

CONSERVATION OF NATURAL MEDICINAL PLANTS AND REASONABLE FROM THEIR BIOLOGICAL RESOURCES USAGE

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Abstract: *Plants contain organic and inorganic substances, which determine the therapeutic effect of the plant. Each medicinal plant has a wide range of healing properties, which are determined by the chemical compounds and microelements contained in it. Phytopreparation obtained from one plant can have both analgesic, sedative and cardiological effects at the same time.*

Key words: *barren, dry, earthy, rocky, red book, forest, medicinal plant, chamomile, nematok, peppermint, calendula, lion's tail, psalm, chakanda, valerian.*

The territory of our country is very large and includes regions with different climates. Uzbekistan is a country with a contrasting landscape. In the west lies the barren, waterless soil and rocky Ustyurt plateau, while the vast Turan lowland consists of Karakum deserts in the south and Kyzylkum deserts in the center. The territory of our republic is bordered by the TianShan mountain system in the east and north.

The diversity of natural landscapes and the presence of vertical zonation in the mountains have led to the formation of a wide range of ecosystems. The area covered by forest is 10.1%. About 4,500 species of plants and more than 2,000 species of fungi are distributed on the territory of Uzbekistan. About 1200 species of plants have medicinal properties. About 400 species of plants are endemic, rare and relic plants.

In scientific medicine, 112 types of medicinal plants distributed in our Republic are allowed to be used, 80% of them are wild plant species. Their natural reserves are decreasing, thousands of tons of medicinal plant products are produced every year and used for the treatment and prevention of diseases.

No matter how much the natural wealth of wild plants in our country is, they need to be protected. Just as there is no inexhaustible wealth on earth, the supply of flora is also not infinite. Therefore, if natural resources of plants are not properly used, these "natural resources" may eventually disappear from the Earth.

Academicians E.M. Lavrenko and A.L. The Red Book of the Former Union, which was created on the initiative of Takhtajans, is of great importance in preserving, i.e., protecting, extinct and threatened plants, including medicinal plants, in their natural growth conditions. The "Red Book" not only lists the plants that have disappeared and are in danger of disappearing, but also the measures that should be taken to preserve and restore these plants in natural growth conditions and the reasons for their disappearance. 444 endangered and threatened plants are included in the "Red Book" of the former Soviet Union and 163 in the "Red Book" of Uzbekistan (wild fig, wild pomegranate, bozubang, etmak, adonis, etc.).

It is strictly forbidden to collect their raw materials for various purposes. Therefore, if necessary, it is required to grow them in plantations.

In 1991, 163 types of plants were included in the "Red Book" of Uzbekistan, in 1999, 301 types of plants, and in 2006, 305 types of plants were included. Many plants were included in the "Red Book" due to overproduction of their raw materials, despite the fact that the stock was sufficient.

Examples of such plants are tulips, peonies (sallagul), bozubang (lagochilus), eremurus, omonkara (hungary), kozagul, kholmon isrgagul, jumaguls, isfarak, carnations (diantus), mavraks (salvia), wild onions and other medicinal plants.

Production of bozulbang plant in the past centuries, up to 15 tons of raw materials per year, led to a sharp decrease in its reserves and inclusion in the "Red Book". The natural area of the Omonkara plant was 339 hectares, and due to the extraction of valuable substances such as lycorine and galantamine from its leaves, its reserves decreased sharply. After the independence of our republic, a new impetus was given to environmental protection, nature protection and flora protection.

On December 9, 1992, the Law "On Nature Protection", on May 7, 1993, "On Separately Protected Natural Areas", (a new version of this law was adopted in 2004), on December 26, 1997, on the "Protection and Use of Plant Life", in 1999, "Laws on forests" were adopted. The protection of medicinal plants and natural resources and their effective use was positively reflected in the relevant decisions of the Cabinet of Ministers of the Republic of Uzbekistan. On October 20, 2004, the decision No. 290 was adopted "On the regulation of the use of biological resources in the Republic of Uzbekistan and the transition to the procedures for granting permits in the field of nature use".

It is known that one tenth of the territory of the Commonwealth of Nations is covered by forests. A large number of different medicinal plants

grow in them. That is why it is important to protect forests and protect medicinal plants that grow wild in them.

In the following years, problems arose in the use of reserves of natural plants, including medicinal plants, and their reserves began to decrease sharply. The main reasons for this are related to the exploitation of protected lands for agricultural purposes, cattle raising in unsystematic mountain and forest ecosystems, and other unplanned human economic activities.

The need to protect nature and the environment, using natural resources (forest, water and land resources, underground resources, etc.) correctly and rationally, and preserving them for future generations is also reflected in our main law - the Constitution of the Republic. It is important to establish nature reserves, special nature parks, and sanctuaries in order to preserve the plants and animals that grow in the known areas in natural conditions.

In order to preserve the stock of medicinal plants in nature and prepare a certain amount of products from them every year and to prevent the disappearance of valuable species, it is advisable to observe the following rules in addition to the measures mentioned above:

1. It is necessary to prepare, properly dry and store medicinal plant products at the right time and in the required amount. This does not lead to over-harvesting of wild medicinal plants and subsequent deterioration of their quality.

2. It is necessary to collect medicinal plant products according to a scientifically based plan, having correctly identified the places where they grow a lot and their stock, and changing the places where they are prepared from time to time. If these rules are followed, these medicinal plants will be preserved in their natural habitats possible

3. If medicine is prepared from the above-ground part (leaf, flower, fruit) of perennial plants, they should not be pulled out by the roots. If the underground organs (rhizome, root, tuber) are dug, it should be collected after the fruit is ripe. Otherwise, these medicinal plants may not grow in that place later.

4. After harvesting wild medicinal plants for medicinal purposes (especially after digging up the underground organs), great importance should be attached to creating conditions for their subsequent regrowth. For this, it is possible to collect plant products from one place to several years, and it is necessary to strictly follow the established rules about how many years to rest.

5. When it is necessary to use medicinal plants in a complex and complete way, their raw materials should be prepared less. As a result, it will be possible to preserve their stocks in the places of natural growth.

If rhizomes, roots, tubers or bulbs of medicinal plants are medicinal products, it is very important to study the above-ground part of these plants chemically and pharmacologically and recommend using them instead of underground organs, to preserve the stock of this plant in its natural growth place. This is one of the main measures for the protection of medicinal plants.

6. Cultivation of medicinal plants, irrigated

planting more land and developing their agrotechnics will create an additional base of raw materials for the pharmaceutical industry in our republic, and will create opportunities to preserve the stock of medicinal plants growing in natural conditions.

Currently, a complex system of preparation, cultivation and preparation of medicinal plants has been formed in our Republic. About 30 medicinal plants (chamois, calendula, peppermint, calendula, lion's tail, sano, chakanda, valerian, etc.) are grown in the "Shifobakhsh" production association belonging to the General Directorate of Forestry and its specialized farms.

About 850 tons of raw materials of medicinal plants are prepared annually, 51% of which are used for the production of medicinal preparations, 41% for the needs of the food industry, and 8% for technical purposes. The scale of preparation of raw materials of many plants in natural reserves has increased, which has a negative effect on their biological reserves (solodka, kovil, kavrak, etmak, etc.). This is related to the activities of farmers and entrepreneurs specializing in the preparation of raw materials of medicinal plants.

In order to preserve the stock of medicinal plants listed above, not to prepare more than the permitted amount of medicinal products, and official leaders should strictly control this work, strictly observe it themselves, and demand it from others as well.

Preserving medicinal plant resources, which are one of nature's treasures, for the next generation, protecting natural growth areas, will create the basis for their service for the benefit of mankind for many years.

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