

# MEDICAL USE OF STINKING FERULA (FERULA ASSA-FOETIDA)

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## Abstract

Since ancient times, it has been used as a medicine from plants, with a special emphasis on the search for new plants. The ferula plant leaves an impression as an unnecessary, wild plant to a person at first glance. We all met him a lot on the road, in the desert. But we do not all know its healing properties. Tar-juice, which is obtained mainly from glue-Root, is widely used in medicine. The composition of the glue-tar used in medicine is made up of essential oils, organic sulfides that give it the smell of garlic, pinene, coumarins and other compounds. The slime has the properties of a fragile antioxidant, anticholinesterase, anti-inflammatory, anti-tumor.

**Keywords:** Ferula asafetida, antioxidant, anticholinergic agent, root, powder, emulsion.

## Introduction

Ferula is a perennial grass species in the willow family, with more than 160 species on earth, growing mainly in sandy deserts, knoll, mountains and mountain slopes. The height of the Husky rootstock is 1 m, the root is turnip-like, the diameter is 15 cm. The STEM is erect, creamy. The stem leaves are banded, 3-lobed. The ball is large, spherical, 20 cm in diameter. Blooms in early spring. The fruit is dicotyledonous. This plant thickens the roots from 8 months to 5 years after planting.





To obtain Tar-glue, 10 types are mainly used (stinking ferula, rova, Kohistan ), Tar-glue, which is prepared in our Republic and supplied to consumers, is obtained from stinking ferula (*Ferula assafoetida*). *Ferula assafoetida* is a plant in the willow family (silent cockroach). The glue-Tar obtained from the rhizome and root of this plant is used in medicine. *Ferula* plant, adapted to drought conditions. Its water needs are relatively balanced and do not require excess moisture or tolerate a lot of dryness. Watering is necessary every week to maintain health and vitality. Significantly reduces the need for water in the open air. As a medicinal agent, roots, leaves, bark, flowers, fruits, juices of plants are used. In medicine, powder, emulsion and tinting are prepared from the coarse glue-Tar. This spice is also used as a digestive agent, as a condiment to food. In folk medicine, since ancient times, alcohol tincture of glue resin from it has been used in the treatment of malignant tumors and wounds for asthma, stroke and neurological diseases. In scientific medicine, *Ferula* glue resin is used as a powder, emulsion and tincture as an analgesic and sedative and is included in the pharmacopoeia of many countries. Plants have long been a source of Medicine, and recently, great attention has been paid to finding new therapeutic agents from medicinal plants. Today, there are many more effective ways to use medicinal plants than chemical preparations. *Ferula assafoetida* is widely used in as a spice in India and Iran. In ancient Rome, *assafoetida* was stored in jars with pine nuts. Another method was to Melt *assafoetida* in hot oil and add the oil drop by drop to the food. *Assafoetida* is used as a flavoring agent and forms an ingredient in many spice mixtures. The plant is also used as an anti-opium agent. Given in the same amount as the opium taken by the patient, this drug has the property of counteracting. It is used in modern medicine in the treatment of hysterical diseases, some nervous disorders, bronchitis, asthma and whooping cough. In previous times, it was used to treat pneumonia and flatulence. *Assafoetida* has also been used as a sedative. It also dilutes the blood and lowers blood pressure.

As the name suggests, *assafoetida* also refers to it by the name of Devil's manure due to its foul odor and nausea-prone taste. In the Middle Ages, a small piece of gum was worn around the neck to prevent diseases such as colds and fever. In the Persians, this herb is highly valued as a spice, it is mixed with almost all its dishes. It is still considered a valuable medicinal. The plant blooms for 2-3 weeks, but the root continues to grow. It can be used only after the age of five. The root is cut off and covered with dust to form a resin, after 2-3 days it is collected and a new cut is made, the resin is collected after 5 days. Then this state is repeated again, but its accumulation will be after 10 days. The assembly time is constantly increased and stops when the root stops releasing the resin. In one season, 1 kg of raw materials are collected from one plant. It can be stored in a closed airtight container for up to a year. But most often, resins are ground into powder and sold ready-made. The main components of the composition of *ferula* are resin (40-60 %), gum (25 %), essential oils (8-15 %). The rest are vitamins, microelements, coumarins and proteins. Glue-tar is used in folk medicine for the treatment of pulmonary tuberculosis, plague, syphilis, whooping cough, toothache, nervous disorders, as well as a power-up, expectorant, herbicide and anti-vomiting medicine. The importance of extracts of the seeds and roots of the stinking *ferula* in sexual weakness and erectile dysfunction in men has been identified. The plant is an effective remedy for several diseases of the stomach, especially in the treatment of flatulence. *Ferula* can be used to treat anorexia, which means it will stimulate appetite. But it will also be useful in losing excess weight. *Ferula* accelerates metabolic processes, helps to better absorb food, helps to lose



excess fat, eliminates toxins. It has a beneficial effect on the central nervous system, helps to relieve stress. Helps with migraines, improves blood circulation, has a warming effect as well. Helps in the treatment of arthritis, gout, osteochondrosis. It helps to strengthen joints, improve mobility, relieve pain and restore bone tissue, therefore, in the treatment of Rheumatic Diseases, an analgesic and chondroprotector are used as additional means. Compresses for the treatment of hematomas, joints, muscle tissue are made from asafetida. They are applied to the affected area 1-2 times a day.

- Lowers blood pressure, lowers blood sugar and cholesterol levels.

Improves the digestive system, prevents flatulence, accelerates the digestion of heavy food.

Significantly reduces moderate arterial blood pressure in *Ferula asafetida*.

Improves vision, heals wounds in the intestines, reduces hair loss.

- Increases sexual activity in men, is used in the treatment of erectile function disorders.

- Heals the initial stages of cataracts in eye diseases.

- Poisonous insects reduce the effect of poison when stinging.

- He wrote down the features of lowering a stone from the kidney, psoriasis, eczema, cleansing the skin, cleansing the liver in the works of Avicenna.

*Ferula asafetida* is useful for treating problems such as infertility, painful, persistent menstruation.

*Asafetida* is used to treat the consequences of miscarriage and premature birth. It also reduces

menstrual pain. It is used to stabilize postpartum condition. Tar in *asafetida*, fried in butter mixed

with goat milk and a tablespoon of honey, should be given three times daily for a month. This

increases the secretion of the hormone progesterone. In the field of veterinary medicine and

cosmetology, *asafetida* is used in several forms, Tablets, extracts, emulsion. They help in the

treatment of skin diseases. Powder diluted in water neutralizes the poison of some snakes and

insects. It is used as first aid for injuries, poisoning, skin damage. For the treatment of dry cough,

asthma, bronchitis, a paste is prepared and used. Also *asafetida* prevents colds well, strengthens

immunity and accelerates recovery after colds. *Ferula* fully restores the excretory function of the

liver and the chemical composition of bile after seven days of treatment in acute hepatitis. The

effective therapeutic dose of *Ferula* gum resin in the treatment of acute toxic hepatitis is 50 mg/kg.

A drug with *Ferula* gum resin can be recommended as a pathogenetic agent in the treatment of

toxic hepatitis. *Asafetida* is used as part of Medicine and helps fight nervous disorders, hysteria,

respiratory diseases (bronchitis, asthma). It is useful in the treatment of patients with hepatitis A

disease and releases harmful fluids, toxins that are trapped in my body. It also helps to eliminate

hemorrhoids, which means that it shrinks and dries out. Urine is a driving agent. If it is mixed into

pepper and eaten it will release stagnant urine. Currently, medicine is using *ferula* in the treatment

of cancer and other diseases, and it gives good results in the cosmetics Sox it is widely used in the

elimination of iron, freckles and scars. In the case of alopecia (hair loss), however, it is applied

mixed with is vinegar. Also, *asafetida* is used in the fight against children's pneumonia, colic due

to gases. It also has a calming effect, relieves spasms, helps to dilute phlegm, problems with feces.

For skin and hair care, pieces of powder or resin are added to cosmetic formulas. But for this,

essential oil is more often used in *asafetida*. *Asafetida* is a spice very similar to a mixture of garlic

and onion. But it is softer, less bitter, more useful for the body than the usual spices. In several

countries, it is mainly used more for certain purposes, the people of Afghanistan use it for the





treatment of hysterical diseases and stomach diseases, China, Nepal use it as an anti-vomiting agent, Egypt uses it to relieve spasm and pain, as well as as a diuretic, the people of Malaysia use it to treat amenorrhea. It is used in the treatment of epilepsy in Morocco, in the treatment of respiratory diseases in Saudi Arabia, and in Indian Medicine on a much larger scale. Dangerous aspects and unpleasant effects of caviar:

Photosensitization-fragile contains furocoumarins, which make the skin more sensitive to the sun. Allergic reactions-can cause redness of the skin, rashes and difficulty breathing in some people. Excessive consumption is dangerous-fragile can have toxic effects when taken in the long term or in high doses.

The use of asafetida is contraindicated in cases of individual allergies to the product, pregnancy and lactation, increased acidity of the stomach, stomach and duodenal ulcers, gastritis, poor blood clotting, high temperature, acute period of infectious diseases, children under 3 years of age, increased body temperature, disorders of the central nervous system, colitis, acne, dermatitis, rash, when furuncular skin, asthma with allergic etiology. Asafetida is not used in diseases associated with circulatory disorders. This product increases the risk of bleeding. Therefore, we do not use it before the operation and during the recovery period. The real resin has a bright yellow-brown color, and if it is a powder, it has a light yellow color. The cuts are milky white, thin pink veins are visible inside. When in contact with air, first they gradually turn red, then turn brown. A little powder is poured into a glass of water to determine if it is natural resin. If it settles on the bottom, then there are foreign impurities. Natural asafetida makes the water cloudy, gradually completely dissolves, does not sink. Since asafetida has an unpleasant smell, it is better to store it in an airtight closed container, that is, it should be stored in a hermetically sealed container (plastic or glass) so that the pungent smell does not soak into nearby products. Spices are removed in powder form in a dry, dark, cool place. In this form, it can be stored for a year.

Scope of application: as a biologically active food additive – a source of essential oil, ferulic acid, vitamins and trace elements. METHOD OF USE: adults take 1 capsule 3 times a day. The recommended dose ranges from 1500-2500 mg per day for adults. The duration of admission is 1-2 months.

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