

About the Types of Tograyhan and Kiikikoti Plants and Their Medicinal Properties

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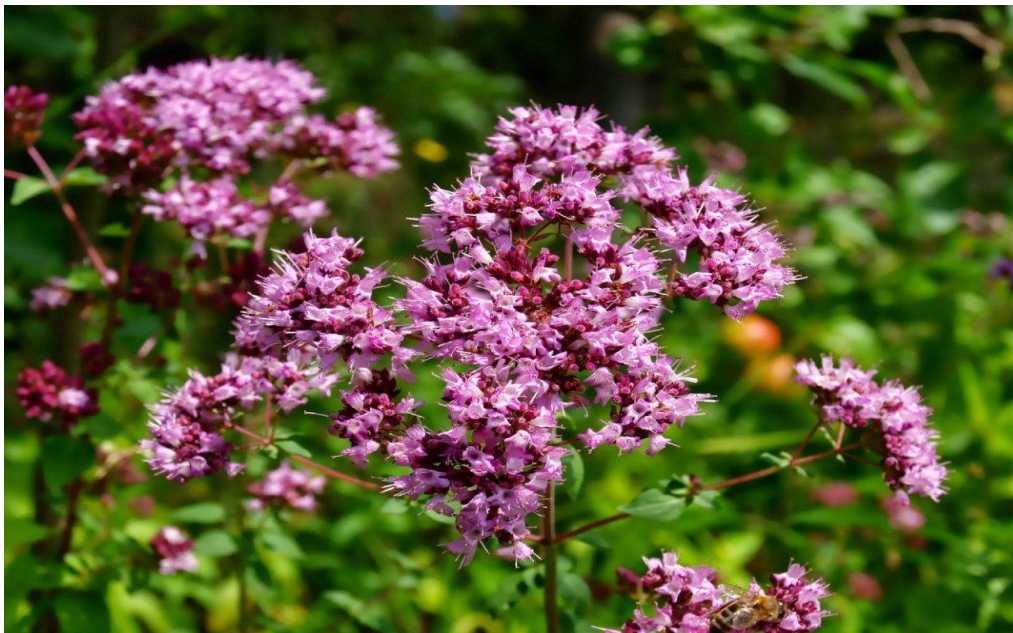
Abstract. In this article, general information about the medicinal properties and general classification of sedum, deer grass, and the reasons for their decline are highlighted.

Key words: Medicinal plants, gorse, deer grass.

Currently, the number of medicinal plants is sharply decreasing, so preserving their species and varieties seems to be a big problem. Among them, varieties of tograyhan are also decreasing. The increase in cattle breeding in the mountains, people harvesting the plants before they mature, the sudden increase in the weather in the mountains, the decrease in the productivity of the land, and similar problems are the reasons for the decrease in plant varieties. In the If the types and varieties of such plants continue to decrease, the earth will lose its greenness. In order to prevent these reasons, we have set ourselves the goal of breeding the variety in the territory of Uzbekistan by studying the growth, reproduction and living conditions of the plant variety.

Origanum tyttanthum - This plant belongs to the mint family (Lamiaceae). Tograyhan is a perennial herbaceous plant. Tograyhan grows in dry, open meadows, dry forests and forest edges, hills, slopes, rocks and bushes. It is found mainly in the European part of Russia, the Caucasus, the south of Siberia and partly in some places of Kazakhstan and Kyrgyzstan. In Uzbekistan, ordinary sorghum does not grow. But another type of small-flowered gorse, which is allowed to be used together with this plant, grows on the rocky slopes of the lower and middle parts of the mountains of Uzbekistan. It is also called mountain black basil, forest mint, sebinak.

Perennial herbaceous plant, 30-60, sometimes 90 cm tall. The stem is several, upright, the upper part is branched, hairy and four-sided. The leaf is simple, oblong-ovate, sharp-pointed, flat-edged, opposite to the stem. The flowers are small, 2-3 are located in the axils of the leaves and form a shield-shaped inflorescence. The shield-shaped inflorescences form a panicle-shaped inflorescence at the end of the stem. The fruit is four nutlets united with a calyx. It blooms from June to September.



It grows on mountain slopes, meadows and forests. There are about 150 types. It is also planted as a fragrant, decorative flower. Its branches, leaves and seeds are used in medicine. It contains essential oil, geranyl acetate, ascorbic acid, thymol, carvacral, flavoring agents, up to 30% oil in the seeds. The leaves, flowers, and branches of tograyhon are used in cooking, including pickling cucumbers, mushrooms, and tomatoes. Pests will not come if the dried and ground thyme plant is sprinkled on dry fruits, rice, and clothes.

Geographic distribution. It is found in the European part of the former Soviet Union (except the northern part), in the Caucasus, in the southern regions of Siberia, and partially in some regions of Kazakhstan and Kyrgyzstan. It grows in dry, open meadows, dry forests and forest edges, hills, slopes, rocks and bushes. Tograihan grows and is prepared especially in Ukraine, Belarus, the North Caucasus, the districts of the middle part of the Volga River, and Bashkortostan.

Deer grass (*Ziziphora*) is a group of annual and perennial herbs belonging to the mint family. Up to 30 cm tall. The stems are thin, gray. The leaf is lanceolate.

The flower is located in a hemispherical inflorescence at the end of the stems. The corolla is double-lipped, pink, the upper corolla is solid, straight. The seed ripens in August. The essential oil extracted from the leaves and flowers is used in the perfumery industry, and menthol is extracted from it in medicine. 22 species from Central Asia, Altai and the Caucasus

grows in deserts, sandy, dry mountain slopes. In Uzbekistan, 7 species grow mainly in the hills and mountains, only one species (desert mint) grows in the desert zone.



Deer grass grows on mountain slopes and rocky places in our country. It helps to prevent sore throat, indigestion, nausea, and heartburn. It is useful in cholera, colitis (inflammation of the large intestine).

Deer grass contains substances such as vitamins A, E, biologically active substances, menthol, saponins. Thanks to these substances, deer grass improves heart function, lowers blood pressure, has a positive effect on the nervous system, and calms it down. It helps the wounds to heal quickly.

Cure stomach rest, nausea, toothache and fatigue, weakness. The thymol substance in the plant kills worms and microbes. Also, deer grass has the ability to destroy cancer cells. Scientists have determined this in the experiment.

In the world of medicine of our republic, the plant that takes the first places in terms of its healing properties is deer grass. Deer grass (*Zyziphora*) is a perennial plant belonging to the Labiatae family, and there are 7 species of this family in our republic. In medicine and in the food industry, the 3 types that are common in nature are used under the name "kiyikoti". Local residents call deer grass by different names, such as "kokoti" and "boyi non". Deer grass is a plant up to 40 cm tall, with many stems, the main woody part, slightly curved, thin, slender branches, covered with soft hairs.

The leaf is lanceolate, pinnate, sharp-pointed, hairy or downy. The flowers at the ends of the stems and branches are crowded, with fine hairs, and are arranged in the form of a bouquet. Inflorescence 7-8 mm, pale violet color, fragrant, blooms in June and July, seeds ripen in July-September.

Deer grass is distributed mainly on the northern and southern slopes of mountainous regions

with gravelly and stony, sandy and brown soils, at an altitude of up to 2400 m above sea level. It is especially common on the southern slopes of the mountains, and in some places it occupies large areas.

Deer grass is widespread mainly in Ugom, Chotkal, Pskom, Kurama and Garjan mountains, Zarafshan, Turkestan, Nurota and Hisar mountain ranges. It grows in the mountainous districts of Tashkent, Namangan, Jizzakh, Samarkand, Kashkadarya and Surkhandarya regions of our republic. Widespread in Zomin, Bakhmal and Forish districts of Jizzakh region.

One of the main reasons why this plant is called "Kiikikoti" is probably that it is a favorite food of deer, wild mountain goats with twisted horns "markhor" and wild mountain sheep "algor". In the places where deer are scattered, you can certainly meet deer, wild mountain goat "markhor" with twisted horns, and wild mountain sheep "algor" named after Seversov.

In addition, deer grass is also used in folk medicine. Local residents add deer grass to various dishes as a spice, because they contain essential oils, vitamins, and various macro and microelements necessary for the human body. In folk medicine, deer grass is used in the treatment of kidney, heart, liver and stomach-intestinal diseases.

In scientific medicine, their tincture is widely used to improve heart function, lower arterial blood pressure, and as a diuretic. The upper parts of the plant - stems, leaves and flowers contain up to 2.5% of essential oils, vitamins C, E, A. Deer grass is also included in the main components of "Safro djak Khojimarov compound".

Protection of the plant world will have a positive effect only if the general public participates in this process. Only if everyone works together, we will be able to preserve the priceless treasures of the world of plants, preserve them and pass them on to future generations.

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