratov and A.Fayziev "plant determinant" (Tashkent "teacher" -1995, pp. 114-118.) , a general description of the mint family (Lamiaceae), as well as *Mentha asiatica*, *Salvia sclarea* L in the same family., *Ziziphora tenuior* L. and those who have cited information about some other species.

O'.Pratov, H.Akhunov, V.Mahmudov and b. "Botany "(Tashkent" educational publishing house", 2010, pp. 232-234.) is a general description of the mint family as well as a brief Botanical description of some species of the same family.

K.Toyzhanov, S.Melibayev, V.Mahmudovs " Explanatory Dictionary of the category names of high plants of Uzbekistan "(Tashkent" Fan " publishing house, 2008.69-73-b.) in *Mentha* L, *Ocimum* L, *Salvia* L, *Mentha* L, *Melissa* L, *Lycopis* L, *Thymus* L, *Satureja* L, and others who gave details of the meanings and origin of the name of the order.

A.M.Mahmedov's" Shalfey Sredney Azii I Kazakstana " (1984.) is published, and this book provides detailed information about the schalphean order, which has an important position in the flora of Central Asia. The basis of the book is materials on the systematics of this category.

V.Makhmudov, A, V.The textbook "flora and systematics of Medicinal Plants" (Tashkent "science" publishing house, 2022, 263-283b) of the makhmudovs used information about the morphological structure, life form, Systematics, biology and medicinal properties of the species of the mint family (Lamiaceae) and the species included in the "Red Book".

RESULTS AND DISCUSSION

In medicine, mavrak's ground top is used. Leaf tincture is used as an astringent, disinfectant and anti-inflammatory agent for rinsing the mouth in inflammation of the upper respiratory tract, inflammation of the mucous membranes of the throat, mouth and gums[1]. Decoction is used in folk medicine in cases of heart disease, when a person is medicated, in the treatment of malaria, kidney diseases, as well as to improve digestion. The concentration of the ointment and extract made from the extract - salmus-gave good results in the treatment of skin diseases (psoriasis-scaly ferruginous). Therefore, these preparations are

recommended for use in scientific medicine. Essential oil is used in the practice of medicine to improve the smell and taste of liquid medicines.

Tincture of the top of the Earth is used in the above diseases, as well as in rinsing, opening appetite and fever when sore throat, to satisfy thirst. The ground top is part of the zdrenko tea-collection.

S. austriaca Jacq. (Austrian Sage) is a remedy for the treatment of tuberculosis (tuberculosis), the fight against root rot extract, protozoan bacteria and fungi. The leaves thin out the germination of their seeds. Essential oils of their flowers are used in the perfumery industry. It is considered a honey-giving and ornamental plant.

S. in the root of campylodonta Botsch (bent-toothed sage): Quinones: tanshinones have a bactericidal property.

S. deserta Schang (*S. nemorosa* auct) (Desert mavoral) is a source of henna extraction. Its essential oils have an antimicrobial (anti-fungal) effect. Decoction, decoctions made from root and leaf have antibacterial activity. Ground part of the plant: used in intestinal infections and lihoratka. Leaves: the tincture has a camphor-like effect on the heart of the Frog. Leaves, flowers: used in cardiac neuroses, neurostenia. Fruit: used as an appetizing remedy for wounds with oil. Fried and chopped leaves are used in tachycardia and dysentery. Being a honey-giving plant, bees collect 160 kg of nectar from 1 Gaser.

S. dumetorum Andrz (bushy sage): Royleanon has antibacterial activity. The extract of the root has a bacteriostatic property.

S. garedji Troitzk. (Garedji mavoragi) the essential oil of the Earth's top is used in perfumery. The yield of the topsoil is 8T/ha, the yield of essential oil is 17 kg/ha.

S. grabricaulis Pobed (yellow-stemmed sage) root extracts, have antimicrobial activity. Ornamental plant.

S. glutinosa L (ferrous Sage) is used in the treatment of urinary-thoracic disease, purulent wounds. Hair and extract have antibacterial and antifungal effects that repair wounds. Essential oils are used as a fixative in perfumery. The leaves are used in bronchial asthma. Honey-giving plant and ornamental.

S. horminum L (gormin mavoragi) . It was used in medieval Armenian Phytotherapy to treat impotency and tumors. It has activity in the treatment of tumors with mucous membranes. At the root. It is a quinone extract and has antibacterial activity. Khushmanzara plant.

S. kuznetzovii Sosn (Kuznetsov mavoragi) is used in stenocardia, where the top of the Earth is infused and evaporated. Honey-giving, ornamental plant. *S.*

lilacoverulea. (Blue mottled). Mulberry increases the viability of The Silkworm. Essential oils are used in perfumery and cosmetics. Ornamental plant.

S. on the root of macrosiphon Boiss (long-Trung sage), Quinones have antibacterial activity. Repellency property on the ground surface mavjud. To the 'P' flower is used as a sputum repellent in Afghanistan. The seed is used in cardiac dysfunction in Iran, fetal neuroses, post-corrective desolation, sestenia, and lung disease.

S. modesta Boiss. (Modest Sage) in Bulgaria, the extract is used in the correction of children's diarrheal diseases, blood clotting, wound healing, frunculosis. Quinones have antibacterial activity. Chloroformdagifraxia of the root has an antibacterial property. The extract has bacteriostatic properties. The ground part of the plant is used in gastralgia. Essential oils are used in physical therapy and in the cosmetic industry. If the leaves are added to rabbit food, it will open its appetite and eat the cartilage to the end.

S. nutans L. (Waximali mavrak) essential oils are used as fixers in the perfumery industry. The extract of the root has a bacteriostatic property. Quinones have an antibacterial property. The ground surface is applied in atralgia. The leaves slow seed growth. It is considered a honey-giving and ornamental plant.

S. pachystachya Trautv. (Large spike mavrak) Quinones have antibacterial properties. The extract of the root has a bacteriostatic effect.

S. pratensis L (common schalfey) extract is used in the treatment of diseases of the gastrointestinal tract, itching, fungal skin disease, eczema, scrofulosis. Extracts and Quinones have antibacterial activity. Useful in cooking. The extract of the root has bacteriostatic and fungeostatic properties. The decoction of the earthen top is used in rheumatism. Extracts of its leaves are used in the treatment of acute resperator diseases, stomatitis, paradantosis, angina and skin diseases. Seeds slow down growth. Ball flower essential oils have animicotic effect. It is used in perfumery. Honey-giving and ornamental plant. 280 kg of nectar is harvested from the ground per 1 ha.

S. sarawschanica Regel et Schmalh (Zarafshon mavragi) is used in heart disease in Tajikistan. Essential oils are used in the perfumery and cosmetic industries. Root extract has fungistatic activity.

S. sclarea L (nutmeg) in dentistry, caries, pulpitis, periodontitis, catarrhal gingivitis. By rubbing the extract, psoriasis is treated. Used in kidney stone diseases. The tincture accelerates breathing and increases arterial blood pressure. Flavonoids increase diuresis by 89%. In the canning industry, it is used as an automatizer. The extract of the root has antibacterial activity. Peanut part: used in

lihoratka, improving digestion, stomach ulcers, headaches, epilepsy, antiseptic, diseases of the bladder. It is used in polyarthrititis - as a bath, is used in osteomyelitis, arthrosis, trophicaria. Has a Reperent influence. Leaves. Spasmolytic colds, the decoction is used in the treatment of purulent wounds and boils in respiratory diseases, sore throat, periostitis.

S. spinosa L (spiny Sage) is used in gastric diseases, cardiac neurosis and neurasthenia in Central Asia. Bars. Toothache in Tajikistan Ilaniladi. To ' P guli. Essential oils are used in the perfumery and food industries. The seed is used in dysentery and eye laundry.

S. spinosa Shost. (Desert sage) extract has antifungal (anti-insect) properties. Root. It has the property of combating infectious diseases. Quinones-antibacterial. Honey-giving and ornamental plant.

S. tesquicola Klok. et Pobed. The Roots of the (dry desert sage) cause human infectious diseases with an anti-bacterial effect. The topsoil is used in gastric colic, cardiac neurosis, neurasthenia, bronchitis, as an appetite-opening enhancer, anti-colds, wound-finishing agent. Leaves. It is used in stomatitis, periodontosis, angina, chronic skin diseases. Honeysuckle plant.

S. tementosa Mill. (SH. Voylochny) has extractatic activity of the root. The leaves are used in hyperhydrolysis, stomatitis in reducing lactation, laryngitis. Laurel leaves and tea are considered surrogate. Honey-giving and ornamental plant.

S. trautvetteri Regel. (Trautfetter mavragi) Root. It has the property of resistant to bacteria of infectious diseases. Juicy extract paints silk cotton and sherst in light pink and light ink. Ornamental plant.

S. turcomanika Pobed. (Turkmen mavragi). The extract of the root has anti-bacterial and bacteriostatic properties of infectious diseases. Quinones-have an antibacterial property. The ground surface is. It is used against eczema in Tajikistan. Honey-giving, perga-giving and ornamental plant. A tool that scares insects.

S. verbenasa L. (Verbasimon mavrak) has antimicotic activity in essential oils. Resistant to bacteria of infectious diseases in the extract of the root. Quinones-have antibacterial properties. Feature of the seed. The decoction is used in conjunctivitis.

S. viridis L. (Green sage) root extract has the property of preventing infectious diseases. Quinones: has antibacterial properties. Decoction of seeds is used in cases of enuresis and conjunctivitis.

LIST OF USED LITERATURE:

1. Karimov V., Shomahmudov A. Folk medicine and modern science are healing herbs that are used in medicine. Tashkent, 1993.
2. Kursanov A. I. vagabonds. Botany Volume 2-Tashkent, 1963.
3. Mustafayev.S.M. Botany-Tashkent, 2002.
4. Nabiyeu M. Botanical atlas-dictionary. - Tashkent, 1969.
5. Holikov.S.X. etc. Plants and animals of the Fergana Valley included in the Red Book of Uzbekistan.
6. Oripov.R.O, Khalilov.N.X. Osimlikhsiya-Tashkent, 2007.
7. Prator O.P., Nabiyeu.M.M. Modern system of high plants of Uzbekistan Tashkent, 2007.
8. Khamidov.G'. Development of Useful Plants of Uzbekistan-Tashkent, 1990.
9. Holikov.S, Prator.O'. Plant clarifier-Tashkent, 1970.
10. Kholmatov.X.X. etc. Healing plants of Uzbekistan-Tashkent, 1991.
11. V.Makhmudov, A.Makhmudov. Medicinal herbal flora and Systematics. Tashkent. "Fan" publishing house, 2022.