



Medicinal Plant - Mentha Asiatica

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ABSTRACT

Currently, the study of medicinal plants, their effect on diseases, preparation of medicines from them are relevant topics. This article provides the latest information about the botanical classification, importance, medicinal properties and use of mint, one of the medicinal plants, in folk medicine

Keywords:

Medicinal plants, alkaloids, glycosides, essential oils, menthol

Introduction:

Medicinal plants are plants used for human and animal treatment, disease prevention, as well as in food, perfume and cosmetic industry. It has been determined that there are 10-12 thousand species of medicinal plants on earth. The chemical and pharmacological properties of more than 1000 plant species have been investigated. It has been shown that the use of medicinal masterpieces in the pharmaceutical industry is one of the requirements of the present time. There are more than 700 species of medicinal plants in Uzbekistan, of which about 120 species that grow in natural conditions and cultivated are used in scientific and local medicine. About 40-47% 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 herb, shoot, root, rhizome, tuber, bulb, bark, leaf, flower, bud, fruit (seed), stem, juice, pulp, stone, essential oil of medicinal plants and others are used medicinally. The active substances of medicinal plants are alkaloids, various glycosides (anthraglycosides, cardiac glycosides, saponins, etc.), flavonoids, coumarins, astringent and mucilaginous substances, essential oils, vitamins, dyes, enzymes, phytoncides. starch, proteins, polysaccharides, nitrogenous substances, oil and fatty acids and other compounds. The most common medicinal plants in Uzbekistan: Basil, Coriander, Althaea, Sapsella, Plantago, Garmala, Rosa, Ziziphora, licorice, Alhagi, Mentha, etc.

RESEARCH METHODS AND RESULTS

Mint (Mentha), a medicinal plant widely used in local medicine, is a perennial herbaceous plant belonging to the Lamiaceae family. Many of its species are medicinal, including; Mentha aquatica - Water mint, Mentha arvensis - Field

mint or meadow mint, *Mentha asiatica* - Asian mint, *Mentha australis* - Australian mint, *Mentha canadensis* - Canadian mint, *Mentha daurica* - Daur mint, *Mentha japonica* - Japanese mint, *Mentha suaveolens* - Peppermint and others are widely used in folk medicine.

Mentha asiatica - Asian mint; the stem is erect, branched, 25-100 cm tall, the leaves are opposite, rhombic, lanceolate or ovate, the flowers are collected in an umbrella-like inflorescence, purple. It blooms in May-October. *Mentha* is a light-loving, moisture-loving plant. Leaves contain 2.5-3% essential oil, flowers 4-6%, stem 0.3% menthol (a component of validol), as well as flavonoids, vitamins, and astringents. In medicine, a tincture and tincture made from a single leaf is used for nausea and as an expectorant. Peppermint oil obtained from leaves and stems is used in perfumery, food industry and medicine. It is propagated vegetatively. It grows in all regions of Uzbekistan in wet lands, along streams and rivers. If mint is added to tea or food, it warms the body a little, improves blood circulation, and increases energy when recovering from illness. Mint has been used by people since ancient times due to its ability to improve heart function, prevent frequent palpitations, normalize blood circulation, and promote sweating. used in medicine. It has been used for cold and fever. Peppermint is known to be a relaxing and anti-inflammatory ointment. This boon is wonderful for stomach pain, colic, cramping, belching, heartburn, indigestion, hiccups, severe headaches, nausea and seasickness. will be treated. The tannins contained in mint protect the stomach from irritation, prevent colic, and cure constipation. The fatty substances contained in it strengthen the liver and gall bladder, so peppermint is also used to cleanse the liver and remove gallstones. Peppermint oil is fragrant and has the properties of strengthening the skin. Therefore, it is put in the bath. It is smelled in case of dizziness and fainting. In arthritis and joint gout, freshly cut mint leaves are crushed and applied to the affected area. The essential oils contained in mint, especially camphor and menthol oil, are good antiseptics that protect the organs from suppuration when they have a cold, itch or itch.

Also, sniffing this oil for respiratory diseases and rinsing the mouth to relieve sore throat is beneficial. Peppermint oil relieves toothache, one drop cures earache.

The great naturopath Abu Ali ibn Sina wrote that mint strengthens the stomach, warms it, helps digestion, stops mucus and blood vomiting, is useful in the treatment of jaundice, and treated internal bleeding with mint. Mint is widely used in cooking, confectionary industry. Its freshly cut greens are added to various salads and sour soups with yogurt, meat dishes. You can make a drink from dried mint leaves or add it to tea. Adding dried mint leaves to tea or drinking them as a decoction helps with various gastrointestinal disorders. If you smell a freshly cut mint leaf before eating, it will help you take 23% less calories from food and help you lose weight.

Externally, peppermint ice is used to quickly condition the face; a bunch of mint is boiled in a glass of water and infused for 15-20 minutes. Then it is poured into special molds and frozen, and ice cubes are applied to the face. Peppermint remedy prepared with the addition of essential oil is used against skin inflammation and clears the skin of the face and increases its tone. Hot inhalation with peppermint essential oil helps to get rid of the swelling in the early stages. Mint extract is one of the main components of foot care creams and antiperspirants. It cleanses the legs, normalizes blood circulation and is used against excessive sweating. Peppermint bath is recommended for rheumatism. Pour 3 liters of water over 200 g of mint and boil it in the bath. The time of reception should be 20-25 minutes.

Conclusion

Medicinal plant Mint (*Mentha asiatica*) is useful for the following purposes

1. Prevention of diabetes: Taking peppermint extract has been found to lower cholesterol and triglyceride levels, thereby preventing diabetes.
2. Antioxidant: thanks to the bioactive substances contained in mint leaves, it regulates the oxidation process, prevents inflammatory processes, and regular consumption helps prevent degenerative diseases (diabetes and vascular diseases).

3. Antispasmodic pain reliever: Taking peppermint oil and applying it externally on the skin has the property of reducing pain due to the action of menthol on the muscles.
4. Antibacterial properties. It exhibits various bactericidal properties due to the presence of phenolic components that act as oxidants and counteract the activity of bacteria.
5. Facilitates digestion; If peppermint oil is consumed with food during the passage of food into the gastrointestinal tract, it will effectively help to increase the rate of passage of nutrients.
6. Helps the functioning of the intestines: Menthol helps to relax the muscles of the digestive tract.
7. Helps to relax: As with other natural infusions, peppermint has important properties as a psychological relaxant. Drinking peppermint tea reduces nervous tension. Rubs have a softening effect on strong contractions and relaxation of muscles.
8. Useful for preventing colds and fever: due to the soothing effect of menthol, it helps to prevent colds and fever.

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