

USEFUL AND MEDICINAL PROPERTIES OF THE HAWTHORN TREE

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Annotation: This article provides information about the useful and medicinal properties of the hawthorn tree, which is one of the medicinal plants, the medicinal properties of the hawthorn tree, its importance in medicine and folk medicine, and the useful aspects of the fruits, leaves and other parts of the hawthorn.

Keywords: hawthorn, rhododendrons, medicinal plants, flavonoids, vitamins, saponins, medicinal properties, folk medicine.

Medicinal plants are plants used for the treatment of humans and animals, for the prevention of diseases, as well as in the food, perfumery and cosmetic industry. It has been determined that there are 10-12 thousand species of medicinal plants on earth. Chemical and pharmacological properties of more than 1000 plant species have been investigated and studied. There are more than 700 species of medicinal plants in Uzbekistan. Of these, about 120 species of plants grown in natural conditions and cultivated are used in scientific and folk medicine, and various preparations are prepared from them. Currently, about 40-45% of medicines used in medicine are obtained from raw plant materials. Plants are living natural chemical laboratories with complex structures and the ability to create complex organic substances or compounds from simple inorganic substances. Dried herbs, shoots, roots, rhizomes, buds, bulbs, bark, leaves, flowers, buds, fruits, seeds, juice, paste, tea, essential oil, etc. of medicinal plants are used as medicine.

Hawthorn is a thorny shrub or a small tree belonging to the family of rhododendrons, reaching a height of 4 m. Its buds are shiny, brown-red, covered with straight thick thorns about 2 cm long. The flowers are white or pinkish pink. The fruit is oblong, dark red or orange in color, fleshy, ripens in September-October. Hawthorn contains many substances useful for heart function. Hawthorn increases the contraction of the heart muscle, at the same time, it reduces its excitability, helps to improve blood circulation in the vessels of the heart and brain, normalizes the rhythm of heart activity, lowers blood pressure and improves the general condition of heart diseases. Hawthorn contains many organic and inorganic substances. The flowers and fruits of this plant contain minerals and vitamins necessary for the human body. Hawthorn contains iron, potassium, calcium, and magnesium, which are important macroelements. It contains even more trace elements: molybdenum, zinc, boron, manganese, chromium, copper, aluminum, etc. Scientists isolated ascorbic acid, vitamins E and K. Flavonoids are organic compounds that affect the work of various organs and systems. In mammals, including humans, flavonoids are able to change the activity of some enzymes involved in metabolism. Hawthorn flowers contain flavonoids quercetin and quercitrin, which have antitumor and antioxidant effects. And the fruits, in addition to these two flavonoids, also contain vitexin, which dilates blood vessels and enhances cellular reactions in the heart muscle. Various parts of hawthorn contain sugars, tannins, nitrogen-retaining compounds (acetylcholine and choline) and organic acids (lemon, apple, tartaric, palmitic, coffee, etc.) are also found. It is known that organic acids participate in metabolism and are necessary to maintain the acid-alkaline balance in the body.

The fruits, leaves and flowers of the hawthorn plant are used for medicinal purposes. Hawthorn fruits contain 20% sugar, 8% fat, flavonoids, choline, acetylcholine, food additives, carotene, vitamin C, organic acids. Some types of hawthorn growing in Uzbekistan have been found to contain vitamins B1, B2, PP, C, E. Hawthorn fruits contain sugars, flavonoids, saponins, phytosterols, carotene, choline, glycosides, tannins, organic acids - there are apples, lemons, krategus, tartaric, ascorbic and others. Amygdalin and essential oil are found in the seeds, and flavonoids are found in the flowers. Eating a handful of hawthorn not only protects a person from thirst and hunger throughout the day, but also gives him good mood, endurance and strength. This is probably why hawthorn is called "gratas" (strong) in Latin.

Hawthorn is used in folk medicine.

20 grams of hawthorn fruit are taken, boiled in 200 ml of boiling water for 15 minutes on low heat, cooled and filtered. 50-100 grams of the decoction is drunk in case of nervousness, high blood pressure and pain around the heart.

Put two tablespoons of dried and crushed hawthorn flowers in an enamel pan, pour 200 ml of boiling water over it and boil for 10 minutes on low heat. After it cools down, it is filtered and taken three times a day before meals, one tablespoon.

To make a home-made poultice from hawthorn fruit, pour 200 ml of boiling water over 25 grams of hawthorn fruit and boil it until it becomes soft. 40 drops of the resulting paste are taken three times a day after meals.

Hawthorn decoction with sugar is good for treating headaches. If eaten in moderation, hawthorn stops vomiting blood, internal bleeding and vomiting, strengthens the back, and relieves leg pain. you should not eat it on an empty stomach, because it will cause spasms in the intestines. You can not drink cold water after eating hawthorn, otherwise it will cause gastrointestinal colic (colitis). Do not forget. Excessive consumption of hawthorn is harmful to the kidneys, weakens the gastrointestinal tract, causes colitis, nausea, and vomiting. Do not use decoctions, tinctures, poultices, preparations made from hawthorn only under the advice and supervision of a doctor. should be treated under

Summary:

Hawthorn fruits contain a large amount of pectin, which effectively removes toxins and cholesterol from the body, preventing their absorption in the intestines. Hawthorn is rich in vitamin C, which the body needs in various diseases. Also, the fruits are rich in flavonoids, which have a positive effect on heart muscles, strength and heart rate.

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