NATURAL MEDICINAL PLANTS

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Abstract: *In Central Asia, a unique oriental folk medicine has been formed for centuries, based on the experience of using medicinal plants for thousands of years. Medicinal products prepared on the basis of medicinal plants and their raw materials are considered the main tool of folk medicine.*

It is known that plants used for the treatment and prevention of human and animal diseases are medicinal plants. People had information about medicinal plants and methods of treating many diseases with their help, and they were used in practice as early as BC. Ancient writings written on clay tablets in the Sumerian state of 5000 BC and read by German scientists in 1956 also contained information about the methods of preparing medicinal ointments from medicinal plants. In the library of Ashurbanipal (668 BC) in ancient Syria, 22,000 cuneiform tables were found on clay tablets, 33 of which contain information about medicinal plants and products made from them.

Key words: *forest, medicine, tree-bush, food, world, medicine, scientist, healer.*

The forests of Uzbekistan are distinguished by the abundance of various medicinal trees, shrubs and herbs. Human life is inextricably linked with the world of plants, because they fed, clothed, treated, and served as a source of construction, medicinal and technical raw materials. Medicinal plants have been known to mankind since ancient times. Plants were widely used not only as food, but also as a source of biologically active substances. There is evidence that medicinal plants were used for medicinal purposes in the Sumerian civilization 5000 years ago. Medicinal plants have served as the only source of medicinal products throughout the long historical periods. From the Middle Ages, many scientific works on the description of medicinal plants and their use in improving human health have reached us. Our compatriot Abu Ali ibn Sina (980-1037), who made a great contribution to the development of world medical science, devoted more than 20 scientific works to medical issues. The scientist created the 5-volume work "Al-Qanun" ("The Laws of Medicine") based on the experiences he had spent during his 20 years of medical practice, which served not only Arab, but also European doctors as a guide for centuries. The book contains information about more than 500 medicinal plants and more than 40 medicinal products prepared from them. This famous work of the scientist was translated and published in the languages of many European nations, it was reprinted 16 times in the Latin language itself, and this book has not lost its importance even in modern times. Abu Raikhan Beruni (973-1048), a mature encyclopedist scientist of his time, contributed enormously to the development of astronomy, mathematics, physics, mineralogy, geodesy, geography and natural

sciences. Among Beruni's scientific works, the book "Kitab al-saydana fi-t-tibb" (Pharmacognosy in Medicine) is the most important and the largest in terms of volume. This work contains information about 674 medicinal plants and 90 medicinal plant products used in oriental medicine in those times. There are 750 names of medicinal plants mentioned in "Saydana". 5 Mature representatives of Eastern medicine, famous doctors of their time, Abu Ali Ibn Sina from Bukhara, Abu Abdallah Muhammad ibn Musa al-Khorazmi from Khorezm, Abu Bakr Muhammad ibn Zakaria ar-Razi, Abu Rayhan Muhammad ibn Ahmad al-Beruni, Abdul Ghazi Khan son of Arab Muhammad Khan, Ismail al-Jurjani and others are known all over the world. They successfully used medicinal plants in the treatment of various diseases in their medical practice and left a rich legacy in the form of written records. For a long time, the main medicines of the peoples of the world have been prepared on the basis of raw materials of medicinal plants. Medicinal plants are non-toxic or less toxic, most importantly, they do not cause complications, they contain a lot of biologically active substances and have a long-term therapeutic effect on the human body. In the 20th century, synthetic chemistry developed rapidly, a lot of new, fast and powerful medicinal substances were created by synthesis, but it was known that their regular consumption leads to disruption of the structure and vital functions of the human body. 25% of drugs created by synthesis are related to medicinal plant substances. V. Dushenkov, I. According to Raskin, about 200,000 different simple molecular substances have been isolated from plants alone. That is why in the following decades, the interest in medicinal plants is increasing again, because the medicines prepared on the basis of their raw materials - vitamins, biologically active compounds and mineral substances - have a very effective effect on the human body. 43 of the 847 simple molecular drugs used in medical practice since 1981 are natural compounds, 232 are derivatives of natural compounds. Of the remaining 572 new medicinal products, 262 are related to natural compounds. It is known that approximately 50% of drugs produced in pharmaceutical enterprises worldwide are prepared from raw materials of medicinal plants. In particular, 77% of medicinal preparations used for the treatment and prevention of cardiovascular diseases, 74% of medicinal preparations used for the prevention and treatment of liver and gastrointestinal diseases, 73% of expectorant drugs, and 60% of hemostatic drugs are produced on the basis of raw materials of medicinal plants. . Currently, according to the information of the International Organization for Food and Agriculture (FAO), more than 50,000 medicinal plants are used for medicinal purposes in the whole world. The use of representatives of local flora for treatment purposes is high in Southeast Asian countries, this figure is 20% in India and 19% in China. In the pharmacopoeias of Japan, Germany and other European countries, preparations made on the basis of raw medicinal plants occupy a large place. About 4,500 species of tall plants are naturally distributed on the territory of Uzbekistan, of which about 1,200 species have medicinal properties. Currently, 112 types of medicinal plants are allowed to be used in official

medicine in our Republic, and 80% of them are naturally growing plants. The world of medicinal plants of our republic, especially their tree and shrub species, has a diverse and rich gene pool. In their scientific study, the famous academician A.P. Orekhov's students are academicians O.S. Sadikov and S.Yu. The Yunusovs achieved great success. In the study of medicinal plants of the Republic of Uzbekistan, identification of reserves, cultivation, introduction, preparation of raw materials, study of biochemical composition, K.Z. Zakirov, X.A. Abduazimov, P.Kh. Yoldoshev, N.K. Abubakirov, A.Ya. Butkov, I.K. Komilov, K.Kh. Khozhimatov, I.I. Maltsev, I.I. Granitov, A.G. Kurmukov, I.V. Belolipov, R.L. Khazanovich, M.B. Sultanov, F.S. Sadriddinov, P.K. Zakirov, S.S. Sahobiddinov, Kh.Kh. Kholmatov, Yu.M. Murdakhaev, B.Yo. The services of Tokhtaev and others are significant. The wide-ranging research conducted by them created opportunities to determine the possibilities of using medicinal plants in the food and pharmaceutical industry, to cultivate promising species and their servitamin forms with valuable economic characteristics, to grow them in industrial plantations, and to develop methods for the preparation of raw materials. Comprehensive research of medicinal plants is carried out at the Tashkent Pharmaceutical Institute, the Institute of Bioorganic Chemistry of the Federal Republic of Uzbekistan, the Institute of the Chemistry of Plant Substances, and the Institutes of the Gene Fund of Plants and Animals. In order to meet the demand of the pharmaceutical industry and the population for medicinal plant raw materials and to expand the production of modern medicines based on plant raw materials, it is stated in paragraph 3 of the report of the meeting of the Cabinet of Ministers of the Republic of Uzbekistan No. 222 on August 5, 2013 - "Medicinal plant science - creation of medicinal plant plantations on an industrial scale for the organization of new drug production enterprises" and No. 5 of January 20, 2015 "Development of the forestry system in 2015-2017, further expansion of the cultivation, preparation and processing of medicinal and nutritional plant raw materials" Measures have been developed to ensure the implementation of paragraph 1.12 of the minutes of the meeting. The role of medicinal plants and medicinal preparations prepared from them is incomparable in maintaining people's health, preventing diseases, raising and forming healthy young generation. In recent years, the rapid development of the pharmaceutical industry has been observed in many countries, including the Republic of Uzbekistan, which is the reason for the sharp increase in the demand for raw materials of medicinal plants by pharmaceutical enterprises. It should be noted that due to the limitation of naturally growing medicinal plant reserves, in the future, the ever-increasing demand of pharmaceutical industry enterprises for raw materials of medicinal plants can be met mainly through the cultivation of medicinal plants. Cultivation of medicinal plants is one of the main directions of forestry, and the role of this sector in providing the pharmaceutical industry and the population with raw materials of quality, environmentally friendly medicinal plants is great. Currently, 8 specialized farms engaged in the cultivation of medicinal plants have been established in

our country. In addition, cultivation of medicinal plants and primary processing of their raw materials have been established in many forestry systems, farmers and other ownership-type farms. "Shifobakhsh" production association is doing great work in this field. However, despite the sharp increase in the demand for raw materials of medicinal plants in our country, the technologies for growing medicinal plants that provide many valuable raw materials have not been fully developed. It should be emphasized here that no field can develop independently without relying on the achievements of other disciplines. In turn, the cultivation of medicinal plants can achieve its goals only by relying on the achievements of plant science, botany, dendrology, pharmacognosy, agrochemistry, soil science, plant physiology, plant biochemistry, plant biotechnology, chemistry, physics and other sciences. The effect of medicinal plants on the body depends on the amount of compounds in their composition. These compounds accumulate in different amounts in different parts of the plant. The necessary parts of the plant for the preparation of medicine are collected at different times. For example, the bark, the bud in early spring, the leaf plant before flowering or flowering, when the flowers are in full bloom, when the fruit and seeds are ripe, and the underground organs (root, rhizome and bulb) are taken in early spring or late autumn. The active substance of medicinal plants can be alkaloids, various glycosides, anthroglycosides, cardiac glycosides, saponins, flavonoids, coumarins, astringents, essential oils, vitamins, resins and other compounds. Preparations rich in antibiotics and phytoncides are prepared from many plants that destroy microorganisms and viruses. Most of the medicinal plants used in scientific medicine are derived from plants that have been used by people for centuries. Among the medicinal plants in Uzbekistan, there are more pomegranates, bitter gourds, almonds, medicinal flowers, walnuts, jag-jag, zubturum, frankincense, isigek, amonkara, pistachio tree, sachartki, chayot, shildirbosh, shirminiya, wormwood, yantoq, kirilcha, kokiot, zirk, namatak and used more than others. Alkaloids are obtained from bitter gourd - pachycarnine, from frankincense - garmin, from heather - anabazin, from black pepper - galantamine, from sedum - spherophysin. Anthelmintic pelterin tannate and extract are prepared from pomegranate peel. Medicinal gulkhairi preparations are used as expectorants and softeners, jaw-jaw and lagochilus medicines stop bleeding, and medicines made from pistachios and tea leaves are used to treat gastrointestinal diseases. Medicinal plants are divided into alkaloidal, glycosidic, essential oil, and vitamin plants depending on the composition of their active substances. Depending on their pharmacological properties, they are divided into groups of medicinal plants - sedative, pain reliever, hypnotic, affecting the cardiovascular system, stimulating the central nervous system, lowering blood pressure, and other medicinal plants. As a result of the growing need for medicinal plant products in our republic, the amount of preparation of their raw materials is also increasing. This, in turn, leads to a decrease in the reserves of a number of medicinal plants in the places where they grow a lot, and as a result, their raw material production is sharply limited

or completely stopped. The only way to rationally use the resources of medicinal plants is to establish their cultivation and cultivation in industrial plantations.

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