



Medicinal Plants of Jizzakh Region

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Annotation. This article contains information about biology, ecology, chemical composition, use and ethnobotany of medicinal plants of Jizzakh region.

Key words. Flora, family, genus, species, ethnobotany, chemical composition.

Human impact on the environment is increasing year by year. Reduction of natural areas, radical changes in their biodiversity, loss of species and the appearance and destruction of alien species, emergence of deserts, climate change, chemical pollution, and other dangerous processes are threatening the biosphere. It reduces the possibility of self-direction.

Such urgent problems are manifested in Central Asia, including in Uzbekistan, with great damage to hills and mountain ranges. The vegetation cover of Uzbekistan has changed significantly as a result of many centuries of human economic activity. Therefore, there was a need for a purposeful, general study of flora and higher plants, their anthropogenic dynamics. Such studies help to solve many theoretical and practical problems of plant management and protection, systematics, geography, and other branches of botany. The study of floristic and phytocenotic diversity, taking into account their anthropogenic transformation, meets the requirements of the International Convention on Biological Diversity (1992), as well as the Convention against Desertification (1994).

The issue of studying the flora and high plants of the mountain range of Jizzakh region is urgent. The northern slopes of the mountain range of the Jizzakh region are now completely used for irrigated lands and are focused on reserve lands. Strong divisions, complexity of relief, altitude, and climatic conditions indicate the diversity of flora and plants of the mountain range of Jizzakh region. All mountain and sub-mountain species of Central Asia are widespread here. But the mountain range of the Jizzakh region is a densely populated area of Uzbekistan with a lot of developed land. Planting of spiky plants and anthropogenic influence here affect the change of the flora of this area. As a result, there is an extreme decrease in vegetation and soil erosion is increasing. Medicinal species are the main part of the flora of the mountain range of Jizzakh region.

There are 1965 species of 613 families belonging to 105 families in the flora of Jizzakh region. 446 of them are medicinal species.



Wormwood - *Artemisia absinthium* L. - pollin gorkaya. The family is Asteraceae, a herb growing 50-100 cm tall. The stem grows upright, the upper part is branched. Root leaves are long-banded, triangular-round, 2-3 times pinnately separated, the middle one is pinnately separated, the upper ones are three-lobed, straight, sometimes with toothed edges, are serous, arranged in a row on the stem and branches. . The flowers are small, yellow-colored baskets, they form a pile gathered on a shingle. The fruit is a brown pistachio with a sharp point. All parts of the plant appear silvery because they are hard. It blooms in May-June, and bears fruit in September-October.

Molguzar grows on roadsides, meadows, forest edges, and watersides in the mountain range. As a raw material, grass (the upper part of the earth) is collected.

Chemical composition; The aerial part of the ermon plant contains 0.5-2% essential oil (absinthol), bitter glycosides (absinthin-0.09-0.25%, absinthin-0.03%), prochamazulenogen, amber, malic and ascorbic acids. , carotene, artemisetinin flavonoid and additives.

Usage:

In scientific medicine, the erman plant is used as an appetite suppressant, activator of the stomach, and an expectorant. Tincture, dark extract, nastoyka are prepared from the plant.

Ethnobotany:

If you take 1 cup of Ermon tincture, mix 1 cup with 1 head of garlic tincture and make an enema, it will remove small worms (ostriches).

Oil: mix 1 part of ermon seeds and 4 parts of olive oil and let it rest in a warm place for 8 hours. If 1-2 drops of the ready-made medicine are taken in drops of sugar, it helps with insomnia, fainting, vomiting with tremors, and shortness of breath.

Ointment: mix 1 part barra ermon juice with 4 parts lard and use it for skin wounds.

One-year wormwood (burgan) - *Artemisia annua* L.- polyn odnoletnaya. The family is Asteraceae, an annual herb 30-100 cm tall. The stem grows upright, the upper part is branched, green or reddish in color. The general appearance of the leaves is egg-shaped, the lower ones are long-banded, the middle ones are short-banded, 2-fold feathery, the uppermost ones are small and unbanded, and all the leaves are located in a row on the stems and branches. Leaf blades are ovate, star-shaped, pointed, toothed or flat-edged. Spherical baskets consisting of small, yellow flowers are collected at the ends of the branches and form a wide flower-shaped inflorescence. It blooms in July and bears fruit in October.

Molguzar is widespread in the mountain range, grows on the slopes of mountains, in plains and other lands.

The topsoil is used as raw material.

Chemical composition:

The surface of the earth contains essential oil, vitamin C, vitamin K, carotene, alkaloids, sugars, tar, flavoring and other substances.

Usage:

Use in folk medicine: the tincture of the crushed burgan grass is drunk to increase appetite. The juice obtained from the barra leaf of Burgan is used in the treatment of external, scabies and other purulent skin rashes.

Wormwood - *Artemisia vulgaris* L. - polyn obyknovennaya (chernobylnik). The family is Asteraceae, a perennial herb 100-150 cm tall. The stems are several, reddish in color, the upper part is branched, and it grows upright. The leaves in the lower and middle parts of the stem are banded, elliptic, star-shaped, sharp-pointed, tooth-shaped or flat-edged, and the leaves in the upper part of the stem are unbanded, divided into 3-7 parts. All the leaves are located in a row on the branches with the stem. Their upper side is hairless, dark green, and the lower side is rough and oozing. The



flowers are small, reddish in color, collected in a basket and form a flower cluster. The fruit is a brown pistachio. Grass is harvested as raw material. It blooms in July and bears fruit in September.

Molguzar grows in the mid-mountain range, on the banks of streams.

Chemical composition:

The surface of the earth contains essential oil, carotene, vitamin C, alkaloids and other substances.

Usage:

Raw plant material has a calming, sleep-inducing, appetite-stimulating effect.

Use in folk medicine: It is recommended to wash purulent wounds with a tincture of crushed common ermine wood and use it as a compress for pain in bone joints.

Ethnobotany:

1. head of garlic is crushed, boiled for 3-5 minutes and filtered. The prepared medicinal form is used as an enema (enema) for several days to remove worms from children.

Zarafshan juniper (black and red juniper) – *Juniperus saravschanica* Kom.- mojevelnik zeravfshansky. Cupressaceae family - Cupressaceae, dioecious evergreen shrub 1-3 m tall.

The leaf is smooth, hard, needle-shaped, and is located in clusters on the stem and branches. Both the male and female flowers develop in domes on individual bushes. The fruit is a round bulbous fruit, produced in the second year. Common spruce grows in coniferous and small-leaved mixed forests, sometimes in swamp forests, in the European part of Russia and Siberia. Common juniper fruit contains sugars, essential oils, resins, fats, and organic acids. Vitamin C and other substances are found.

3 types of spruce grow in the Molguzar mountain range:

Juniper juniper (black juniper, red juniper) – *Juniperus saravschanica* Com.

Turkestan juniper (apricot juniper) - *Juniperus turkestanica* Com.

Juniperus semiglobosa Rgl.

Juniper is a monoecious or dioecious evergreen tree or shrub, 12-14 m high, and in some cases can reach 30 m. In young plants, the leaves are coin-shaped, needle-like, covered with glands. Male flowers are 3-6 sporangia that are oval, the anthers are wide, split longitudinally. Female pods consist of 3-9 or 4-6 fused carpels. In the process of ripening, they become fleshy and resinous. Juniper fruit is more often called gubba khol meva or khol meva. There are 1-10 seeds, one at a time, in the armpit of a fleshy body. The seed comes in the autumn of the second year.

Chemical composition; juniper dome contains 0.5-2% essential oil, 40% sugar, up to 9.5% tar, dyes, oil and organic acids.

Usage:

As a result of phytochemical study of the juniper juniper, it has been proven that it is similar to the bioactive substances of the common juniper growing in Russia, and the fruit of the juniper juniper, like the juniper fruit, is recommended as a diuretic.

The fruit of Zarafshon juniper contains essential oils, flavonoids, resins and other substances.

Use in folk medicine: In spring, during the period of avitaminosis, fatigue, ordinary juniper berries are given from 1 to 4 pieces on the first day, when the total number reaches 15, it is reduced from 1 piece to 4 pieces every day.

Ethnobotany:

According to ethnobotanical data collected in the region, a decoction made from Turkestan juniper gives good results in the treatment of throat and gum diseases. Ointments prepared from the fruit



are used for scabies and eczema. Essential oils, as a powerful antiseptic and bactericidal agent, are effective in the treatment of chronic wounds.

Walnut-*Juglans regia* L. - orex gretsky. Juglandaceae family - juglandaceae, a large tree with a height of 20, sometimes up to 35 m. The leaves are complex 3-5-lobed, with odd feathers, arranged in a row with a band on the branches. The pods are thick, have a specific smell, are short-lobed, ovate or more elongated ovate and have a sharp tip. Small, inconspicuous, one-sex flowers are collected in large panicles (male flowers). Mother's flowers are single, 2-3, sometimes 5, on the branches. The fruit is a false, grainy fruit. It blooms in April-May, the fruit ripens in September.

Walnuts grow wild in the Molguzar mountain range. In the Teraksoy part of the region, you can see "Boboyonggok", which has been growing for about 700 years. This nut attracts the attention of vacationers and foreign tourists who come to the territory of the national park.

Chemical composition:

Walnut leaves and bark contain additives, dyes, hydrauglon and juglon, vitamins C, R and V1, carotene, essential oil. The core contains fat, carotene, vitamins of group C, E, R and V, iron, cobalt salts and other substances.

Leaves, unripe fruit (in the milky state), shell of nut fruit and ripe nut are collected as raw materials.

Usage:

Walnut has antiseptic properties. In addition, it has the effect of providing energy, improving metabolism, and treating skin diseases.

Use in folk medicine:

Grind dried walnut leaves, add 1 liter of water and boil for 10 minutes. The decoction is used in the treatment of various itchy, purulent skin diseases in the form of a bath. In addition, a bath with decoction is used to treat rheumatism, rickets, and gout.

3 teaspoons of crushed dry walnut leaves are steeped in 500 ml of boiling water for 2 hours, then filtered. If the tincture is drunk in parts for 1 day, it will help as an energizing, vitamin-rich, deworming agent.

Barra walnut leaves are crushed, put in 200 ml of olive oil, stored for 20 days and filtered. Prepared ointment is used in the treatment of external wounds and non-healing wounds.

Crushed barra leaves and applied to wounds and damaged areas will give positive results.

Unripe walnut fruit (milky state) is used in folk medicine in various forms to treat sore throat.

It was considered urgent to study the biology, ecology, chemical composition, use and ethnobotany of medicinal plants of Jizzakh region.

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