



MEDICINAL PLANTS: GROWING AND BENEFITS

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Annotation: *This article provides information about medicinal plants, such as calendula, chamomile, valerian, and their benefits.*

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Today in Uzbekistan 112 types of medicinal plants are allowed to be used in medicine. Although 80% of them are naturally growing herbs, in recent years cultural plantations have been established on large areas. According to the World Health Organization, 60% of medicines used in modern medicine are prepared and put into production on the basis of medicinal plant raw materials.

This article provides information about medicinal plants such as calendula, chamomile, valerian, and sedum and their benefits.

Calendula officinalis, the pot marigold, common marigold, ruddles, Mary's gold or Scotch marigold,[2] is a flowering plant in the daisy family Asteraceae. It is probably native to southern Europe, though its long history of cultivation makes its precise origin unknown, and it may possibly be of garden origin. Picture1.





Picture 1.

Calendula (*marigold officinalis*) is a natural and effective remedy for gastrointestinal diseases. The plant is planted in early spring (late February or early March) or late autumn (late October). It is interesting that the seeds planted in the ground do not get frost. Marigold seedlings bloom 35-40 days after planting, in late April - early May. Crops per season are watered 13 times. In the summer and autumn months, the inflorescences of the plant are harvested every 2–3 days.

Fields sown with calendula are kept for 2-3 years. Many seedlings germinate from seeds scattered on the ground in winter and spring. Up to 600-800 kilograms of calendula are harvested from one hectare.

Chamomile is used medicinally to treat colds, inflammation, improve the functioning of the digestive system, prevent cancer, and lower cholesterol levels. The plant loves light and grows from seed. Chamomile can be planted in the last days of winter or in autumn. Picture2.

The use of chamomile has the potential to cause adverse interactions with numerous herbal products and prescription drugs and may worsen pollen allergies. People who are allergic to ragweed (also in the daisy family) may be allergic to chamomile due to cross-reactivity.

Apigenin, a phytochemical in chamomile, may interact with anticoagulant agents and nonsteroidal anti-inflammatory drugs, while other phytochemicals may adversely interact with sleep-enhancing herbal products and vitamins.



Picture 2.

Chamomile germinates from seeds scattered on the ground and bears fruit for 2-3 years. The yield is 700–800 kilo per hectare. Chamomile can be grown in any territory of Uzbekistan and get high yields. The yield is 700–800 kilograms per hectare.

Valerian (*Valeriana officinalis*, Caprifoliaceae) is a perennial flowering plant native to Europe and Asia. In the summer when the mature plant may have a height of 1.5 metres (5 feet), it bears sweetly scented pink or white flowers that attract many fly species, especially hoverflies of the genus *Eristalis*. It is consumed as food by the larvae of some Lepidoptera (butterfly and moth) species, including the grey pug.

Valeriana officinalis is used in folk medicine as a sedative, effective in the treatment of heart disease. Although it is mainly grown in Europe and East Asia, it is also planted as a medicinal plant in Uzbekistan. The seeds of the plant are planted in the soil in early spring and harvested in October. The roots are thoroughly washed in a special machine, then laid out 15–20 cm thick on shelves in well-ventilated rooms and periodically shifted with a pitchfork. Raw materials are collected in a heap, and the cut roots are placed in bags. Packed raw materials are stored for 3 years, and unpacked - 2 years.

The yield of dry valerian roots is 18–25 centners per hectare. In the fertile and irrigated regions of Uzbekistan, plantations can be formed (Fergana Valley, Tashkent and Samarkand regions).



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