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BIOECOLOGY OF MEDICINAL PLANTS OF BUKHARA REGION

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Abstract:
The article describes in detail the botanical description, geographical distribution, used parts, above-ground parts, chemical composition, and use of medicinal plants found in Bukhara region.

Keywords: Incense (Peganum harmala L.), Plantago major L. Relatives — Plantaginaceae.

INTRODUCTION

Since ancient times, people have known the healing and energizing properties of various herbs and used this knowledge to treat various ailments. For example, in ancient Egypt, India, China, Central Asia, and many other countries, doctors wrote many treatises on the medicinal properties of cannabis. Ancient Tibetan medicine is shrouded in many myths related to this. Among them, you can find medicinal compositions prepared from various herbs that have not lost their value and are used in practice. In this graduation thesis, the medicinal ingredients of folk medicine found in the region of Bukhara, which consist of many medicinal herbs and can cure various diseases, are presented. You can find almost all herbs used in these compositions from the nature of our country, deserts and mountains. Very rare herbs that grow abroad and are rarely cultivated can easily be found in herbal medicine shops. You can buy or prepare various compositions from them in the form of decoction, aqueous or alcoholic tincture, medicinal tea, decoction or extract.
Let's get acquainted with the systematic analysis of some medicinal plants found in the region of Bukhara.

Botanical description of the plant. Frankincense (Peganum harmala L.) is a 20-60 cm tall herbaceous plant belonging to the Zygophyllaceae family. The stem is several, branched. The leaves are simple, divided into 4-5 parts (the parts are pendent-lanceolate), located in a row on the stem and branches, the ones in the lower part of the stem are short-banded, and the upper ones are unbanded. White or yellowish flowers are located singly at the tip of the branches. The fruit is a spherical, three-chambered pod.[1]
It blooms in May-June, the fruit ripens in August.
All parts of the plant are poisonous!

Geographic distribution.It grows in the south of the European part of Russia, in the deserts of the Caucasus and Central Asia, in the hills, in unused meadows, in the lower part of the togos, in sandy, stony, earthy places, and in cultivated fields as a weed.

Applicable part.Surface parts.

Chemical composition.All parts of the plant contain 1.5-6%, 2.15-2.7% in the root, 4.25-10% in the seed, garmin, harmaline; flowers and stems contain peganin, harmol, harmonin and other alkaloids. In addition, the seeds contain fatty oil, dyes and other substances.

Usage. The hydrochloride salt of garmin alkaloid has been used in the treatment of complications of encephalitis, seizures, tremors and Parkinson's disease. The solution of deoxypeganine hydrochloride in ampoules is used for myasthenia, myopathy and other muscle diseases, as well as nerve diseases such as neuritis.

During the outbreak of flu, burning incense and disinfecting the room where the patient is lying gives a good result.

Frankincense has been widely used in folk medicine since ancient times. Ibn Sina recommended crushing its upper part and tying it to the affected areas when the joints hurt and the nerves are cold. Even at that time, the healing properties of frankincense were known to physicians.

A decoction prepared from the above-ground parts of the plant is used among the people in the treatment of gout, malaria, seizures, insomnia, colds and other diseases, as a sedative, hypnotic and pain reliever. This decoction also cures skin diseases. Also, the decoction of the upper part of the earth has a diaphoretic and diuretic effect.

In times of shortness of breath and difficulty in breathing, it is recommended to drink a decoction of frankincense urugoi with a decoction of zygoir urugoi, in case of wounds and leg diseases, a decoction of frankincense urugoi with a decoction of pepper urugoi.

Figure 1. Peganum harmala L.- Incense

Big zubturum —Plantago major L.Relatives belong to the Plantaginaceae family. Zubturum is a perennial herb with a short and thick rhizome. From the upper side of the rhizome (above ground) long, winged rhizomes grow, and from the lower side (below the ground) many small roots grow. Root balls are broadly elliptic or broadly ovate, flat-edged and large. Flower axis one or several, hairless, 10-45 cm long. The flowers are collected in a simple spike. The flower

is small, invisible. The calyx is cut into four parts, the corolla is light brown, four-lobed, the male node is 4, the female node is two-digit, located at the top.

The fruit isovoid, many-seeded cyst. It blooms in May-June.

Geographic distribution. In all districts of the former Union, it grows on roadsides, fields, fields, meadows, forest edges, riverbanks and other wet places.

Product preparation. The leaves of the plant are collected throughout the year. It is spread thinly and dried on the ground or used without drying.

Chemical composition.The product contains aucubin (rinantin) glycoside, bitter, mucilaginous and astringent substances, flavonoids (apigenin, homoplantagenin, luteolin and scutellarein glycosides, etc.), carotene and ascorbic, citric acids, factor T and vitamin K.

Medicinal preparations.Tincture, nastoyka, preserved juice of freshly collected, undried leaves, plantoglucid preparation, leaf briquettes.

In addition to large zubturum, medium and lanceolate zubturum plants are also used in medicine.

Middle age—Plantago media L.Both sides of the leaves of the plant are hairy and the band is short.

Lancet-shaped zubturum—Plantago lanceolata L.The leaves of the plant are lanceolate, 15 cm long, 2-2.5 cm wide.[44]

.Achambiti (Sapsella Bursa Pastoris) belongs to the brassicaceae family. It is an annual herbaceous plant, reaching 20-30 (sometimes 60) cm in height. The stem is single, sometimes several, erect, branched or unbranched. Root leaves are banded, elongated lanceolate, with variously cut leaf plates. The leaves on the stem are small. Flowers are collected in shingles. The fruit is a pod. It blooms from April to autumn, the fruit ripens from June.

Geographic distribution.It grows in all populated areas, roadsides, meadows and as a weed among crops, except in the Far North and desert districts of the former Soviet Union. The product is collected in the Republic of Ukraine and in the districts along the Volga.

Chemical composition.The product contains hyssopine
glycoside, bursic acid, 0.12% ascorbic acid, vitamin K, apple, lemon, wine, fumaric acids, choline, acetylcholine, tyramine, inosite, flavonoids (diosmin, etc.), saponins, flavoring and other compounds.

Medicinal preparations.Tincture, liquid extract.

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