

**MEDICINAL PROPERTIES OF THE PLANT TARAXACUM OFFICINALIS L.****Jumaboeva Munirakhan**

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Plant raw materials containing compounds that regulate lipid and carbohydrate metabolism in the human body are being investigated. *Taraxacum officinalis* L. is a plant whose consumption affects the regulation of lipid and sugar metabolism. We are carrying out scientific research in order to carry out experiments on this plant of such great importance, to carry out research on its propagation in experimental areas.

*Taraxacum officinalis* L.- (dorivor qoqio'ti-Uzb.)- perennial herbaceous plant, 15-60 cm tall, belonging to the Asteraceae family. All the leaves are short-banded, star-shaped or long-starch-shaped, feather-like cut edge, consisting of a root ball, 10-25 cm long and 1.5-5 cm wide. The flower axis is cylindrical, hollow, 15-30 cm long, and at its end there is a basket flower cluster consisting of tongue-shaped flowers of golden yellow color. The fruit is a three-pointed pistachio. It blooms and bears fruit from April-May until frost. The plant produces leaves and strong roots in the first year and blossoms in the second year. The inflorescence is one basket, 3-5 cm in diameter, brown-green in color. The outer leaves are shorter than the inner ones, bent down; the insides are vertical, located in a row. The flowers are golden-yellow, with five-pronged stems. The fruit is gray-brown, 3-4 mm long, covered with white, fine, soft hairs with a long thin nose. It blooms in May-July. Root leaves, herbs and juice are used for medicinal purposes. Leaves, herbs and juice are harvested in June, roots - in early spring or late autumn at the stage of leaf wilting, dried in dryers at a temperature of 40-50 ° C. In the spring, during the flowering period, honey provides bees with pollen containing a large amount of sugar, proteins and fats. The plant has choleric, antipyretic, laxative, expectorant, sedative, antispasmodic and mild hypnotic effects.

Aqueous infusion of roots and leaves improves digestion, appetite and general metabolism, increases milk secretion in lactating women and increases the general tone of the body.

Due to the presence of biologically active substances, dandelion food gruel passes through the intestine faster, which helps to reduce fermentation processes in colitis.

Experimental chemical and pharmacological studies of the plant confirmed its antituberculosis, antiviral, fungicidal, anthelmintic, anticarcinogenic and antidiabetic properties.

The plant is recommended for diabetes, as a tonic for general weakness, and to treat anemia. The powder obtained from the dried roots is used as an anti-sclerotic agent for gout and rheumatism, to increase the removal of harmful

substances from the body through sweat and urine. A decoction, a thick extract, is used as a bitter and choleric agent to increase the secretion of the digestive glands.

An infusion of the herb with its roots is used for various diseases of the liver and gall bladder, tumors, dropsy, urolithiasis and hemorrhoids. An infusion of the herb with its roots is used for various diseases of the liver and gall bladder, tumors, dropsy, urolithiasis and hemorrhoids. The plant has a choleric, antipyretic, laxative, expectorant, sedative, antispasmodic and mild hypnotic effect.

An aqueous infusion of roots and leaves improves digestion, appetite and general metabolism, increases milk secretion in nursing women, and increases the overall tone of the body.

Due to the presence of biologically active substances, dandelion food gruel passes through the intestines faster, and this helps reduce fermentation processes in colitis.

Experimental chemical and pharmacological studies of dandelion confirmed anti-tuberculosis, antiviral, fungicidal, anthelmintic, anticarcinogenic and antidiabetic properties. Dandelion is recommended for diabetes, as a tonic for general weakness, and for the treatment of anemia.

Powder from dried dandelion roots is used to enhance the removal of harmful substances from the body through sweat and urine, as an anti-sclerotic remedy for gout and rheumatism.

A decoction, a thick extract, is used as a bitter to enhance the secretion of the digestive glands and as a choleric agent.

Fresh leaves and juice from the leaves are recommended for the treatment of atherosclerosis, skin diseases, vitamin C deficiency, and anemia. An infusion of the herb along with the roots is used for various diseases of the liver and gall bladder, tumors, dropsy, urolithiasis, and hemorrhoids. An infusion of the herb is used for vitamin deficiencies, as well as for various skin diseases: rashes, acne, furunculosis. Dandelion is also used internally and externally for furunculosis, eczema, and skin rashes. An oil tincture of dandelion roots is used as a remedy for the treatment of burns, and the milky juice of the plant is used topically to remove warts and calluses.

Sometimes, to treat eczema, an ointment is prepared from dandelion root powder and honey in a 1:2 ratio.