

MEDICINAL PLANT - MOUNTAIN BASIN (ORIGANUM VULGARE)

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Abstract: The article introduces the structure, distribution and composition of the medicinal plant Mountain Basil, its beneficial properties for human health and its use in folk medicine.

Keywords: Extraction, tincture, rhubarb, essential oil, flavonoids.

Introduction

The flora of Uzbekistan is very diverse, and the role of medicinal plants in this diversity is invaluable. Our people have always used these plants as food and medicine. Even in the modern era of scientific development, the need for these plants is growing day by day, and the study of their useful properties and their application in production is underway. More than 4,300 plants belonging to the local flora, 750 species are medicinal, of which 112 species are registered for use in scientific medicine, of which 70 species are actively used in the pharmaceutical industry. carried out in accordance with modern regulations, under which extraction purification, concentration, standardization is carried out in accordance with all international quality standards of production.

One of the most common medicinal plants in Uzbekistan is Mountain Basil, which is found almost everywhere. The medicinal properties of this plant have long been known to the local population. It is consumed, used as a spice in food, tea and tinctures are prepared, used instead of medicines. In pharmacies and cosmetics stores we can also see special herbal tinctures, herbal preparations for the bath, various useful additives, essential oils, and others. The product contains natural minerals, vitamins, and biologically active substances.

The Main Findings and Results

Geographical distribution: The plant is found in Uzbekistan, Tajikistan, Kyrgyzstan, as well as in southern Kazakhstan. It is found on small rocky slopes in the lower and middle parts of mountain ranges, in the foothills of rocks and boulders, and It also grows in the European part of the CIS (except the northern part) in the Caucasus, in the dry open meadows in the southern regions of Siberia, in the hills, cliffs, rocks and bushes on the dry forest and forest edges.

Chemical composition. The product contains essential oil, additives, ascorbic acid (in flowers, leaves) and phenolic carboxylic acids, ascorbic acid. The seeds contain fatty oils, as well as resins, triterpene acids, coumarins, polyphenols, flavonoids

Effects and application: decoctions and tinctures of turmeric are used to treat gouty joint pain, as a sedative in inflammatory diseases of the respiratory system, as well as in various neuroses, to stimulate the appetite; used for rinsing, washing purulent wounds, scabs. When eaten, it opens the clots and nodes of the body organs, expels mucus, relieves digestion of heavy foods, increases sexual energy, opens the appetite, increases the need for food, improves the lungs, liver, stomach and intestines, It clears phlegm and harmful moisture, blocks the passage of toxins to the brain, prevents stuttering, brightens the complexion and clarifies the face. It is known from the literature that galenic preparations of mountain basil are used in folk medicine in Tajikistan. It is widely used to treat inflammatory diseases (cholecystitis, gastritis, ulcerative colitis, abdominal rest, bronchitis, pneumonia, urinary stone disease), as well as for rinsing the throat from angina, stomatitis, laryngitis. In modern medicine, thyme is widely used as a remedy for coughs, convulsions, spasms, reducing inflammation, improving digestion. Mountain basil has been found to increase the activity of the pancreas, increase bile production, as well as reduce the amount of cholesterol in the bile.

Medicinal properties; The product is included in teas, which are used for sweating and chest diseases. Mountain basil, a species that grows in mountainous areas of Uzbekistan, is allowed to be used in medical practice.

Use in local medicine: Infusion:

1. To make medicine at home, take two teaspoons of crushed turmeric and infuse it with 400 g of boiling water. The prepared tincture can be consumed throughout the day.
2. Dip 1 tablespoon of chopped turmeric in 400 ml of boiling water and soak for 2 hours. Take 100 ml of the tincture 4 times a day before meals, it helps with colds and coughs. It also helps digest food when gastric juices are low. It is recommended to prepare more than a tincture and take a bath mixed with water for washing purulent wounds and other skin diseases.
3. Infuse 1 teaspoon of chopped herbs in 250 ml of boiling water for 1 hour and filter. Drink 100 ml of the tincture 2-4 times a day as a sedative and tonic. The crushed (apparently) mountain basil leaves and flowers are placed in the form of a bar, if dry, softened in hot water and placed on a hard inflamed area where the skin has hardened. In scientific medicine, thymol is extracted, as well as liquid extracts and various extracts.

Mountain basil is used as a spice in barley or dried form. Mountain basil herb is part of many collections. This wonderful plant is also used in the treatment of radiation exposure. It has been found that regular consumption can even serve as a remedy for smallpox. Undoubtedly, the benefits of mountain basil for the human body are endless, as it has many types and large amounts of nutrients and unparalleled healing properties. The great scholar Abu Ali Ibn Sina also used the riches of the green world - medicinal plants - in the treatment of various diseases.

Conclusion

Collection and storage of raw materials: Due to the medicinal properties of the flowers, leaves and seeds of the mountain basil plant, it is harvested during the flowering period, when the weather is clear and dry. The cut green mass is dried in the shade. Once harvested, the plant produces leaves again, grows and is ready for the second harvest before the onset of the autumn cold. The obtained raw material is stored in a well-ventilated place. The natural fragrant smell of plants stored in airtight and moisture-free places is preserved for a long time. It is a medicinal

plant that grows in the wild and is important for human health. .) is used as a drug and medicinal raw material

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