



## **PLANTS AND THEIR ROLE IN HUMAN HEALTH**

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<b>Received:</b> 30 <sup>th</sup> March 2021 <b>Accepted:</b> 14 <sup>th</sup> April 2021 <b>Published:</b> 30 <sup>th</sup> April 2021	This article is about the wild and medicinal plants that are a blessing of nature, their useful properties that are important for human life and health, their proper use, love for the younger generation, nature and its benefits. settings.
<b>Keywords:</b> Flora, human needs, medicinal plants, medical secrets. Annotation: This article about wild plants and medicinal plants, which are good for nature, useful for life, important for life and health of people, for proper use, about the fact that a young generation has a good love of nature and otнос. Klyuchevye slova: Flora, potrebnosti cheloveka, lekarstvennyye rasteniya, vrachebnye sekrety.	

### **INTRODUCTION.**

From the moment a person is born, he or she enjoys the blessings of nature. For the first time, he breathes a sigh of relief. Humans need food, water, and sunlight to grow, and they get all of this from nature. When a person is born and brought up by his mother, he is brought up by nature. That is why it is called "Mother Nature". Human health depends on the environment and nature around it. When nature is pure, man is healthy and strong. Nature is the only source of material and spiritual needs for human beings. Man cannot live without nature, not only physically, but also mentally. And society is a part of nature and always around it. It is very difficult to draw the line between nature and society. Nature is such a just miracle that it balances the environment. The water, food, and clothing needed for human needs are derived from nature, and even the medicines needed to cure disease and restore one's health are made from fruits, herbs, and spices grown in Mother Nature. Just as there are no superfluous organs in the human body, there is nothing superfluous in nature. They are all necessary for life.

There are more than 6,000 different types of plants in the rich flora of our country, including medicinal plants. These herbs are environmentally friendly and are used as raw materials for food, aromatic and pharmaceutical products. Our country is rich in medicinal plants. Of the more than 4,300 plants belonging to the local flora, 750 species are medicinal, of which 112 species are registered for use in scientific medicine, of which 70 species are actively used in the pharmaceutical industry. In this regard, the President of the Republic of Uzbekistan on April 10, 2020 "On measures to protect, cultivate, process and rationally use available resources of wild-growing medicinal plants" This resolution stipulates the need to further develop the cultivation and processing of medicinal plants, increase the export potential of the industry, as well as to integrate education, science and production processes in this area. Today, in the primary grades of secondary schools, the world of plants and their species, medicinal plants and theoretical information on their importance for human health is given.

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### **THE MAIN PART.**

The flora of Uzbekistan is very rich and colorful. Deserts and steppes, mountains and hills, lowlands and river deltas sit side by side to create a spectacular view. This may seem absurd, but in fact the number of plants per unit area in the mountains of Uzbekistan is several times higher than in neighboring regions of Central Asia. The great encyclopedic scholar Abu Ali ibn Sina states in one of his works that there are many species of medicinal wild plants in Central Asia. He said: "Learn medicine from nature, man has already created what he is looking for." Nature is such a just miracle that it balances the environment. It motivates man to live, and man lives and socializes on the basis of nature and its blessings. There are cultivated and wild medicinal plants that are harmful to human health and well-being.

Medicinal plants are plants used to treat people and animals, to prevent diseases, and in the food, perfume, and cosmetics industries. It is estimated that there are 10,000 to 12,000 species of medicinal plants in the world. The chemical, pharmacological, and medicinal properties of more than 1,000 plant species have been studied. There are more than 700 species of medicinal plants in Uzbekistan. Of these, about 120 species of plants that grow naturally and are cultivated are used in scientific and folk medicine. Currently, about 40-47% of medicines used in medicine are derived from plant raw materials. Plants are living natural chemical laboratories with complex structures capable of producing complex organic substances or compounds from simple inorganic substances. Dried herbs, buds, roots,

rhizomes, rhizomes, bulbs, bark, leaves, flowers, buds, fruits (seeds), seeds, juices, syrups, stones, essential oils and others are used medicinally. Medicinal herbs have been used to treat diseases since ancient times. 3-4 thousand years ago in India, China and ancient Egypt were written works that provide information about medicinal plants. In the East, especially in Central Asian folk medicine, the use of medicinal plants has a long tradition. Abu Ali Ibn Sina's Al-Qanun on the Medicinal Use of Medicinal Plants provides information on the medicinal properties of about 476 plants and their methods of use.

Abu Rayhan al-Biruni also wrote a book on medicinal plants. A manuscript of this work was found in Turkey in the 1930s. This work is known as "Saydana". In this play, Beruni gives a detailed description of the medicinal plants that grow in the East, especially in Central Asia. In particular, in the work "Saydana" describes 1116 types of drugs. Of these, 750 species are derived from plants, 101 species from animals, and the remaining 255 species from minerals. One of the main features of Saydana is that Abu Rayhan Beruni states that pharmacology is a separate science, thus establishing the science of pharmacology. Medicinal plants have been used by humans not only since the Middle Ages or today, but also since the time of human civilization. From time immemorial, South American Indians have felt sick cougars (wild cats) scratching the bark of a tree. The Hindus used this bark decoction to treat sick people suffering from malaria. This is how the "henna tree" was discovered (as the Spaniards who conquered South America called it)

Quinine from the bark of this tree is used all over the world as a medicine against malaria. The search for and application of medicinal plants began thousands of years ago. In ancient Egypt, it was customary for both the sick and the healthy to drink cannabis oil on the third day of each month. In ancient times, people with insomnia came to one of the cities of Greece. The patient fell asleep quickly after drinking a drink made from the poppy juice of the townspeople. The next morning, the strangers came to the temple of the goddess of agriculture and thanked the goddess for giving people a flower that brought sleep and soothing pain. The priests of the temple wore wreaths of poppies. In some cases, the detection of medicinal plants has been costly to humans because they first tested the effects of medicinal plants on themselves. Zubtutum leaves healed leg wounds, and nettle leaves burned. Some lemons help the hunter to hunt animals all day long, while thousands of them cause the person to scratch his arms and legs and talk like a madman.

Legend has it that the poisonous belladonna plant helped a Scottish villager escape the enemy. The village was occupied by Danish troops. They drank beer in honor of the victory and lost the victory. The poisonous juice of belladonna, mixed with beer by the Scots, paralyzed the Danish soldiers. In ancient times, plants were considered magical and enchanting because of the lack of knowledge of the people. It is believed that there are herbs that can find a place to hide, take away consciousness, and make the unloved love. There are many myths about the roots of ginseng and humane. Jensch's root is said to be a miracle for those who are weak and exhausted. Over time, science has explained how a particular plant can be cured, and myths have disappeared by themselves. Medicinal plants are known to contain chemicals that have certain effects: alkaloids, flavonoids, glycosines, vitamins, nutrients, and more. Many medicinal plants are used in medicine, and even today people have mastered the chemical composition of plants. This, in turn, led to new discoveries.

### DISCUSSIONS AND RESULTS.

It is no exaggeration to say that the use of folk medicine in our society today is developing not only in Uzbekistan but all over the world. People are learning to restore their health with natural blessings and herbs, and to live a healthy lifestyle. Because today, the mistreatment of Mother Nature, the emergence of environmental problems, pollution of the atmosphere and water, the emergence of various diseases in human life, in turn, increases the need for pharmaceutical products that require treatment. This will lead to further improvement in this area. All the medicines we use in medicine are made from herbs. Children should be taught about medicinal plants and their species right from school. For this purpose, in accordance with the STS, our curriculum and textbooks provide theoretical knowledge about it. The 30 topics in the 1st grade textbook "The World Around Us" are called "Green Pharmacy", in which the cultural and wild o growing in our country. Plants such as yarrow (mint, nettle, chamomile, fennel) are said to be medicinal plants. However, their benefits have not been explained in detail. The essence of the topic (mint, jagjag, namatak, incense, kashnich, monkey) is given briefly. Here are some of them: It belongs to the family of mint-rose, 30-100 cm tall

A plant belonging to the mint-rose family, growing up to 30-100 cm tall. The stem is four-sided. The leaves are simple, opposite the stem. It blooms from late June. The flowers are small, red, purple, spike-shaped. The fruit combines with the petals to form four nuts. Leaf tincture, essential oil of mint juice, syrup, menthol, migraine pen, validol are prepared. These medicines are made from essential oil of mint juice and syrup to relieve nausea, prevent vomiting, digestion, ear, nose, respiratory diseases, migraine headaches that leave toothache. The main component of peppermint oil is menthol. Menthol is added to validol and other heart disease medications, sedatives, and mint caramel, which is part of the astronauts' diet. Jaws. It also grows in early spring. It is usually found in the fields. It is eaten with chuchvara and somsa. The tincture helps to stop the flow of blood from the internal organs. This tincture can be used to treat many other diseases. Incense. Incense grows in deserts and hills, and when burned, the smoke kills disease-causing germs. Incense tincture is used to treat diseases such as boils, malaria, epilepsy, insomnia and colds. Kashnich. Kashnich greens are rich in vitamins. A tincture of kashnich seeds stops coughing. The same tincture is used to eliminate bad breath and treat intestinal diseases. It can also be eaten. It grows easily and freely in

Uzbekistan. The plant has excellent cleansing properties. The plant's ingredients help to remove heavy metals from the body and neutralize its harmful effects. Kashnich seeds are also very good for water purification. All you have to do is throw a bag of seeds in a container of water as soon as possible.

Monkey. Monkey grows on trees and bushes along streams and mountain slopes. Monkey fruit reduces fever and stops diarrhea. Anyone who consumes it regularly will not catch a cold. A person who has a cold will be cured if he drinks a monkey leaf. Fennel. Fennel fruits are very useful. It contains powerful anti-cancer agents such as anethole, vitamin C, and cholesterol-lowering nutrients. In addition, fennel reduces stress, calms the nervous and digestive systems, and successfully fights colds, stomatitis and pharyngitis. Fennel has almost no contraindications. Penicillin is now being made from a fungus called mold. Pearls grown in the forest are used to make medicine for people with heart disease, and sedatives are made from valerian, which grows in the foothills and wet meadows. At every step of the way in the meadows grow dalachai (it is said among the people to cure 95 ailments), sagebrush, greens, sagebrush, black sage and other medicinal plants. The effects of herbs on the body depend on the amount of chemical compounds they contain. These compounds accumulate in different amounts in parts of plants. Necessary parts of the plant for the preparation of the drug are collected at different times, for example, the bark, buds are taken in early spring, the leaves before or after flowering, the fruits and seeds ripen, the roots, rhizomes are taken in spring or late autumn. Medicinal plants are harvested in the open air, when the dew rises. Remember, most plants contain toxins. Medicines made from such herbs can cause severe poisoning or disease, even if they contain a small amount of toxins. Adonis, angishvonagul, bangidevona, belladonna, incense, kuchala, pearl rose, millet, millet, etc. are among such poisonous medicinal plants. Therefore, do not take the plants in your mouth, and do not touch them while picking them. Hands should be washed thoroughly after harvesting. Because, as mentioned above, medicinal plants emit toxins, which pose a threat to human health. Young children in particular need to be careful when using them.

Medicines are made not only from wild herbs, but also from fruits and their seeds, or used as medicine. Giyosiddin Al-Jaziri, in his book "When Giyakhs Speak", expressed the important properties of plants, fruits and vegetables for human health in the prose and poetry genres. He says about the beneficial properties of walnuts: Walnuts are originally a wild plant, grown in Asia Minor, Iran and Japan. Its leaves are dried and boiled to treat skin diseases, sore throat. It can treat sore throat by rinsing, as well as soothe the nerves when the nerves are tired by drying the leaves and taking a hot bath. leaves the pain, and the core becomes syrup to the brain, strengthening the memory. It is not recommended to rest in the shade of trees, which contain essential oils of trees and fruits. The volatile gases that come out of it drive people crazy. The author also mentioned a number of other healing properties of walnuts.

### CONCLUSION:

In conclusion, it should be noted that all the blessings are very important for human life and survival. Plants play an important role in the life of all living organisms on earth. First of all, everyone should contribute to the reproduction of plants on earth, and refrain from reducing them. The only way to grow plants is to plant as many fruit and ornamental trees as possible. Taking care of them and creating gardens is a good thing for everyone, but it is also a good thing. Everyone should do it themselves, encourage others, and teach this good deed to those younger than themselves. Every plant, grass, tree, or bird in human nature mammals as well as what is needed. Our ancestors paid special attention to the preservation of clear water, springs, beautiful trees, rocks, grasses, flowers, to protect them from impure people, not to trample them, not to trample them. If we teach young people the right attitude to nature, if we improve the ecological culture and upbringing, then Mother Nature can show its beauty to future generations.

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