

MEDICINAL PLANTS AND THEIR USEFUL PROPERTIES

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Abstract

Medicinal plants are plants that have important medicinal properties for human health and are used for medicinal purposes. These plants are widely used from traditional medicine to the modern pharmaceutical industry. They can be wild or cultivated and help in the prevention and treatment of various diseases. Medicinal plants contain biologically active substances (vitamins, minerals, alkaloids, flavonoids and other chemical compounds) that have a beneficial effect on the body.

Keywords: Plants, human health, therapeutic properties, antioxidant, anti-inflammatory, antimicrobial.

Introduction

Medicinal plants have been used in human history for thousands of years to treat various diseases, strengthen the immune system, and improve overall health. The use of their natural sources is widespread in modern medicine. When talking about the beneficial properties of medicinal plants and their relevance, it is necessary to take into account several basic aspects.

To prepare a table on the distribution of Aloe Vera, Lavender, Camilla and Yarrow (Achillea millefolium) plants in the regions of Uzbekistan, the following general information can be taken into account. By the way, accurate data will be associated with regional botanical or plant distribution studies.

Plant	Areas of distribution (Provinces)		
Aloe Vera	Fergana, Kashkadarya, Bukhara, Samarkand (hot, arid regions)		
Lavender	Samarkand, Tashkent, Fergana, Jizzakh, Surkhandarya (temperate		
	climate)		
Chamomile	Tashkent, Andijan, Namangan, Fergana, Kashkadarya,		
	Surkhandarya, Bukhara (temperate climate, along rivers)		
Yarrow	Tashkent, Andijan, Syrdarya, Namangan, Fergana (surrounded by		
	semi-desert, plains and forests)		

2-Table Spread of aloe vera, lavender, chamomile and yarrow.

Descriptions:

1. Aloe Vera: a plant adapted to hot and dry climates. Distributed in hot and dry regions of Uzbekistan, such as Fergana and Kashkadarya.

2. Lavender: May require moderate climate. It is grown in regions such as Samarkand and Tashkent, but is generally suited to cooler climates.

3. Chamomile (Camomile): Grows in many regions, especially in areas with high moisture requirements. In Uzbekistan, kamila is common along river banks or in pastures.

4. Yarrow: Yarrow is more suitable for temperate climates and semi-desert conditions. Distributed in Uzbekistan, especially in the Tashkent and Andijan regions.

1. Aloevera (Aloe vera)

Chemical composition: Aloe vera contains more than 75 biologically active compounds. Some of them are: anthraquinones, polysaccharides, amino acids, vitamins (A, C, E), minerals, enzymes and terpenoids.

Beneficial properties: anti-inflammatory, antiseptic, antibacterial, regulating the gastrointestinal tract, protecting the skin from inflammation.

Medical use: softening skin, healing wounds, treating ostomy and intestinal diseases.

2. Lavender (Lavandula angustifolia)

Chemical composition: Lavender contains lavandulol, linalool, eugenol, camphor, tannins and flavonoids.

Beneficial properties: Risk reduction, sedative, anti-inflammatory, antibacterial, antispasmodic. Medical use: Relieves stress, improves sleep, relieves headaches.

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4. Chamomile (Matricaria chamomilla)

Chemical composition: Camila contains chamazulene, apigenin, bisabolol, flavonoids and tannins. Beneficial properties: anti-inflammatory, sedative, antispasmodic, antibacterial, analgesic. Medical use: Improves sleep, treats stomach and intestinal problems, eliminates skin problems.

Plants	Active substances	Beneficial properties
Aloe Vera	Polysaccharides, anthraquinones, vitamins	Anti-inflammatory, antiseptic, healing
Lavanda	Lavender, Linalool, Essential oils.	Reduce stress, improve sleep.
Kamila	Chamazulene, Apigenin, Bisabolol.	Anti-inflammatory, analgesic.
Yarrow	Alkaloids, Flavonoids, Essential oils	Anti-inflammatory, wound healing.

2-Table

Growing medicinal plants

When growing medicinal plants, it is important to consider basic factors, for example: Climate and soil. Most medicinal plants grow well in warm climates.

Watering and care: Many medicinal plants require moderate and constant watering.

Fertilizer: Fertilizer system in crop production, especially organic fertilizers, helps to improve the chemical composition and quality of plants.

Ecological and economic significance

A table about the ecological and economic significance of lavender can be as follows. This table discusses the different aspects of lavender:

Category of importance	Description	Environmental significance.	Economic significance
Biodiversity Conservation	Lavender supports unique ecosystems and provides habitat for a variety of plants and animals.	Lavender is a beneficial plant for honey bees, providing pollen and nectar.	For honey producers, planting lavender can be beneficial as it helps produce high quality honey
Land and soil	Lavender helps reduce and	Lavender root system helps	Soil stabilization is beneficial
conservation.	increase soil erosion.	conserve land and stabilizes	for lavender crops, which
		soil.	increases their productivity.
Climate Regulation	Lavender is a heat-tolerant	It may be resilient to climate	Economic. In terms of
	plant that grows well in dry	change, but many species do	quality, lavender makes it an
	conditions.	not grow well in cold	effective crop to grow in
		climates.	regions with harsh climates,
			which brings economic
			benefits.
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			which brings economic
Haaling Properties	Lavandar is known for its	Holma valiance atmage and	Economia honofita con ho
Heating Properties	Lavender is known for its	nurifies the air at home or	achieved by using
	aromatherapy properties.	outdoors	arometherany products
		outdoors.	lavender oil and herbs
Tourism and Agriculture	Lavandar is a beautiful plant	Lavender fields can be an	In the tourism sector
Tourisii and Agriculture	that attracts many tourists	ideal place for acotourism	lavender fields and gardens
	that attracts many tourists.	ideal place for ecolourism.	contribute to the development
			of tourism

2-Table

The environmental and economic value of planting lavender is high. This not only helps preserve the natural environment, but also plays an important role in diversifying agriculture, developing tourism and creating new economic opportunities.

Medicinal plants are also very important from an environmental point of view. There are also economic aspects of their natural growth and rational use.

Sustainable plant cultivation: Instead of taking plants from the wild, growing them under cultural conditions ensures resource-efficient processing.

Natural Resources: Medicinal plants are used in many industries (cosmetics, pharmaceuticals, food industries), which contributes to economic development. New scientific research related to medicinal plants in medicine

Modern science is making great strides in studying the beneficial properties of medicinal plants. By determining the chemical composition of plants and testing their effectiveness in treating diseases, new medicines are being developed. For example, some medicinal plants used in the fight against carcinogenesis (for example, turmeric) have proven their effectiveness.

Medicinal plants and modern healthcare

Modern lifestyles, stress and unfavorable environmental conditions increase the need for natural remedies to improve health and prevent disease. Medicinal plants:

Stress Reduction: Adaptogenic herbs (ginseng, ashwagandha) help reduce stress and help the body recover.

Strengthening the immune system: Medicinal plants (echinacea, ginger) are useful for strengthening the immune system and protecting the body.

Cardiovascular Health: Medicinal herbs (garlic, yarrow) help support the cardiovascular system. Safety and precautions when using medicinal plants

Caution should be exercised when using medicinal plants as some plants may have adverse effects if used incorrectly. It is necessary to take into account the doses of medicinal plants, the composition of the drug and the interaction with other components.

Summary

Medicinal plants play an important role in maintaining and improving human health. Their beneficial properties are relevant not only in traditional medicine, but also in modern science and healthcare. However, when working with medicinal plants, a careful and scientific approach is necessary, since their incorrect use can lead to negative consequences. These plants have many beneficial properties and unparalleled potential for natural health support. Medicinal plants contain many beneficial chemicals in nature, and their varied medicinal properties are important for public health. The chemical composition and beneficial properties of each plant have been carefully analyzed and can be used in modern medicine and folk medicine.

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