

MEDICINAL COMMON SEED- ACORUS CALAMUS

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Abstract; *In this article, the structure, distribution, chemical composition, and use of the common sedum plant in folk medicine and traditional medicine are covered, and it can be seen that the use of this plant in the field of medicine is relevant. A perennial plant belonging to the Acoraceae family. The plant is found in many countries. Spinach contains many substances, including vitamin C. It is considered a popular plant in Indian traditional medicine. The plant serves as a means of rejuvenating the brain and nervous system. Igir rhizomes are widely used in the treatment of many diseases such as epilepsy, mental disorders, fever, abdominal pain, chronic diarrhea, liver and kidney diseases.*

Key words; *Acorus acoraceae, essential oil, vitamin, rhizome, pharmacological properties, preparation Epigastric region, scientific medicine*

A common calamus plant - *Acorus calamus* L. kuchaladosha - belongs to the Acoraceae family. This plant is a perennial herbaceous plant. The rhizome of the plant reaches a length of 1.5 m and is considered a horizontal creeping plant. The root of the common igri is thick, branched and multi-rooted, and the upper side is covered with a brown or greenish-yellow color. Leaf bundles grow from the upper part of the rhizome of the plant. It grows mainly along rivers, lakes and ponds, ponds, swamps, swamps and meadows. They are found in Moldova, Ukraine, Belarus, the Baltic region, the south of the European part of Russia, Kazakhstan (along the Irtysh River), Siberia, Yakutia, the Far East, partly in the Caucasus and Central Asia (the Khorezm and Samarkand regions of Uzbekistan) countries. The common thread is produced mainly in Belarus and Ukraine. The plant can be harvested from Kazakhstan and the middle reaches of the Amur River.



Figure 1. The appearance of a simple yarn

Chemical composition: the rhizomes of common yam contain about 5 percent essential oil, bitter acorin glycoside, flavoring agents, tar, and up to 25 percent starch. Fenugreek leaves contain essential oil, up to 150 mg of vitamin C and additives.

In addition to essential oil, the rhizomes of yarrow contain plant-specific bitter glycoside acorin, bitter acoretin, as well as glycoside lucenion, calamine, alkaloids, tannins,

resins, and mucus. In addition, ascorbic (150 mg) and palmitic acids were found. Azarinaldehyde is the carrier of the smell of the plant.

Pharmacological properties: The substances contained in the rhizomes of common yam mainly contain essential oil and bitter glycoside acorin. They increase appetite, improve digestion, and increase the secretion of gastric juice. Spiny rhizomes also have anti-inflammatory, wound healing, analgesic and sedative properties. It also tones the heart, strengthens the vessels of the brain, and thus improves memory and vision [2]. It has been experimentally proven that the preparations of common yarrow have a certain antispasmodic effect and have bacteriostatic and anti-inflammatory properties due to the presence of terpenoids (proazulene, azarone) in the rhizomes of the plant. Galenic forms of fenugreek have a beneficial effect on the gallbladder and help increase bile secretion and diuresis. There is evidence that the rhizomes of the plant have a sedative effect and a weak analgesic effect.

Medicinal use of calamus: galenic preparations of the rhizomes are widely used in the treatment of chronic gastritis, stomach and duodenal ulcer, especially low acidity of gastric juice, achillea, various diarrhea and other digestive diseases. Igir preparations are less often used for cholecystitis, hepatitis of various etiologies, and urolithiasis. Preparations of common rhizomes are used in scientific and folk medicine as stomach remedies (extract, juice). A decoction of plant rhizomes increases the release of hydrochloric acid in the stomach, especially with low acidity of gastric juice. The presence of acorin in the rhizomes of spinach improves digestion. Since it has a bitter taste, it reflexively stimulates gastric secretion and increases appetite.

If the acidity of the gastric juice is high, with severe pain in the epigastric region, it is used as an antacid using the infusion or powder of the rhizome 4-5 times a day. Externally, an infusion of rhizomes is used to rinse the mouth with halitosis and to wash purulent wounds and ulcers. A decoction of the rhizomes is used for bone diseases, including rickets, scrofula, and diseases of the female genital organs. The powder of the rhizomes of the plant is also used to powder suppurating wounds and ulcers. Tannins contained in the rhizomes have a beneficial effect on gastritis and ulcers of the stomach and duodenum.

In China, preparations made from the common thread are used as a tonic, antipyretic and antidiarrheal agent, in the treatment of rheumatism, some skin diseases, and diseases that weaken the ability to see and hear. In Tibetan medicine, it is also used as an expectorant in the treatment of bronchitis, laryngitis, tracheitis and pneumonia. Also, in the East, a simple tincture of hemp is considered a means of enhancing sexual power. Igir is described in folk medicine as a gargle for malaria and tuberculosis, as well as for toothache. In India, common thread is used as a tonic for neuroses, as in China. In addition, it is used for mental disorders, bronchial asthma, and snake bites.

In traditional scientific medicine, alcohol extracts and essential oil are used to improve digestion and appetite, and in gastrointestinal diseases, in diseases of the liver, gall bladder, spleen and kidneys, as an expectorant, tonic and bactericide. They are also widely



used as an integral part of children's baths for rickets and diathesis. Decoctions of plant rhizomes are used as an aromatic bitter, to increase appetite and improve digestion, and as a tonic for changes in the central nervous system, depression and relaxation, sometimes for diseases of the kidneys, liver and bladder, malaria, mouth also used for washing, toothache.

SUMMARY

It has been effectively used in folk medicine and scientific medicine. Common thread has been widely used in medically developed countries. Due to the chemical composition and wide range of this plant, its propagation and application to modern medicine is an urgent issue.

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