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ECOPHYSIOLOGICAL CHARACTERISTICS OF CULTIVATION OF MEDICINAL PLANTS AS AN EXAMPLE.

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Abstract: Currently, more than 110 species of medicinal plants found in the flora of Uzbekistan, i.e. 2.5%, are widely used in medicine for the treatment of various diseases, but more than 1154 species of plants with medicinal properties are distributed in the territory of our Republic. This article talks about medicinal properties of frankincense and methods of using frankincense in the treatment of diseases.

Key words: Frankincense, harmaline, garmin, peganol, deoxypeganin, kuymich.

Surely there are no people among us who do not know incense. But there are few people who know its full medical properties. First, let's get acquainted with the biological structure of the plant. Frankincense is a perennial plant that grows 30-70 cm. The stem is several, many hairy, the stem grows around. White-yellow flowers are located singly on the stem. The fruit is spherical, with many seeds. It begins to grow in early spring.[1-4]

If we talk about the place of yarrow in medicine, it is no secret that this plant is considered one of the "jewels of nature". It is widely used in medicine. The reason

for such wide use of the plant is the presence of alkaloids, peganol, peganidin, garmin, harmaline, various oils, and flavoring substances in its composition. As an example of the above substances, garmin calms the nervous system, is used in the treatment of tremors, a complication of inflammation of the brain, and as a sleeping agent (medicine).

- a) If you burn incense and smell it a little, the headache will disappear;
- b) A decoction of frankincense seeds is a cure for the above ailments if it is mixed with flax seeds when breathing becomes difficult, in case of shortness of breath;
- c) The herb and seeds of frankincense, which are obtained during the harvest period, are very effective in treatment;
- d) Frankincense can also be used as a sedative. This property is of great benefit in insomnia;
- e) The juice of the plant is very effective in cataracts (the face is washed with its decoction);
- f) Houses can be set on fire for the purpose of disinfection;
- g) If the milky sap of the incense is soaked in medical cotton and applied to the places suffering from itching for 10 days, it will cure itching;
- h) In order to improve heart function, equal amounts of frankincense seeds, cedar, camphor, pepper, parsley, black cumin, saffron are taken and mixed. It is drunk once a day with the addition of honey or shaker;
- i) If you mix incense, parsley seeds, mint, ginger, etc. and drink it when you are sick, you will be cured;

Frankincense has diuretic, toothache, diaphoretic, flu-preventing, and gastrointestinal properties!

Chemical composition of incense tissue:

Alkaloids up to 3.3% in the root, 3.57% in the stem, 4.96% in the leaf and 6.60% in the seed have been recorded, including harmaline, garmin, peganol, deoxypeganine. such substances were isolated. Frankincense is one of the medicinal herbs that have been used in the medicine of the peoples of the East since ancient times.[5-8]

In folk medicine, it is recommended to use a decoction of the surface part of frankincense in the treatment of skin diseases, by taking a bath. Decoctions and tinctures made from frankincense are also used for diseases related to malaria, seizures, neurasthenia, and colds. If the mouth is rinsed with a decoction made from incense, the cold of the oral cavity and throat will be eliminated.

Abu Ali Ibn Sina recommended using frankincense as a pain reliever for colds of the nerves, knees and stiff bones. He used frankincense as a powerful diuretic. The information that if a piece of cotton or woolen cloth soaked in the milky juice of Isiriq for 10 days is applied to the patients suffering from itching, they will get a lot of relief. A decoction of frankincense and flax seeds is used for difficulty breathing, along with a decoction of pepper seeds, it is used to treat wounds and diseases. In scientific medicine, medicinal preparations of frankincense are used in the treatment of constant trembling of the hands, feet and other parts of the body, as well as in the treatment of seizures.[9-10]

Medicinal preparations of frankincense also have a hypnotic effect. Lighting rooms with incense smoke has become a custom among the peoples of the East. This cleans the air in the room along with disinfecting the houses.

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