

Medicinal Plants of Ziradosh Family

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ABSTRACT: This article provides information about specific members of the Zirado family. In particular, their medicinal and specific properties are covered with the help of the necessary literature.

Keywords: Ziradoshlar, commonfexnel, "Pharmacyanethum graveolens", black cumin.

After the independence of Uzbekistan, great changes have taken place in the field of science and education. In particular, the President of the Republic of Uzbekistan ShavkatMirziyoyevMiromonovich issued Resolution No. PQ-4901 dated 26.11.2020 "On expanding the scope of scientific research on the cultivation and processing of medicinal plants, the development of their seed production. It was decided to take appropriate measures. Today, botany, like all other sciences, uses a variety of methods to study the plant world. The methodological basis of botany is the dialectic that defines the general laws of nature and human society.

Plants are part of living nature and are closely connected with the environment. They get all the conditions they need to live from the environment. Plants feed, remove unwanted substances, grow, multiply, develop, respond to the external environment and die.

Plants of the family Ziradosh include species that are pleasant to humans with a number of useful properties. Many of them are used in the manufacture of medicines, additives and dyes, essential oils, as well as various chemical raw materials and many other substances.

The family Ziradosh - formerly known as Umbelliferae, because the inflorescences of plants belonging to this family consisted of a complex umbrella. Representatives of this family are found on almost all continents of the globe, more common in subtropical regions. One of the peculiarities of the Ziradosh family is that it differs from other families in terms of the richness of essential oils. It is this feature that helps to identify members of the ziradosh family. Some species of cumin (cumin, coriander, carrot, hyacinth, shivit, kovrak, fennel, algae, etc.) have long been used because they contain essential oils (mostly in fruits and leaves). Some species (mas and sassiqalaf) are poisonous, some grow as weeds among crops. Below we get acquainted with fennel and black cumin, which belong to the family of cumin and have medicinal properties.

Common fennel (lat. *Foeniculum vulgare*). This plant is popularly known as "oqzira", "pharmacy dill". The common fennel is a perennial plant with a height of 90-120 cm, sometimes grown as a biennial. Stems erect, branched. The leaves are separated 3-4 times. The flowers are small, yellow, in a complex umbrella. The fruit is a double pistachio fruit rich in essential oil. The fruits of this plant are used in medicine.

The length of the fruit is 8-10 mm. The smell and taste of ordinary fennel is reminiscent of the smell and taste of fennel. Pharmacy dill fruit contains 3-6.5% of essential oil and up to 20% of fat and protein. The fruits are harvested when they are 50-60% ripe. When the fruits are ripe, the dried plant is crushed and the fruits are cleaned.

Infusions made from the fruit of the pharmacy dill, as well as medicines and drugs are a cure for many diseases. In particular, the fruit of the pharmacy dill is used as a emollient, emollient, laxative and windpipe for colds and inflammation of the upper respiratory tract (especially babies are given more dill juice), a mild expectorant. It is also effective in the treatment of diseases of the gastrointestinal tract, gallbladder and kidney stones. In folk medicine, the seeds of dill in the pharmacy can be used to treat toothache.

Black cumin (*Carum carvi*) is a biennial plant, 30-60 cm tall, grown mainly from seeds to obtain essential oil, and it has several medicinal properties. The height of the main flower stem is 40-60 cm, the umbrella has small white or pink flowers. The leaves are large, the upper leaves are small and divided into segments. The fruit is ovoid or round in shape. Due to the high content of essential oils, resins and alkaloids in the Ziradosh family, they are more practical in our lives. Due to the presence of essential oils in black cumin, it is used in perfumery, medicine and food industry.

Black cumin contains vitamins A, B1, B2, B3, B6, B9, C, E, K.

Black cumin is a cure for many diseases in folk medicine. In particular, it is important in diseases of the gastrointestinal tract, kidney and gallbladder stones, strengthening the immune system, insomnia, neurosis and stress. Black cumin is

also effective in the treatment of anemia, uterine diseases, wounds and tumors. Infusions or decoctions made from the fruits of the black cumin plant are also used in gastrointestinal diseases, as a laxative and exfoliator.

Oriental doctors recommend that adults consume one teaspoon of whole or crushed black cumin on a daily basis to increase the body's resistance to harmful effects, lower blood pressure, improve memory and improve the general condition of the brain.

Daily consumption of a mixture of ground black cumin and honey helps to eliminate kidney stones and gallstones. Also, adding half a glass of warm milk to a teaspoon of honey and a teaspoon of ground black cumin before dinner is good for overcoming insomnia.

Kovrak (Ferula) is a species of apiaceae in the family Apiaceae, which differs from other plants by its richness of species and ability to grow in different conditions. Kovrak species are widespread, especially in Samarkand, Kashkadarya, Surkhandarya and Jizzakh regions of the country. The Kovrak series was first identified by Carl Linnaeus.

Abu Rayhan Beruni writes in his book "Kitab as-Saydana fit-Tibb" that the best quality resin was brought from Marv and Khorezm. Kovrak family contains coumarins, which have a tanning effect on the skin. Because kovrak root resembles radish, it is boiled and eaten in water and called "wild carrot". Kovrak fruit contains sugar, protein, nutrients, organic alkalis, has a positive effect on the human body and promotes growth.

In Turkmenistan, the young branches of the fragile species are used in the treatment of colds and lung diseases, as well as intestinal diseases. In ancient times, the substances contained in kovrak were used by doctors as a hemostatic, emetic, expectorant, energy-boosting drug. it is also effective in the treatment of diseases such as brittle bronchial asthma, gastritis, cataracts, purulent wounds, atherosclerosis, diabetes.

In conclusion, it is no exaggeration to say that the preservation of the glorious blessings of our healing nature is the highest duty of every human being.

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