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**SECTION: BIOLOGY SCIENCE**

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**USEFUL PROPERTIES OF HELIANTHUS ANNUUS L**

**Annotation.** The article provides information on the beneficial properties of *Helianthus annuus* L. varieties, organic matter in it. In particular, its medicinal properties and role in the treatment of diseases.

**Keywords:** *Helianthus annuus* L., oil, medicinal plant, variety, leaf, flower.

*Helianthus annuus* L. is an annual plant belonging to the family Asteraceae. Stems erect, covered with coarse hairs, unbranched. Forms a basket-shaped inflorescence on the third part of the stem. The leaves are heart-shaped at the base and ovate at the top. It will be busy. The edges of the leaves are serrated. The lower 2–3 pairs of leaves are arranged alternately on the opposite side of the stem. It blooms in June and August and ripens in August and September.

The homeland of the *Helianthus annuus* is America. It is currently being propagated in all countries of the world. One of the main benefits of this plant is its high oil content. Honey is also valued as a succulent, ornamental and medicinal plant.

The oil-giving properties of *Helianthus annuus* are widely used in everyday life. A number of decisions have been made to increase oil production in the country. In particular, the Cabinet of Ministers of the Republic of Uzbekistan on January 22, 2008 took additional measures to further improve the supply of oil and fat products to the population of the Republic, increase the volume of cultivation and processing of oilseeds in the regions. The area of oilseeds (sunflower, safflower, flax, sesame) has been significantly expanded in different regions of the country.

Among the oilseeds the *Helianthus annuus* is plant, which is widespread and grown in large areas. The plant was brought to Europe from America in the 16th century and quickly spread throughout Europe. The botanical description of the *Helianthus annuus* originally given by Lobel and he called it the "Sunflower." In Europe, *Helianthus annuus* first distributed as a decorative crop. Pistachio was used instead of coffee.

Oil was extracted from *Helianthus annuus* 1829 in the Voronezh province of Russia. Over the years, this technology was improved and the oil production technology was created,

the developed oil began to be exported. In 1865, the 1st oil production plant was built in the Voronezh province [1].

In accordance with the Resolution of the Republic of Uzbekistan dated October 31, 2013 on measures to further improve and develop the management of the food industry, it is planned to establish the cultivation of *Helianthus annuus* as an oil crop. *Helianthus annuus* oil is a clear, pale yellow that people use in food. Its oil is used in margarine, mayonnaise, canned fish and vegetables, soap, confectionery. After the oil is extracted, the remaining remains are used as fodder for livestock.

*Helianthus annuus* varieties HS-8506, Sambred 254, Luchaferul, Krosotka and Jahongir are grown in the country. It is acclimatized from Moldova, America and France. The Jahongir variety was created at a research institute in Uzbekistan. The seeds contain up to 58% fat and 19% protein. Seeds of HS-8506 variety contain 48.9-52.0%, Sambred 254 variety 63.0-65.0%, Luchaferul 50.0-52.0%, Krosotka variety 60.0-65.0% of fat occurs [4]. *Helianthus annuus* is one of the most widely grown oilseeds in the world.

In Bukhara region, research has been conducted to study the beneficial properties of plants and provide information about them. In particular, the medicinal properties of plants that grow naturally in the study area are described [2], [3]. One of the plants with such characteristics is the *Helianthus annuus*, which is planted and propagated. *Helianthus annuus* a number of medicinal properties used in the treatment of diseases. Its leaves, yellow talismanic flowers around the basket, its fruit and the oil extracted from it are used in medicine. When the plant blooms, the leaf blades and talisman flowers are collected, and the shade is dried on the ground. When the fruit is fully ripe, the baskets are cut, dried, and the fruit is crushed. Oil is extracted from the seeds.

The seeds contain fat, chlorogen, citric and tartaric acids, carotenoids, phytin, carbohydrates, protein, nutrients and other substances. its leaves and flowers contain solanic acid, arnidiol and faradiol, triterpene diodes, flavonoids, saponins. *Helianthus annuus* oil is used in ointments with millet oil, sometimes to dissolve drugs, and to make green soaps. *Helianthus annuus* oil is part of the drug "Livian". A tincture made from leaves and flowers is used to whet the appetite.

Infusion of *Helianthus annuus* leaves and flowers in folk medicine in the treatment of malaria, appetite and digestion used to improve. The tincture of the leaf is used to treat fever, feverish fever, fever, diarrhea, boils, jaundice and heart disease. Decoction of the flowers is also used as a diuretic.

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