

MEDICINAL PROPERTIES OF MINT.

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Annotation: Due to the advances in medical science today, most people are accustomed to being treated with artificial drugs. There are pros and cons to synthetic drugs. Therefore, it is advisable to use natural herbs in the treatment of diseases, because natural medicines are quickly absorbed by the body and have no side effects. In this article we will talk about the beneficial properties of mint, which is considered a medicinal plant.

Keywords: mint, water mint, Asian mint, tahir, mint, leaf, stem.

Mint is a perennial herb of the Labguldosh family, a medicinal and essential plant. 20-25 species are distributed in the warm climates of the Northern Hemisphere. In European countries, the United States, Ukraine, Belarus and the North Caucasus, field or water mint varieties are grown in the countries of China, India, Brazil and other countries.

There are 4 species of wild mint in Uzbekistan: water mint, Asian mint, tahir mint and curly mint. Stems erect, 25-100 cm long, opposite leaves, rhombic, lanceolate or ovoid, flowers in semi-umbrella inflorescences, purple. It blooms in May-October. Mint is a light-loving, moisture-loving plant. The leaves contain 2.5-3%, the flowers 4-6%, the stems 0.3% menthol, which is an essential oil rich in validol, as well as flavonoids, vitamins and nutrients. In medicine, tinctures and tinctures of mint leaves are used for nausea and as a herbal remedy. Peppermint oil from the leaves and stems is used in perfumery, food industry and medicine, as well as in the spring.

Propagated by vegetative means (rooting in spring). American scientists have discovered another beneficial property of mint that is not yet known to anyone. It was found that mint also has a positive effect on brain function. Studies have shown that regular consumption of mint improves attention and memory.



Healing properties of mint for children — Mint has a calming effect, helps with vomiting and nausea in children. To get rid of colic and reduce stomach cramps (dysbiosis), babies should be given mint tea. The sedative properties are used in children with anxious and poor sleep. Most often, these are babies under one year of age because they have not yet fully formed the nervous system. In such cases, mint tea is also prepared.

Medicinal properties of mint for women — Women use this herb for cosmetic and medicinal purposes. For example, baths based on this vegetable oil are very good for gynecological problems. However, they should be used for no more than 20

minutes as prolonged dizziness may occur. Dizziness is a worrying sign that it is worth stopping the treatment regimen.

Mint contains phytoestrogens, which reduce production. Therefore, it can be beneficial for women due to excessive testosterone, increased hair on the face and body.

Healing Mint for Men — Many have heard of the effect of mint on male potency. However, there are currently no definitive research results. American scientists conducted experiments on mice and gave them a mint infusion as a drink. Mint tea helps to quit smoking. As a result, sexual activity in rodents decreased. However, this experiment should not be taken as definitive results, as the animals were not given another drink and the overdose could not be ruled out.

It grows in wetlands, streams and rivers in all regions of Uzbekistan. It is well known that the smell of mint itself lifts the mood and increases the body's hormones of happiness. In addition, mint facilitates digestion and helps to eliminate tumors in the body.

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