

## THE IMPORTANCE OF MEDICINAL PLANTS IN MAINTAINING PUBLIC HEALTH

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**Annotation:** *This article is devoted to the significance of medicinal plants in maintaining public health, the usage of several medicinal plants and herbs in to the process of healing people's different illnesses.*

**Key words:** *medicinal plants, seed production, clusters and exporters, saffron.*

Today, the interest in medicinal plants is increasing more and more, due to the global illnesses, people pay special attention to health, increasing awareness of health secrets, aging and chronically ill people prefer natural means to activate the immune system, natural the absolute harmlessness and usefulness of the means caused a sharp increase in the amount of investments in scientific research in this field and the demand for medicinal plants in international markets.

In particular, in 2020, the turnover of medicinal plant-based products in the countries of the world amounted to 100.9 billion dollars, and the annual growth was 7.2%. Uzbekistan is considered a natural and geographically rich region of medicinal plants, and about 1,200 of the 4,500 species of tall plants naturally present in the republic have medicinal properties.

In recent years, in our country, great importance has been attached to the development of medicinal and spice plants, especially to the effective and productive use of natural resources. In particular, PQ-4670 of the President of the Republic of Uzbekistan dated April 10, 2020 "On measures for the protection of medicinal plants growing in the wild, cultural cultivation, processing and rational use of available resources" Decision No. created the legal basis for the radical development of the industry. As a result of the implementation of the tasks of this decision, the number of farmers and entrepreneurs who are engaged in not only collecting medicinal plants in the wild, but also cultivating them in the plantation method and organizing their processing is increasing significantly.






During the past period, 9 clusters of medicinal plants were established, and they grow chamomile, saffron, lemongrass, peppermint, licorice, saffron and other medicinal plants. As a result of their activities, raw materials and processed products of medicinal plants worth 1.7 million US dollars were exported to 4 foreign countries in 2021.

Today, as a result of increased attention to the field and rational use of available opportunities, more than 100 types of medicinal plants are allowed to be used in official medicine in the republic, and the main part of these medicinal plants are naturally growing plants. The raw material reserve of these naturally growing medicinal plants is limited, and one of the urgent problems is to protect them, study their bioecological properties, properly use the raw material reserve, and develop scientifically based methods of reproduction. Therefore, it is necessary to supply the needs of the pharmaceutical industry in Uzbekistan with raw materials of medicinal plants, to enrich the local flora with new introduced plant species, and to develop technologies for their cultivation.

Along with the expansion of cultural plantations of medicinal plants and the increase in production volumes, the export potential of the industry is being strengthened. At the end of 2020, more than 16,000 tons of medicinal plant raw materials and processed products worth 50.0 million US dollars were exported to 29 foreign countries, and by the end of 2021, this indicator will increase. products worth 55 million dollars were exported to 37 countries of the world. The increase in the export geography at the expense of the USA and European countries is an indication of the great potential of the sector. In addition, the establishment of primary seed production and mother nurseries for the creation of cultural plantations of actively used medicinal plants is the root of the field. today, 16 entities are growing seeds and seedlings of 22 types of medicinal and spice plants. It should be said that along with the development of the industry, the population's interest and consumption of natural medicines is increasing, and awareness is increasing. Strengthening the work in this regard, not only improving the consumer culture of the population, but also involving them in the cultivation of medicinal plants on their farms, planting medicinal plants in cooperation with clusters and exporters based on the principle of "one neighborhood - one product", primary processing , it is necessary to occupy oneself and increase the income of the population by directing it to domestic and foreign markets. along with the development of the industry, the population's interest and consumption of natural medicines is increasing, and awareness is increasing. Strengthening the work in this regard, not only improving the consumer culture of the population, but also





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One such plant is saffron, known as the "King of Spices", which is considered a valuable raw material for the food, pharmaceutical and perfume industry, which is both a medicinal and a spice, and is today the most expensive plant in the world. Saffron is grown in large plantations in the countries of the Mediterranean, Middle East, Central and South Asia, including Iran, India, Turkey, Greece, Italy, Pakistan, USA, Azerbaijan, Russia, as well as today in Uzbekistan. This plant is a perennial herb reaching a height of 10-30 cm. The root is 2-3 cm. A bunch of leaves appear on the plant 10-15 days before the flowering period. Saffron flowers are large, pink in color, blooms at the end of October and the first half of November. Inside the petals, pollinators are red, seeds are orange. Since it does not produce seeds, it is propagated vegetatively (by bulbs).

In the first year after planting a saffron plant, 2 kg per hectare, 4 kg in the second year, and 6-8 kg from the third year can be harvested. More than 150,000 flowers need to be picked to prepare one kilogram of dried saffron flower raw material. On average, 7 mg of dried spice is obtained from 1 saffron flower. On the initiative of the President of the Republic of Uzbekistan, in order to introduce the saffron plant in large areas in the republic, to increase and grow plant plantations, to attract foreign investment in the industry and to increase the export potential, as well as to provide employment to women, in Bakhmal district of Jizzakh region.

More than 21 million onion bulbs were brought from Italy in order to export finished products from saffron raw materials to European countries, and today a saffron plantation was established in Bakhmal district on a total area of 205 hectares. As a result of these actions, saffron products worth 773 thousand US dollars were exported to Italy in 2021.





In medicine, the saffron plant is used in the treatment of oncological diseases (even in the last stage of the disease, it resists cancer tumors and stops their cell growth), in blood purification (it renews and cleans it, which means it strengthens the cardiovascular system, all cells of the body nourishes), improves brain activity (grows brain tissue, improves memory), relieves neurosis, relieves headaches and insomnia, normalizes gastrointestinal activity, strengthens the body, vision restores abilities, cures eye diseases, rejuvenates the whole body.

In conclusion, the widespread popularity of this single plant, the increase in demand for medicinal products for public health, and the fact that it is a source of high income for agricultural producers during the water shortage show that the field of medicinal plants is now developing in the republic. This is one of the promising industries with a large natural reserve, further development of this industry, integration of education, science and production, integration of the industry.

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