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Promotion of the use and planting of medicinal plants among the public

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Abstract

In order to treat and prevent the disease, medicinal plants are used or medicinal products and pure medicines are obtained from them. Plants contain biologically active substances that can cure certain diseases and have some effect on the human body. Nature has given us so many natural resources that we must use them effectively in our daily lives. According to Gerontologists, it is a "shame" to live less than a hundred years after birth. To do this, we need to know all the species of plants and animals in nature and use them in our life activities. We need to know about medicinal plants to protect public health, prevent disease, and preserve the younger generation. It is important to raise this awareness from the family to the school level. This will greatly benefit the country's economy.

Keywords: physical, chemical, genetic, phytopreparation, red book, bioactive substances, alkaloids, glycosides, ontogenesis

Introduction

Under the negative influence of increasing physical, chemical and other mutagenic factors in the environment, the type and extent of hereditary diseases in humans is increasing. Not only hereditary diseases but also congenital diseases and diseases of every organ are on the rise. The rapid growth of the world's population, the development of science, the great achievements of industry and its growth, are leading to an increase in the population's need for more flora and fauna.

Anyone who is accustomed to a healthy lifestyle will not get sick. Especially not for food, but to live, to follow the rules of nutrition and water, to take deep breaths of fresh air, to be active, to have voluntary rest, to eat less slowly, not to be angry, not to be jealous, not only does it help a person prolong their life, but it also prevents them from getting various diseases.

While the generous Mother Nature was our living environment, similarly gave us own water, air, animals and plants to heal us.

The air in an area where anthropogenic activity is less active, as it enters our body, provides energy to our body along with healing for various allergic diseases and other ailments.

Water, which makes up 60-70% of the body depending on its age, is very useful for our body with many substances and minerals.

The proteins contained in the animals to be consumed are the building blocks of body also some of organic matters are healing.

There are 3 types of herbs used.

1. Plants, which are only food, when they are consumed by humans, they only saturate and perform the function of construction.
2. Medicinal plants only-they only heal when consumed.
3. Plants that are both nutritious and medicinal-these plants provide healing and satiety to the human body.

This means that these plants, which have the same sun, air and soil, each take different substances from the soil as a result of their metabolism, and each of them synthesizes its own substances.

Main part: Pollution of the environment, air and water, which is becoming a global problem today, is causing various diseases. The air pollution in Bukhara has increased the number of respiratory diseases and other diseases.

In addition, food has undergone a variety of physical, chemical, or genetic processing instead

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of naturally consumed products, and in some cases the use of artificial foods altogether.

By the end of the twentieth century, advances in science and technology in general had made humanity less mobile and, in a sense, more distant from nature. And lack of exercise has led to obesity, one of today's problems. Obesity has led to an increase in various diseases.

Today, most people use modern medicine to treat diseases of the body. There are many new drugs and treatments in modern scientific medicine, and the types of drugs we use are chemically synthesized, which in turn cause a variety of side effects, as other diseases. However, currently phytopreparations are rarely used in medicinal plants. The noticeable reasons:

1. One of the primary reasons for the low use of medicinal plants and their drugs in medical practice is that the doctor himself does not know them well. The fact that medical universities provide information mainly about chemically synthesized drugs means that they do not recommend phytopreparations to the patient.
2. Medicinal plants and their drugs are almost never advertised.
3. They are viewed with suspicion by the public because they are cheaper.
4. There is a lack of accurate and complete home-made manuals written in the vernacular.

The history of the use of herbs as a medicine is as old as history itself. Because it was their natural need to find a cure for their troublesome illnesses, as they sought food and drinking water in the nature around them. Therefore, the plant world that surrounds man has been the first and only easy remedy for centuries to treat his ailments. For example, in ancient medicine, plants, animals, and minerals were used as medicines. "At this point, the experience of extensive use of plants in the preparation of food in order to show the tonic, strengthening, cleansing and strengthening effects on the human body (sick and healthy) in community pots can be seen. He must have shown it".

This means that "the use of medicinal plants was entirely the experience of the human community," so "at the beginning of medicine was the profession of all, everyone's duty, not just a few talents." The oldest written record of human culture the history of the use of plants by man as a medicinal tool is very ancient and certainly dates back to the time of writing. Therefore, it is difficult to determine the time when man healed himself with the help of plants. Apparently he was a primitive man. It is possible that long before the appearance of man on earth, some plants were "used" by animals for their healing properties. Humans first used the plants growing around them as medicinal means. For a long time these medicinal plants have been tested for life, selected and the most effective. Passed down orally from generation to generation in the land itself. Once people have established ties and exchanged goods, information about medicinal plants also begins to pass from one nation to another. This enriches the range of medicinal plants of each place at the expense of both native flora and imports.

Folk medicine, which has been used by humans for five thousand years, has received a great deal of attention in some countries. The use of local flora for therapeutic purposes is high in Southeast Asian countries. In India, the figure is 20%, and in China it is 19%. At present, countries such as China,

Japan, Vietnam, South Korea, Malaysia have been given state status in folk medicine.

It is known that about 50% of medicines produced in pharmaceutical companies worldwide are made from medicinal plant raw materials. Currently, according to the International Food and Agriculture Organization (FAO), more than 50,000 medicinal plants are used in medicine worldwide.

In folk medicine, these plants have been found to be medicinal in various ways, and various diseases have been treated. In nature, plant organs contain substances that are beneficial to the body and accumulate in either the vegetative or generative organs. In fact, all of its organs contain substances that are beneficial to human health.

For example, plants that affect the cardiovascular system, such as violets, pearls, angiosperms valerian, grapes, lemons. Digestive plants such as thyme, cauliflower, wormwood, chamomile, sweet licorice, sunflower, sage, dandelion, dandelion. Herbs such as aloe, "rovoch" which have diarrhea properties. Medicinal plants that have expectorant properties are medicinal cauliflower, cherry, quince, camellia, fig, licorice, turmeric, radish, fennel, alfalfa, spinach. Urinary diuretics have been used in plants such as thyme, corn, melons, onions, roses, watermelons, and parts of plants such as chamomile, linden, mulberry to lower the temperature.

Advantages of using medicinal plants.

1. Less harmful to medicinal plants and drugs derived from them, the need for our body as organic compounds.
2. Medicinal plants contain a variety of bioactive substances that often help each other to have a physiological effect.
3. Medicinal plants can be used in combination, which is more effective. The bioactive substances in the kits are combined to complement each other and give a good healing effect.

It is also important that medicinal plants are easier to find for each patient, cheaper, and available in nature.

Of the 4,500 species of higher plants that grow naturally in Uzbekistan, 1,200 species have medicinal properties. Due to the diversity of the terrain of Uzbekistan, the soil and flora are different. The lowest areas are mostly desert. The lands are sandy and barren. Soil composition changes upwards.

Analyzing the resource work carried out in Uzbekistan, 5 regions rich in wild medicinal plants were identified: Samarkand, Jizzakh, Tashkent, Surkhandarya, Kashkadarya regions.

Currently, 112 species of medicinal plants are allowed to be used in official medicine in Uzbekistan, 80% of which are naturally growing plants. At present, there are 8 specialized farms engaged in the cultivation of medicinal plants in Uzbekistan. In addition, many forestry systems, farms and other forms of ownership have established the cultivation of medicinal plants and the primary processing of their raw materials. However, despite the sharp increase in demand for raw materials for medicinal plants in our country, the technology of growing medicinal plants, which provide many valuable raw materials, has not yet been fully developed. It should also be noted that the major metabolites synthesized by plant genes change under the influence of the environment.

Result

In order to promote medicinal plants among the people and to get information about medicinal plants, medicinal plants as a science should be conducted every two weeks for students

from 5th to 11th grades and it would be useful to set the hours according to the field practice according to the seasons, and to carry out the lesson processes.

Resolution of the Cabinet of Ministers of the Republic of Uzbekistan "On the development and implementation of state educational standards for the system of continuing education" dated January 5, 1998 No 5;

Resolution of the Cabinet of Ministers of the Republic of Uzbekistan "On approval of the Regulation on general secondary education" dated March 15, 2017 No 140;

Resolution of the Cabinet of Ministers of the Republic of Uzbekistan "On approval of state educational standards of general secondary and secondary special vocational education" dated April 6, 2017 No 187, mainly to train students in the profession and medicine. The following laws and regulations are the basis for the development of qualification requirements for teaching knowledge about plants.

Grade 5 students will be taught the difference between medicinal plants and other non-medicinal plants, their botanical characteristics, and information about plants that are beneficial to the human body.

Grade 6 students will learn about the distribution of medicinal plants, which organ has medicinal properties, and the medicinal plants listed in the Red Book.

Features of the use of medicinal plants in medicine for 7th grade students, which organs of the body are affected.

Grade 8 students will be taught the chemical composition of medicinal plants, the presence of dangerous and harmful substances in medicinal plants, rules of care and safety measures when working with poisonous plants.

How to make tinctures, decoctions, extracts from which parts of medicinal plants for 9th grade students. To inform about it, to inform about agrotechnical rules of their planting.

10th graders will be introduced to the technology of growing medicinal plants and the equipment used in the collection of medicinal plants, ways to identify medicinal plants, the rules of how to use the identifier in the identification.

11th graders can be taught not only when to harvest a medicinal plant in which season, but also what time of month and day, but also how to dry, pack and store the collected parts.

Method

Several processes are studied using the method of observation and experiment. In particular, the biologically active compounds in plants are constantly changing during the growth of the plant - ontogeny and under the influence of various factors. They are synthesized and gradually increase, accumulate in large quantities over a period of time, then decrease and may disappear completely. These changes are not only caused by ontogeny during the growth period of the plant, but also by environmental factors. It is known that each plant has its own place to grow, and it grows well in these conditions. While some plants like moisture (field sagebrush, whitewash, etc.) others prefer to grow in dry deserts, hills (bitter gourd, sagebrush, incense, etc.). If "Digitalis" is irrigated excessively during the growing season, it does not synthesize cardiac glycosides, and wormwood and wormwood do not grow well when there is a lot of moisture.

Not all plants need the same amount of heat and light. Panax ginseng plant grows well in forest humus-rich, humid, cool and low-light areas. Digitalis light, synthesizes cardiac

glycosides well when there is a lot of sunlight. Most essential oil plants love heat and light. Therefore, the flora of the southern regions is rich in essential oil-bearing plants and is distinguished by its specific odor. In contrast, some plants (radiola, laurel) grow well in cool, mountainous areas. It is important to know that each plant, when grown in its own conditions and climate, synthesizes many unique biologically active substances. The time of accumulation of biologically active substances in plants also depends on the growth period of the plant. The main active biologically active substances in the surface and leaves of most plants are found in the underground organs before and during flowering, during the flowering period, in fruits and seeds, when they are fully ripe. The wire accumulates in large quantities at the end of the vegetation period (ontogenesis).

The only source of physiologically active substances is plants, which are easily digested carbohydrates, vitamins, enzymes, organic acids, minerals, alkaloids, essential oils, which are important for the human body.

The effects of herbs on the body depend on the amount of compounds they contain. These compounds accumulate in different amounts in different parts of the plant. In the preparation of the drug, the necessary parts of the plants are collected at different times. Most importantly, the time of infusion and decoction of them is also carried out at different times. Some herbs retain their beneficial properties until they are boiled vigorously, while others retain their beneficial properties when boiled less.

Recommendations

In addition to the identification, in-depth study and effective use of medicinal plants and useful plant species in general, nature conservation, study of plant ecology, planting of declining plants growing in the wild. Area of plant species intended for isolation, collection of the most promising, fully studied and modern plants (composition and use) of useful (medicinal) plants (distributed soils), population size (distributed soils), stock stagnation, adequacy of quantities, regenerative properties, presence of active bioactive substances, in-depth study of newly discovered plant (morphology and biology in general), new drug (beneficial) plant development, natural growth, reproduction, variability due to pollination, environmental impact on growth and yield, (weather) high or low rainfall, the impact of the chemical composition of the environment on the effective and versatile use of useful or medicinal plant raw materials or entirely on its own, to determine the yield of medicinal (useful) plants, to determine the harvesting period, show the optimal amount of raw material for each year, determine the recovery period for each type of medicinal plant, know the rational guidelines for harvesting raw materials, calculate the biological stock of raw materials when determining the plant stock. It is also important to study the structure of the maps in the geographical distribution, to determine the habitats of medicinal plants, in particular-the newly proposed species, to indicate the amount of raw materials to go out and determine the operational reserves, and then harvest each year. The information on the maps is accurate and is a key tool in finding a medicinal plant that grows in nature. The map data show where the plant grows, the roads leading to the vehicle, the walking distance after the vehicle, the area of the species to be collected, the plant reserve, the work to be indicated. Lib helps the collectors. It should provide advice on the location

of medicinal plants above sea level and related issues.

Conclusion

Students who have mastered the scientific basis of the correct use of medicinal plants and methods of its cultivation from an early age, use the use of medicinal plants from their families, and students who have fully mastered it. May operate in the pharmaceutical industry, engage in family and private entrepreneurship. This is primarily due to the country's economy: improving the health of the population; and secondly, the business sector is very profitable.

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