

THE PLANTÁGO AND ITS IMPORTANCE IN MODERN MEDICINE

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Abstract

Ibn Sina warns that foster care is primarily carried out by the family and parents, and that foster care should be chosen by the parents themselves. It is appropriate to cite the wisdom of Ibn Sina among the people. With the help of natural products, it is good for mothers to treat their children to family members and teach their children to do the same. The Plantágo grows along the road, in villages, yards and gardens. Its beneficial properties were known from the Middle Ages. The Avicenna (Abu Ali ibn Sino) used the leaves of this plant to stop bleeding against the background of wounds and inflammation. Even since the beneficial properties of the plant have been proven in practical medicine, various drug forms of plantain are effectively used. In the treatment of inflammatory processes in the kidneys and liver, tumors with eye diseases, in the treatment of tumors that do not have a dangerous property, plantain parts were used. Plantágo seeds are recommended by doctors to treat intestinal diseases and deep lung damage.

Keywords: Plantágo, extract, syrup, tincturae, phytobalans, natural antibiotic.

Introduction

Plantágo There are more than 250 species with a worldwide distribution. In Uzbekistan, 6 species are found, 4 species are used as medicinal plants. The most common species are the medium-sized Plantágo (*Plantago media*), the large Plantágo (*Plantago major*), and The Lancet — shaped zubrurum (*Plantago lanceolata*), which are perennial grasses. Plantágo is found along roadsides, in weeds, loose areas, steppes, grasslands, even Sands. The large plantágo species usually has a short rhizome surrounded by thin, thread-like roots. Perpendicular grown erect and leafless, 15-45 cm high. Blooms from May — June to August — September. In some species, the flower stem is branched, leafy. Almost all plantágo species are similar to each other. Plantágo grows almost everywhere and in all regions. The look is simple and beautiful. The leaves are simple, broadly ovoid or broadly elliptical in shape, some rounded, pointed or blunt at the tip, winged, glabrous, of various lengths. The edge of the Leaf is entire or slightly toothed, arcuate; the leaf surface is glabrous on both sides, the color ranges from light green to brown-green. The smell is weak. The taste of its water is slightly bitter. The plantágo Root is short, but there are small roots that hold it on the surface. Arrows grow from the middle to the top of the plant, which form seeds after flowering. The flowers are clustered in small, inconspicuous, dense spikes. The fruits are multi-seeded, pollination occurs with the help of wind. Plantágo begins to bloom in spring, a process that lasts until the end of summer. Plantágo bears fruit from June to October. Its leaves are used as medicinal raw materials. During the summer, distant air from roads, fields, and chemical-powered businesses is harvested from clean land. Plantágo leaves are sorted, washed in running water and





dried, protected from the sun. Dried leaves are sorted again and stored in wooden boxes for no more than 3 years. Plantágo has been proven to be healing, so it is available in the pharmacy in various forms (crushed leaves in packages, crushed leaves in filter packages, Plantágo tincture, juice, extract, ointment, Plantágo syrup for cough).

According to the literature, the Plantágo plant is used for more than 80 diseases. Gastric gastritis has the properties of anti-gastric ulcer inflammation, twisting, reducing the secretion of hydrochloric acid, analgesic, anti-inflammatory, anti-allergic, anti-tumor, blood suppressant, sedative, spasmolytic, anti-cough, urinary, surgi, hypotensive. Bundantashqari, its beneficial properties and also its importance in cosmetology. The boil helps the carbons recover faster. In a number of European countries, Plantágoning (*Plantago coronopus*) is used as a vegetable plant, and vitamin salads are prepared from it when it is grown. As a medicinal raw material, Plantágo's leaf of a large species (lot. folium *Plantaginis majoris*) and freshly sprouted grass (*herba Plantaginis majoris recens*) are used. Preparations made from large turinig leaves have a versatile healing effect. In the 100 g fresh stem of a large species of plantágo, proteins are found in 1.6 g, nutrient fiber in 1.6 g, vitamin C in 33.3 mg, potassium in 382 mg, magnesium in 22 mg, calcium in 241 mg, iron in 5.6 mg, phosphorus in 41 mg. In 100 g of fresh leaves of a large species of plantágo, water is found in 84 g, proteins in 2.5 g, fats in 0.3 g, carbohydrates in 14.6 g, calorie content in 61 kcal, calcium in 184 mg, manganese in 1.2 mg, vitamin PP in 0.8 mg, vitamin C in 44.9 mg, vitamin B2 in 0.28 mg, vitamin A in 0.08 mg. In 100 g of seeds of a large species of plantágo, carbohydrates are 59.5 g, proteins are 17 g, nutrient fiber is 13.7 g, fats are 7.6 g, water is 11 g. occurs at. The large-leaved species of plantágo and the leaves of the lanceolate species contain polysaccharides, including mucus (up to 11%), iridoid glycoside aucubin, polysaccharides, flavanoids, carotenoids, tannin, ascorbic acid, mineral salts, Silicon, zinc, choline.

Saponins, pectin substances, flavonoids and help lower cholesterol in the blood and provide the following. The substance aucubin has a beneficial effect on the gastrointestinal tract, has antimicrobial, antiseptic, spasmolytic, anti-inflammatory and sedative properties. Therefore, preparations based on plant leaves normalize the functioning of the stomach and intestines and are effective in the treatment of diseases of the cardiovascular and nervous system. Abu Ali ibn Sino used the wound healing and hemostatic properties of the plant in his practice. Phytobalance capsules contain 150mg Plantágo seed extract. Plantágo has properties that can relax and envelop the intestine lightly due to its production of sufficient mucus. Plantágo normalizes constipation in the large intestine with increased stool mass and softness. Plantágo contributes to the absorption of bacteria that provoke the disease at the expense of the iridoid glycoside aucubin, which is contained in seed pods, as well as the elimination of slags and cholesterol from the body. Aucubin serves as a "natural antibiotic". In addition to the glycoside aucubin, Plantágo leaves are rich in microelements such as calcium and magnesium, contain flavonoids and saponins, bitter and tannins, vitamins K and U, carotene and pectin, ascorbic, lemon and oleanolic acids. Therefore, infusions and extracts from Leafyzub leaves are used to increase gastric secretion. Oleanolic acid in Bargizub has a relaxing effect. Choline is a vitamin belonging to Group B. In the absence of choline in the food, fat presses on the liver, the kidneys and blood-making organs are damaged. Plantágos have a blood — stopping, anti-inflammatory and wound healing effect-as you know, the leaves of this plant (which must first be chewed or crushed to release juice) are disinfected and





applied to the wound. Plantágo Leaf is also used as a tea in the treatment of cough in children. In folk medicine, a decoction of leaves is recommended for allergies, fever, diarrhea, hemorrhoids, inflammation of the bladder, stomach and lung cancer. Freshly sprouted leaves are applied to wounds, redness, flaking, cuts. Ointment made with dried leafy Zub powder is an effective remedy for the treatment of pustules (skin diseases). In the preparation of Plantágo ointment, washed and dried and crushed leaves, 120 ml of coconut oil, 15 g of beeswax are mixed together, Cacos oil and leaves are boiled in a water bath, then melted beeswax is added, and this ointment helps moisturize the skin, heals cracks, is used to treat the skin in Burns. In scientific medicine, leaves are used as wound healing, anti-inflammatory, hemostatic, analgesic, bactericidal (stops the growth and development of bacteria) and anti-allergic agent. Tincture of leaves is used to treat bronchitis, tuberculosis, whooping cough, bronchial asthma, diseases of the gastrointestinal tract, including ulcers and duodenal ulcers, kidney inflammation. Juice from freshly grown grass is an antacid (reduces the production of HCl from the stomach glands, neutralizes acidity) and an effective remedy for the treatment of chronic gastritis. The alcohol extract of the leaves lowers blood pressure. Plantágo's assemblages are also used to treat respiratory diseases. Bargizub juice is used to treat gastritis (inflammation of the gastric mucosa), dyspepsia (nausea), anorexia (weight loss). The drug "Plantaglusid", which has a spasmolytic and anti-inflammatory effect and is used for stomach and duodenal ulcers, is obtained from a large aqueous extract of bargizub. The drug Plantaglusid is also used in the treatment of acute and chronic gastritis, enterocolitis, dysbacteriosis, rhinitis, bronchitis, pneumonia and whooping cough. The mucus substance contained in the plant protects the airways, dilutes phlegm and relieves the inflammatory process. Pectin substances protect the wound in the stomach, reduce cholesterol and, in some cases, lower blood pressure. Plantágo seeds have immune enhancement properties. The leaves of the Asian species plantágo have high immunomodulatory properties. Plantágo juice has a noticeable antiallergic effect. Studies have shown that the use of Plantágo extract leads to a significant decrease in the body mass index, a slight decrease in blood glucose levels. Any part of the plant stops bleeding from the nose, blood stops vomiting, heals epilepsy (seizures). The warm juice of Plantágo included in the ear will help relieve ear pain. The juice from the tincture and root of the plant is used to rinse the mouth, treat inflammation of the oral mucosa, toothache, and treat all serious diseases of the oral mucosa. Plantágo is also part of the syrups Gerbion (Lancet leaf rosehip leaves) and Eucabal (Plantágo's liquid extract 3 g) and is mainly recommended to relieve dry cough, as well as have anti-inflammatory and antibacterial effects.

Condensed juice improves the performance of the liver, kidneys and spleen, soothes thirst, normalizes digestion. It stops bleeding from all internal organs, heals gonorrhea, stops menstruation. Decoctions from Plantágo leaves are used as a tonic, to treat inflammation of the bladder, enuresis. Mixtures with other plants are used to treat prostate adenoma, male infertility and prostatitis. Plantágo tea 1 cup of chopped and dried leaves are infused with 2 cups of boiling water and tightly closed and cooled. Such tea should be stored in the refrigerator, and even if you add honey to it. Tea as a tonic and in the treatment of diarrhea and relieves symptoms helps. It can also be used to wash, treat wounds, eczema, rashes, burns. For diseases of the gastrointestinal tract, juice, decoctions and syrups are used. Pharmacy ready juice is diluted in 50 ml of boiled water. Drink 1 tablespoon three times a day 15-20 minutes before meals for 30 days. Put boiling water





on top of the washed leaves and immediately pour with it, pass through a meat grinder and squeeze out the juice. The resulting juice is diluted with boiled water in a 1:1 ratio and boiled for no more than 3 minutes. In addition to treating gastrointestinal diseases, the juice is effective for the Prevention of heart disease, neuroses, has tonic properties, lowers cholesterol, blood pressure and stops the growth of pathogenic staphylococci, hemolytic streptococci and *Pseudomonas aeruginosa*. Therefore, externally they are effective in treating the consequences of boils, post-bruising edema, dermatitis and insect bites. When coughing, hot decoctions of bargizub contribute to the dilution and release of sputum in diseases of the respiratory tract, that is, acute respiratory viral infections, bronchitis, bronchial asthma, whooping cough and even tuberculosis. 1 tablespoon of dry chopped leaves is infused with a glass of boiling water, placed in a warm place or wrapped in a warm cloth for 15 minutes. The tincture is prescribed when drinking 1 tablespoon 4 times an hour before meals.

Plantágo leaves are used for diarrhea, reducing pain in spasms. 2 tablespoons of dried leaves and boil them in a boiling water bath for half an hour with 1 glass of boiling water. Only clean leaves can also be used on the stems. Fresh leaves are thoroughly washed and cut and placed on damaged skin, and a tie is placed. At mild degrees of burns, such bandages are used several times a day and replaced every hour. For the preparation of ointments on wounds and carbons, dried leafyzub leaves and a few drops of vegetable oil or Vaseline oil are mixed in a 9:1 ratio and applied to the desired area. Extracts of Asian Plantágoi thin the body's glucose process (reduce blood sugar levels). Arabinoxylan isolated from Asian Plantágo improves carbohydrate, lipid and amino acid metabolism in patients with Type 2 diabetes. The seeds of the Asian Plantágoí reduce the absorption of carbohydrates in the intestine due to the presence of Biogenic micro-and Macroelements, leafyzub is an effective remedy for the treatment of pulmonary tuberculosis. Plantágo's Asian type extracts have a pronounced neuroprotective effect and prevent the development of nephrotic syndrome. In narrowing of arterial blood vessels (atherosclerosis), when a decoction is prepared from the Plantágo plant, a glass of boiling sub is poured into a Chopped Leaf of a tablespoon of Plantágo, infused for 30 minutes and drunk. Another way, in which the leaves are washed, the juice is taken and boiled for 20 minutes with the addition of an equal amount of honey, consumed in atherosclerosis from 2-3 tablespoons per day, or 1 tablespoon of the crushed dry leaf is poured over 1 glass of boiling water and infused for 10 minutes. Drink 1 a day. In the form of an extract, Plantágo roots are used as a cough remedy in the treatment of fever, pulmonary tuberculosis. Lanceolate Plantágo juice 1 kg of pre-washed and dried Leafyisub leaves pass through a meat grinder. At the same time, the separated juice is mixed with 1 kg of sugar and 1 liter of water (sugar can be replaced with 1.5 kg of honey). The mixture is boiled over low heat, then closed in jars and kept in a cool place. A similarly prepared juice is useful in a decrease in bladder tone, for hemorrhoids, anemia and pulmonary tuberculosis.

In folk medicine, its juice is considered one of the strongest phlegm transporters. In the catarrhal angina (acute inflammation of the tonsils in the throat), the throat is rinsed several times a day with the juice of a Lancet Plantágo. Eating Plantágo seeds stops bleeding from internal organs. Lentils treat shortness of breath if boiled and eaten with Plantágo leaves. Plantágo seeds are useful for treating male and female reproductive problems. Plantágo root extract is recommended for the treatment of tuberculosis-related cough, fever, as a pain reliever, insect and reptile bites Plantágo



juice is effectively recommended for stomach cancer, in which finely chopped fresh leaf is mixed in equal proportions with sugar, taken in a warm place for 14 days and drunk three times a day three times a day 20 minutes before meals, and two tablespoons of Plantágo, a month or two is recommended. For the treatment of constipation and chronic colitis, a decoction of Indian leafy zubi seeds is used, in which 10 g of seeds are infused with a glass of boiling water and drunk a tablespoon a day on an empty stomach. In the case of inflammation of the eyes and purulent divorces from them, compresses from a water tincture of Lancet Plantágo are recommended.

A cotton swab dipped in alcohol tincture is placed in the cavity of the tooth affected by toothache. It is used in cosmetology to reduce acne, wrinkles, oiliness of the skin and eliminate redness. When applied externally, it is an effective remedy for dermatitis, wounds, injuries, bruises, trophic ulcers, boils, carbuncles and burns.

Plantágo contains in the composition of herbal-based masks for cosmetic purposes. On the face, decoctions for washing hair, various cosmetics were produced. Ice bags made from the tincture of the plant whiten and rejuvenate the skin, and the face is wiped with such pieces of ice. Steam baths with Plantágo are useful for problem skin. For owners of Normal skin, the mask is prepared as follows, in which a tablespoon of finely chopped leaves is infused in less water, and when cooled, a tablespoon of sour cream and egg yolk is mixed, applied to the area of the face and neck, and the facial skin is washed off after a quarter of an hour. For dry skin, a mask based on Plantágo, aloe and sunflower oil is used, in which 65 ml of oil is heated in a water bath, finely chopped leaves are added two teaspoons and boiled for a few minutes, then 0.5 tablespoons of aloe juice are applied to the broth. The mask is wiped on the face and neck area with a cotton pad. After 20 minutes, the face is wiped or washed off with warm water. To prepare a mask for oily facial skin, a mixture of Plantágo, rose, nettle and mint is used, in which 50 ml of boiling water is used 2 teaspoons of Plantágo leaf, Rose and nettle-each from a teaspoon, mint-0.5 tablespoons are taken and infused, leached and wiped face and neck, washed off after 20 minutes. Plantágo helps to remove black dots on the face, a tablespoon of Plantágo, calendula(fingernail) and sorrel leaves are taken in equal amounts, the tincture is leaked, when it cools down, mixed with egg white and applied to the face. After 20 minutes, the skin is washed off. This tincture is also useful for problem faces. For problematic, oily facial skin, a mask made from leafy zubi, oatmeal and lemon juice is used. A teaspoon of chopped leaves is infused with 3 cups of boiling water, after filtering, a tablespoon of oatmeal and 1 teaspoon of lemon juice are added and applied to the cleaned face for a quarter of an hour, then rinsed with warm water. When preparing a hair mask, two tablespoons of Plantágo leaves are poured with 0.5 cups of boiling water and leached and put 0.5 cups of milk. It is applied to the scalp, wrapped in polyethylene and a towel for 20 minutes, and the hair is thoroughly washed with warm water. Plantágo seeds ground with salt, when used externally, eliminate the poison of a rabid dog. Crushed roots and leaves, as well as the powder of its dried leaves, when applied locally, cleanse wounds from fire, heal old dangerous wounds, burns, deep wounds. Plantágo and preparations based on it should not be used for thrombophlebitis, allergy predisposition and blood clotting disorders. Although there is no data on the harm of bargizub in pregnant and lactating women, it is prescribed in a state of consultation with a doctor. There are contraindications when using Plantágo in cases of increased secretory function of the gastric



glands (hyperacid gastritis), peptic ulcer, Crown vascular insufficiency, increased blood clotting, attacks of bronchial asthma, so this is not used in diseases.

Conclusion

Preparations based on Plantágo leaves are included in the composition of anti-inflammatory, sleep-inducing, analgesic, anti-allergic remedies in medicine. Lancet Plantágo juice is used to treat asthma, cough, whooping cough, malaria, blood cleansing-a tablespoon of juice is drunk three times a day. The use of its leaves, seeds improve the functioning of the liver, kidneys, bladder, heals intestinal ulcers. Plantágo leaves boiled with salt, lentils and vinegar stop bloody diarrhea. Roasted seeds treat intestinal pain when drunk mixed with sweet almond oil or rose oil. And from The Lancet Plantágo it is used in the treatment of malaria, enuresis. An alcoholic mixture of leaves is used for toothache. Plantágo juice, when drunk with condensed wine (mussels), treats pain in the kidneys and bladder. Crushed leaves inserted into the Vagina(vagina)treat uterine pain. Plantágo flowers are used to treat diarrhea (diarrhea).

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