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## MEDICINAL DANDELION-TARAXACUM

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### ABSTRACT

the article describes the anatomy and morphology of the dandelion plant, the places of growth, medicinal properties and preparation of infusion, jam, salad. The chemical composition of Tagahasim, medicinal properties, and use in folk medicine are described.

### KEYWORDS

Medicinal, dandelion, Taraxacim, vitamins, triterpene compounds, bitter glycosides, sterols, inulin, fatty oil, proteins, mucus, resins, as well as vitamins A, B, C, E, PP.

### INTRODUCTION

More than 4,500 higher plants grow in Uzbekistan. There are many medicinal species among them. The medicinal plant is widely used in medicine and folk medicine.

Since May 1, 2020, clusters of primary or deep processing of medicinal plants have been created, regions specialize in growing medicinal plants. This was provided for by the decree of the President of the Republic of Uzbekistan dated April 10, 2020.

Since June 1, 2020, phytobars have been organized in medical institutions, including family polyclinics and rural (Ovul) medical centers, in all ministries and departments, at the Tashkent Karimov International Airport and local airports, all types of bus stations, railway stations, markets, sanatorium-resort institutions and other popular attractions.

Since the 2020/2021 academic year, they have also been organized in schools and higher educational institutions.

One of such medicinal plants on the Territory of Uzbekistan is Dandelion- Tagahasim - a genus of perennial herbaceous plants of the Asteraceae family (Asteraceae). The type species of the genus - Dandelion officinalis - is a well-known plant with a rosette of basal leaves and large bright yellow inflorescences-baskets of lingual flowers. In inclement weather and at night, the basket is closed.

At the top of the elongated spout of the achene there are many hairs, with their help, the dandelion fruit can fly in air currents for long distances.

Generic name lat. Tagahasim comes from the romanization of the Arabic name of this plant (Arabic. طرخشدة قذون - "tarukhshakun") or the Persian name of another compound.

### MATERIALS AND METHODS

The literary dandelion is one of the many names of this well-known plant. The word is formed with the suffix -an (active in northeastern and Uralic dialects) from the verb form to blow, equal to the literary blow. This name reflects the peculiarity of the plant - its pubescent achenes are carried away by the wind or a light breeze.

Dandelion is a plant with a branched taproot up to 2 cm thick and 20 to 60 cm long, turning into a short multi-headed rhizome in the upper part.

The leaves are all in the basal rosette, from almost parallel to the ground to erect, in some species on the petiole, the plate is oblong, obovate, obovate or linear-obovate, whole, pinnately lobed or pinnately dissected, glabrous on both sides or, in rare cases, slightly hairy.

Flower-bearing arrows in the number from one to ten or more, erect or rising, hollow, bearing single, rarely branched baskets, naked or with pubescence in the upper part.

The subshrub is preserved, consisting, as a rule, of 8-18 bracts from broadly ovate to lanceolate, arranged in two or three rows. The wrapper is bell-shaped or cylindrical-bell-shaped, usually with two or three rows

of 7-25 leaflets, protruding during flowering, closing during fruit ripening and spread out after ripening.

The flowers are 20-150 in a basket, all ligulate, as a rule, yellow, in some species greenish, cream, white, pink. Anthers are usually yellow or yellow-cream, stigmas are yellow, greenish, rarely grayish or blackish.

Dandelion officinalis is a perennial herbaceous plant up to 50 cm tall with a thick taproot. The leaves are thin, elongated, pinnately dissected, toothed at the edges, 10 to 25 cm long, collected in a basal rosette. The dandelion flowers are bright yellow in the form of baskets, located on a long juicy flowery arrow, hollow inside, the fruits are achenes with flakes. All parts of the plant contain bitter thick milky juice.

The medicinal dandelion blooms from the end of May to August, bears fruit in June- September. Dandelion officinalis is found almost everywhere. It grows in meadows, fields, gardens, landfills, roads.

### RESULTS AND DISCUSSIONS

In our conditions, it was found that the dandelion plant grows in almost all territories of the cultural landscape. It was noticed that the plant is not too demanding in relation to the nutrient medium and in relation to moisture. But differences were observed in places where climatic conditions were favorable, optimal, for example, in gardens, in the shade of trees, around ponds, the plant grew short, the stems were thin, where the soil was dry and with low

moisture content, the dandelion was of low growth, with a thick stem.

It was observed that the plant grows even on cracks in concrete, asphalt, around sidewalks. Morphologically, in gardens, on soils where climatic conditions are favorable, the height of the plant is 45-65 sm, in the circle of sidewalks, cracks in concrete and asphalt, where there is a shortage of moisture and where the soil layer is dense, the height of the plant is 10-15 sm. Simultaneously with the height, the flowering phases of the plant also differed, the sprouts that sprouted around the sidewalks and concrete cracks began to bloom from the beginning of April, and flowering was observed in the gardens in late April and early May.

Medicinal dandelion roots are used for medicinal purposes. They are harvested in early spring (April-May) or autumn (September-October), since it is at this time that the roots of the medicinal dandelion contain the maximum amount of useful substances. The roots of the medicinal dandelion are dug out, cleaned from the ground, washed under cold water and dried for several days outdoors in the shade in a ventilated room. After that, the roots of the medicinal dandelion are dried in attics or under a canopy, spread out in a layer of 3-5 cm. The roots of the medicinal dandelion contain triterpene compounds, bitter glycosides, sterols, inulin, fatty oil, proteins, mucus, resins, as well as vitamins A, B, C, E, PP and a significant amount of trace elements, which



determines its use to stimulate appetite and improve digestion. The plant has a pronounced choleric, antipyretic, laxative, expectorant, soothing and mild hypnotic effect. An aqueous infusion or decoction of roots improves the overall metabolism, enhances the secretion of milk in nursing women, increases the overall tone of the body, lowers cholesterol, regulates blood sugar levels. we made jam and dandelion salad. For jam, only dandelion flowers are used, which are collected in clear sunny weather in gardens, away from roads, businesses and other objects of civilization. For cooking, you will need a 3-liter jar of dandelion flowers, as well as 2 lemons, 2.5 kg of sugar, 2 liters of water. Dandelion flowers are sorted, washed, placed in enameled dishes and poured with boiling water. The dishes are covered with a lid and left for 1 day. Then the liquid is drained, filtered through gauze, the medicinal raw materials are squeezed out. Crushed lemons and sugar are added to the liquid. Cook the jam over low heat until thickened, stirring constantly. The finished jam is poured into jars and sealed. To prepare a salad, you will need about a bunch of dandelion leaves. Dandelion leaves are soaked in salted water for 2-3 hours, then crushed, any other greens (dill, parsley, green salad) are added and filled with dressing. To prepare the dressing, 2 raw yolks are ground with 1 teaspoon of mustard, add a little salt, pepper to taste, 5-6 tablespoons of vegetable oil, 2-3 teaspoons of vinegar and mix well.

## CONCLUSIONS

Medicinal dandelion is a plant acceptable to everyone, safe for health, you can use the infusion in all seasons of the year, keep it at home as an everyday drink or tea. Salad and jam contain a lot of vitamins and perfectly cleans the liver.

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