

MEDICINAL PROPERTIES OF SOME PLANTS OF THE POACEAE FAMILY

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Abstract

This article provides information on the medicinal properties of some plants belonging to the family poaceae.

Keywords: poaceae, fruit, medicine, flower, starch, oryza sativa, vitamin, seed.

Introduction

The nature of Uzbekistan is distinguished by its unique beauty, sunshine, soil and water. Therefore, the world of its plants is incredibly rich. With its healing properties, many medicinal plants are widely used among our people and successfully applied in folk and scientific medicine. For the purpose of treatment and Prevention of the disease, medicinal species are prepared from medicinal plants, or medicinal preparations and pure medicinal substances are obtained from them. For this purpose, parts of these plants, which are rich in biologically active substances, which have the property of treating diseases, that is, some plants are used from the terrestrial organs (root, root, node or onion), others from the terrestrial organs (leaf, flower, fruit, seed, bark or grass are completely terrestrial-grass).[4] The Poaceae family is very diverse in terms of tour composition. Representatives of the family are used not only in agriculture, but also in medicine for obtaining medicinal products. Below we will get acquainted with the medicinal properties of some plants that are part of this family.

Zaza sativa L.- the shawl. A one-year herbaceous plant, the height of which belongs to the Poaceae family, reaches 50-100 CM. Its homeland is the tropical countries located in the south-east of Asia. The North Caucasus is very cultivated in the south of Ukraine, in the lower reaches of the Volga River, Kazakhstan and Central Asia.[1]

In medicine, the fruit-Dogi (rice) is processed. Contains a large amount of starch, vitamins: B1, B2, and B6, fat, protein, mineral and finishing substances.[2] Rice decoction-used in gastrointestinal diseases(diarrhea), as a covering agent as well as as a parquet meal. From rice powder is distinguished high-molecular compound, which has an anti-cancer effect. Starch from rice is widely used in medicine, as well as in medicine, in the preparation of powders, powders, sprays.

Zea mays L.- corn. Virgo, that is, belongs to the poaceae family, is an annual plant that reaches 1-3 (5) m in height. Homeland Mexico and Guatemala. As a grain and fodder, it is widely grown all over the world. In medicine, starch and oil of motherwort and Thistle, fruit, is used as a pillar of motherwort. The composition of the motherwort and

Nebula includes butter, efir oil, saponins, flavonoids, organic acids, a large number of vitamins: C, K, B₁, B₂, B₆, PP, pantothenic acids, biotin, carotene, and other compounds.[1] medicinal preparations-tincture, liquid extract, as well as chylar-are used as a diuretic in diseases of the liver, gall bladder and biliary tract, as well as in kidney-stone diseases as a diuretic and blood-stopping agent. For the treatment and Prevention of atherosclerosis, the drug sifatifid, which covers the starch, is used-fruit oil. Starch is again part of some grease, powder sprinkled on babies.[5]

Triticum aestivum L.- yeah. Belongs to the family Poaceae, a one-year plant that grows to 45-200 CM in height. It is sown all over the world as a grain plant. In medicine, soy flour and starch are used. DownI contains a large amount of starch, oil, vitamin B₁, B₂, and PP, mineral, protein and other substances. [3] in folk medicine, the decoction of Willow grains is used as an anti-cough remedy along with honey, which gives strength to the body, and in inflammation of the respiratory tract.[1] polyvitamin-fexolin, which is used in muscle disease (when the muscles weaken and become smaller), was obtained from the stomach of the fetus. Bug'doy fruit-cramal, which is obtained from douni, is often used in medicine (in intestinal and other gastrointestinal diseases), as well as in medicinal practice (in the preparation of powders, septic drugs, etetka).[2]

Hordeum vulgare L.- barley. One-year ol belonging to the family of comrades (poaceae). About 30 species are known in Eurasia and America. height from 30-35 cm to 130-134 CM. The Leaf consists of a leaf plate, leaf sheath, tongue and ears, wider than the leaves of other grain plants. The skull of the skull.[1] barley Groats are considered the most popular dish since ancient times. Also, its grains are a substance for medicinal purposes. In ancient medicine, doctors say that when barley is swallowed, calm down the fever of blood and bile, thirst, acute fevertiradi, it is useful for tuberculosis, although it itself is thin ham. Arpa suvi water lowers blood pressure, softens the heat of the blood, grass, removes burns, heals all diseases, heals the heat of the liver, acute thirst, pulmonary tuberculosis, tumors in the chest, dry cough, hot pain of the head, darkening before the eyes. In modern scientific medicine, doctors prescribe barley flour as a dietary supplement to a weakened body. Tincture of grain flour can be an expectorant, anti-inflammatory, diuretic treatment pie lite, a cure for cystitis and colds. Seeds of germination are a balanced, rich source of vitamins, minerals, polysaccharides and amino acids. The substance herein, which has an antibiotic property, is isolated from grain flour.[3]

Barley is an excellent source of fiber, which cleanses my body of toxins. Fiber-rich foods serve as a source of fuel for friendly bacteria in the colon. These bacteria form butyric acid, which is the main fuel for intestinal cells. It is very effective in keeping the colon healthy. Barley also reduces the time of movement of feces and keeps our hair as clean as possible. This will significantly reduce the likelihood of colon cancer. Barley for osteoporosis is also an effective natural remedy. It is known that barley juice contains 10 times more calcium than milk.[5] it is known that calcium is very

important for the bones to be healthy. Manganese in the composition of this plant is also bor.Arpa contains twice as much vitamin C as oranges. This vitamin especially strengthens our immunity and reduces the likelihood of colds and Gripes. Iron improves blood volume, prevents anemia and fatigue. It is important for the normal functioning of the kidneys and the development of cells in the body. In addition, barley contains copper, hemoglobin and forms red blood cells.[3]

In conclusion, we use representatives of the Poaceae family not only for food, fodder, agriculture, but also for medicinal purposes. Since Dorivor is a biologically active substance in the composition of the product of therapeutic importance in the treatment of diseases, it is used both in medicine and in pharmacy. Natural medicines give a good effect in the treatment of the human body, leaving no complications. Therefore, scientific Medicine confirms the preparation of drugs from natural homeopathy, rather than chemical synthesis. The main reason for the increase in the demand for medicinal plants and medicinal products from them in the field of Medicine is that prolonged continuous consumption of each chemical medicinal product obtained by synthesis leads to various unpleasant changes in the human body. Accordingly, in recent times, the need for herbal medicinal products – phytopreparates and medicinal herbs-has been increasing all over the world. This in turn leads to a further increase in the importance of Medicinal Plant Studies.

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