

THE ROLE OF LAVENDER IN MEDICINE

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Abstract

The article describes the spread and medicinal properties of lavender plant, its medicinal properties with a wonderful smell, its use in the food industry, cosmetology and perfumery, and medicine.

Keywords: Lavender, flower, medicinal, distribution, cosmetology, perfumery

INTRODUCTION

Lavender (Latin: *Lavandula*) is a shrub or an evergreen semi-shrub from the *Lipotsvetny* family, an essential oil plant. There are more than 25 species found on the Mediterranean coast. The lavender *angustifolia* variety is mainly grown in France, Italy, Spain, Hungary, Moldova, Crimea, and the Krasnodar Territory of Russia. Fresh lavender inflorescence contains 1.2 — 2.3% essential oil. It is used in perfumery, food industry, medicine. Lavender is a light-loving, drought-resistant plant that can tolerate even 30 degrees of frost. It is propagated by cuttings. The root consists of 40-50 long filamentous roots. Penetrates into the soil to a depth of 2 m. Fenugreek forms 400-800 stems per bush. The fruit is double, consists of 4 nuts, the color is yellow — brown. The planted seedlings are harvested for 20-25 years, starting from the 2nd year. Lavender is rejuvenated every 6-7 years. Growing medicinal plants in our country and providing our pharmaceutical industry with local raw materials is one of the urgent problems of our time. In recent years, a number of solutions have been adopted and are being implemented to address this problem. The soil and climatic conditions of our republic are considered very favorable for the cultivation of medicinal lavender. Lavender (*Lavandula*) is an essential oil plant in the form of a shrub or an evergreen semi-shrub belonging to the family of *Lipaceae*. More than 25 species can be found on the Mediterranean coast of the earth's surface. Narrow-leaved lavender is mainly found in France, Italy, Spain, Hungary, Moldova, Crimea, Krasnodar Territory of Russia. (*Lavender. angustifolia*) is a cultivated species. Lavender narrow-leaved fresh lavender inflorescence contains 1.2-2.3% essential oil. It is widely used in perfumery, food industry, medicine. Lavender is a light-loving, as well as heat-loving, drought-resistant ornamental medicinal plant capable of withstanding frosts up to 30 °C. Planted seedlings can be harvested for up to 20-25 years, starting from the 2nd year. Rejuvenation of seedlings in lavender every 6-7 years is effective and gives results. The center of origin of lavender is the Mediterranean. It grows more naturally in a narrow strip extending to the West Indies. Lavender is grown in almost all of Europe, South and North Africa, on large areas in the tropics, in the mountainous regions of Australia, Asia and America. Perennial shrubby lavender forms are considered representatives of the *Lamiaceae* family. His root system is very well developed. It branches strongly in the upper part. The main skeletal roots go down to a depth of two meters. In adult plants, the trunk begins to branch close to the ground and is almost invisible.





Woody lower branches, repeatedly branching and arched, with gray-brown bark (Fig.1). Figure 1. The morphology of the lavender bush has a hemispherical shape and reaches a height of 50-70 centimeters with a diameter of 60-80 cm. The leaves are 2.5-6.5 centimeters long and 1.1-5.0 mm wide. The spherical flowers are spike-shaped. The number of peduncles per plant ranges from 40 to 1000. The inflorescence, in turn, consists of oppositely arranged whorls (4-12 pieces). There are 7-20 small bisexual flowers in each of them. The calyx is tubular, covered with numerous hairs. The double-edged tubular inflorescence is dark purple or white in color. Lavender flowers are harvested before they fully open, and they remain tightly closed and fragrant for several months. The long-lasting fragrance and the ability to care for lavender flowers are used, all varieties and flowers of lavender are cut to make columns or fireflies. The fruit is a smooth and small single-seeded nut of oval shape. Figure 2. The use of lavender from lavender-Pharmacology, cosmetology, perfumery, cooking is grown as an industrial crop. In folk medicine, lavender flowers, leaves and the tops of branches are used for medicinal purposes. During flowering, about half of the flowers on the thorn are harvested, sometimes leaves, as well as branches. Lavender is appreciated for the fact that it contains a large amount of essential oil. The composition of the essential oil includes linalool alcohol and esters of acids (acetic, butyric, valerian and capronic). Lavender oil is produced all over the world, with Bulgaria, France and China leading the production. Family composition lavender officinalis % lavender safflower % terpenes Monoterpenols linalool 28.92 49.47 a-terpineol 0.90 1.08 g-terpineol 0.09 borneol 1.43 Isoborneol 0.82 terpinene-4-ol 4.32 nerol 0.20 lavandulol 0.78 a lavender flowers contain coumarins, herniarin and ursolic acid. Lavender is known for its calming effect on the nervous system. It relieves stress, improves mood and reduces anxiety levels. In addition, the plant is often used in aromatherapy to improve sleep quality. The scent of essential oil helps to relax and fall asleep faster. The essential oil of the plant contains more than forty chemical components, including linalyl acetate (30-40%), linalool (30%), tannins (12%), cineol (10%), nerol, borneol, caryophyllene, coumarins, bitterness, resins, herniarin, polyphenols, flavonoids. The plant is also rich in vitamin A, iron and calcium. The medicinal properties of lavender normalize cerebral circulation, in addition to its soothing effect, the essential oil has an analgesic effect, is effective for migraines in combination with medications. If you need to calm down quickly, relieve stress, or just get a good night's sleep, it's worth taking a lavender bath. The aboveground part of the plant has a calming effect on the body, increases stress resistance, normalizes mental state, and improves skin condition. Lavender flowers have diuretic, anticonvulsant and soothing effects, while the oil has antiseptic and bactericidal effects. In addition, lavender oil has a positive effect on the active healing of wounds (especially chemical burns) due to its ability to completely regenerate the cells of the epidermis. Helps to reduce scars and resolve lumps. Because lavender flowers store coumarins, they prevent the development of naive organisms and insects. Due to this, lavender has a good effect in the fight against pediculosis, parasites and moths. Lavender oil, diluted with alcohol, is drunk for migraines, with a strong heartbeat, during periods of increased irritability, and with acute attacks of rheumatism. Lavender has a beneficial effect on flu patients. We can also see vitamins and minerals in this plant. Lavender is intended for oral and external use. Organic lavender tea: soothes, quickly restores strength, fights stress, depression; has an antispasmodic



effect on blood vessels, relieves headaches and nervous tension, improves sleep; normalizes the..



gastrointestinal tract and cardiovascular system Lavender essential oil contains substances that have a therapeutic effect on the human body. Flavonoids, anthocyanins, phytosterols and coumarin act on: anticonvulsant; diuretic; sedative; · anti-inflammatory agent; antibacterial agent. In pharmacology, lavender is used to create various medicines, active additives, and phyto-teas. The herb fills the clothes in the wardrobe with a pleasant aroma and at the same time becomes a protection against moths. If simple recommendations and dosages are followed, the flowers of the plant are used in folk medicine to make decoctions, tinctures, and tea. Vegetable oil is also used. High-quality essential oil conveys all the healing properties of lavender. Applied externally, headache-rub a few drops of whiskey when preparing compresses for throat treatment-5-6 drops of oil are mixed with honey, applied to gauze and a compress is applied to the throat and chest. To achieve the best effect, honey is heated to 38 degrees before use. acne treatment-the cleansed surface of the epidermis is lubricated with oil before bedtime; conditions of depression, sleep disorders, anxiety-oil is poured into a diffuser or a special aromatic lamp for better distribution around the room; wounds, cuts, ulcers, burns. The medicinal properties of lavender normalize cerebral circulation, in addition to its soothing effect, the essential oil has an analgesic effect, is effective for migraines in combination with medications. If you need to calm down quickly, relieve stress, or just get a good night's sleep, it's worth taking a lavender bath. To do this, add a few drops of oil to the water. Lavender is an effective antiseptic. It is enough to apply a few drops of oil to disinfect your hands. You can fight insomnia with tea. Dried or fresh flowers (1 hour) are poured with boiling water, like regular tea, and taken before bedtime. Tincture of lavender flowers is taken when nervous diseases, high blood pressure, for its preparation: take 2 tablespoons each.1 liter of dried flowers, crushed leaves and stems; pour 1 liter of high-quality water; bring to a boil over low heat, stirring constantly. Then the container with the broth is covered with a towel and infused for 60 minutes, after which the broth is filtered and used for its intended purpose. Recommended intake rate: 200 ml three times a day 15 minutes before meals. The broth can be stored in the refrigerator for several days. Lavender is also grown on an industrial scale for the needs of the pharmaceutical industry. It is included in the composition of drugs: · to normalize the functioning of the gallbladder; · for the treatment of the gastrointestinal tract, cardiac activity, rheumatism, bronchitis, asthma, etc. * antispasmodic and sedative effects. Lavender has the ability to normalize the acidity of the stomach, increases appetite, helps with hypertension, promotes the outflow of bile. To make lavender tea, pour 1 teaspoon of lavender flowers into 200 g of boiling water, leave for 5 minutes, strain. You need to drink 3 times a day and at night before going to bed. Analgesic



properties Several studies show that lavender can be useful for acute, chronic, or difficult-to-treat pain. Foot massage using lavender essential oil in 100 intensive care unit patients, 50 percent of whom received mechanical ventilation, proved effective in reducing blood pressure, heart rate, respiratory rate, wakefulness, and pain.⁴ Another study conducted by a group of Korean scientists shows that aromatherapy massage with lavender combined with pink geranium, Rose and jasmine for eight weeks is an effective way to reduce menopausal symptoms such as hot flashes, depression and pain in menopausal women. Lavender essential oil also has evidence that inhaling the oil can be an effective and safe way to treat acute migraine attacks. Forty-seven migraine attack patients reported significant reductions in pain and other migraine symptoms after inhaling lavender oil early in the attack. Relieves eczema and dry skin. If you have dry skin, lavender oil can be used to balance the skin's moisture condition. Massaging dry areas with a few drops of lavender lotion or lavender-containing body oil will soothe your skin to make it soft and itchy. Reduces wrinkles and prevents blemishes Due to the anti-inflammatory and antioxidant properties of lavender oil, it prevents blemishes on the skin and prevents wrinkles on the skin. Thanks to the antioxidants it contains, it protects the skin from free radicals that accelerate the aging process. Heals wounds Beta-caryophylline in lavender oil heals wounds on the skin. To heal wounds on the skin, you can apply a few drops of lavender oil on a cotton pad and massage the skin. Helps in the fight against fungal and viral infections As an antimicrobial agent, lavender not only helps kill bacteria, but is also effective against certain types of fungi. Using a few drops of lavender oil during cleaning or washing can be effective against bacteria and fungi. Foot massage with lavender essential oil has an effective soothing effect on tired feet. Relieves fatigue and leg pain. This will relax tense muscles. Due to its anti-inflammatory and antiseptic properties, it helps treat inflammation in the legs. If you have trouble sleeping, using essential oil well in the bedroom makes it easier to fall asleep and reduces the frequency of waking up at night. Thus, the quality of sleep improves. Relieves stress Lavender oil has a soothing fragrance and can be used in problematic situations related to stress and anxiety. It can be used for headaches, nervous tension and migraines. With its refreshing fragrance, it enhances mental alertness and eliminates nervous exhaustion, anxiety, restlessness and restlessness. Relieves pain. Using lavender oil can help relieve muscle aches, joint pain, tissue damage, and back pain. Massaging the affected area with lavender oil can relieve pain and relax the muscles. Facilitates digestion Lavender oil helps to improve intestinal function. Using lavender oil to treat health problems such as indigestion, gas, abdominal pain, constipation, and vomiting can regulate intestinal health. Relieves respiratory ailments with lavender oil; it is used because of its medicinal properties for many respiratory diseases such as colds, throat infections, coughs, asthma, bronchitis, and laryngitis. Applying lavender oil to the neck, chest, or back can help relieve chest and nose congestion, speeding up the healing process. Promotes the elimination of sputum and other unwanted toxins. Inhaling lavender oil with a vaporizer can alleviate respiratory illnesses. The use of lavender oil in skin care the usefulness of lavender oil may vary depending on the purpose of use. Lavender oil can be applied to the skin by gently massaging it to moisturize the skin or prevent wrinkles with a protective effect against free radicals. To experience the benefits of lavender oil for dry skin, it can be used at night by applying 1-2 drops of lavender oil to a piece of cotton wool before going to bed on well-cleansed skin. With regular use of lavender oil, you can see the effect of lightening and moisturizing the skin. To take



advantage of lavender oil to prevent the appearance of pimples (pimples) on the skin and redness, lavender oil is dripped onto a piece of cotton and applied to the area of acne or redness. The use of lavender oil in hair care Lavender oil can be included in home hair care, while helping to look healthy and clean skin. You can apply 2 or 3 drops of lavender oil to the shampoo you are using and apply it to your hair in a circular motion. After you apply the mixture to your hair, all you need to do is wash your hair, leaving it on for 4-5 minutes. Another way that you can do it at home is to use it as a massage oil to strengthen the scalp. You can massage your scalp by dripping a few drops of lavender oil onto oils such as almond oil, argan oil, coconut oil. Thus, by strengthening the scalp, you can observe how new healthy hair fibers appear thanks to the benefits of lavender oil. Side Effects of Lavender oil Care should always be taken before using a new oil or any product on the human body. Before using a new product, tests can be performed on a small area of the skin. Generally, pregnant and lactating women are advised to avoid lavender essential oil. Lavender oil can cause an allergic reaction in people who are prone to allergies. You can use the recommended usage guidelines by applying lavender oil to a small area of the skin before use. It is important to note that, unlike other essential oils, lavender oil can cause many health problems. Some of them include blurred vision, burning and redness of the eyes, difficulty breathing, headache, nausea. may cause vomiting and diarrhea. It's best to talk to your doctor and dietitian before making any changes to your diet or lifestyle.

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