

MEDICINAL PROPERTIES OF MARMARAK PLANT

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ABSTRACT: In this article, there is a botanical description of the medicinal Marmarak plant, geographical distribution, medicinal properties, positive and negative effects on humans. Cultivation of plants, agrotechnical measures, obtaining medicinal raw materials. Storage and drying of medicinal raw materials obtained from Marmarak are described.

KEYWORDS: Marmarak, spell, vitamin, lactation, testosterone, cosmetology , landscape, menopause.

INTRODUCTION

There are 10-12 thousand species of medicinal plants on earth, chemical, pharmacological and medicinal properties of more than 1000 species of plants have been investigated. There are 577 species of medicinal plants in Uzbekistan. Of these, about 120 species of plants grown in natural conditions and cultivated are used in scientific and folk medicine. It should be noted that currently in our country, in order to supply the pharmaceutical industry and pharmacies with raw materials of plants, there are up to 42 types of medicinal plants in specialized farms, forests and other types of ownership. will be deleted. One of them is Dorivor Marmarak.

ANALYSIS AND RESULTS

Medicinal marmarak (mavrak) - *Salvia officinalis* L.; Belongs to the Lamiaceae (Labiatae) family. Perennial semi-shrub 20 - 50 cm tall. The stem is numerous, branched, serrated, four-sided, the lower part is slightly woody. The leaves are simple, long-banded, the leaves in the upper part of the stem are unbanded and are opposite. The flowers are short, small, and form spike-like flower clusters at the top of the stem. The flower is curved, the calyx is two-lipped, sertuk, the corolla is two-lipped, blue-purple, the paternity is two, the maternal node is four-lobed, located above. The fruit consists of 4 nuts. Blooms in June - July.

Geographic distribution. Homeland is the countries around the Orga Sea. It is grown in Moldova, Ukraine, Krasnodar and Crimea. The leaf is used as a medicinal raw material.

The product has a pleasant, bitter, slightly bitter taste.

Mavrak is an ornamental plant with a bitter and aromatic smell, which occupies an important place in human life in first aid and kitchens of housewives. For centuries, marmarak has been used in medicine, cosmetology, perfumery, winemaking, cooking and landscape design. Three types of marmarak are distinguished according to their origin and adaptation to climatic conditions: The first includes the humid subtropical and tropical plants of America, which live in their natural environment for several years, but the middle bo They do not survive the winter in lacquer, and therefore they are grown as annual plants. The second group includes types of Mediterranean origin. They are also perennials, but do not tolerate cold winters and are therefore grown as annuals in areas with seasonal temperature changes. The third group includes plants resistant to cold winters, which are grown as perennial plants.

In ancient times, marmarak was used as a magical tool for love spells and cleaning the house. Today, it is used in folk medicine, cooking and landscape design. The history of the use of this plant is more than 5 thousand years. In ancient times, marmarak was used to treat coughs, reduce swelling, stop bleeding, reduce pain in sprains, improve memory, and treat infertility.

In the Middle Ages, marmarak was considered a cure for all diseases. Thoughts about this plant have given rise to many myths. It was believed that he could protect a person from evil.

During the Renaissance, marmarak was a perennial plant of gardens. Later, it was also grown in the homesteads as a medicinal plant and culinary additive. Since ancient times, it has been believed that marmarak imparts a unique bitter taste to food and slows down the spoilage process of food.

Marmarak contains a large amount of minerals: calcium, iron, magnesium, phosphorus, zinc, manganese, as well as vitamins A, E, K, C and B. 100 g of marmarak has 315 kcal calories, of which: Proteins-10.63 g, fats-12.75 g, carbohydrates-60.73 g, vitamin C-32.4 mg, vitamin E-7.48 mg, vitamin-A 295 mg, Vitamin-B6 2, 69 mg, Water-7.96 g, potassium-1070 mg, calcium-1652 mg, magnesium-428 mg, sodium-11 mg, phosphorus-91 mg, iron-28.12 mg, zinc-4.7 mg

Benefits of marmarak: The plant is rich in anti-inflammatory and antioxidant compounds that fight the oxidation processes in the body caused by free radicals. Antioxidants prevent the development of cardiovascular diseases and oncological pathologies, slow down the aging process, improve the immune system[Baver Salikhova.]

Marmarak is useful for men suffering from hair loss. Preparations made from the seeds of this plant are used to strengthen hair follicles and can slow down the process of hair loss. For men, it is recommended to use marmarak decoctions while preparing for childbirth. Phytoestrogens

contained in Marmarak are converted into testosterone in the male body, which improves the quality of reproductive abilities.

"Menopausal women are advised to drink marmarak tincture to reduce the symptoms of menopause: hot flashes, increased sweating, nervousness," says Baver Salikhova. - Girls who suffer from pain during menstruation should also try to drink marmarak tincture, because the plant has a hemostatic effect. In addition, marmarak helps to gradually and painlessly reduce lactation and complete the breastfeeding process.

Marmara benefits for children: Marmara infusions are recommended for children over 5 years old, if there are no individual side effects. But it is not recommended for children under 12 years of age. If the child is hyperactive, you can add marmarak infusion to the bath during bathing to calm and relax. Often, children with colds can be breathed with a sponge.

If there is a rash on the skin, you can apply marmarak leaves to the wound, because the leaves of the plant disinfect the surface and have a hemostatic effect (7).

Harm of Marmarak: Despite a large number of useful properties, Marmarak is not recommended for individual sensitivity and allergy to the components of the drug, as well as for acute nephritis, hypotension, endometriosis, thyroid gland pathologies, and acute inflammatory diseases. It is impossible in the presence of kidney, oncological neoplasms, during pregnancy and lactation. [Baver Salikhova]

Another side effect of Marmarak is hypertension. Since Marmarak contributes to an increase in blood pressure, its use has a negative effect on a person's condition.

It is not recommended in epilepsy due to the risk of seizures.

It is very important to buy marmarak only from reliable producers, because some varieties of the plant are not only useful, but can also be dangerous to health, for example, they cause hallucinations.

This medicinal plant is used both in folk medicine and in traditional medicine. Marmarak has antimicrobial and anti-inflammatory effects, so tinctures and tinctures made from this plant are often used for infections of the upper respiratory tract, infectious and inflammatory diseases of the bronchi, teeth, mouth and teeth used in meat diseases. Marmarak has a diuretic and disinfecting effect, is used in pyelonephritis, cystitis and some other diseases of the genitourinary system. Marmarak infusions, together with other herbs such as chamomile, mint and fennel, have the property of normalizing digestion, eliminating swelling and improving appetite.

In cosmetology, marmarak essential oil is used as a stress and headache-relieving, calming and relaxing agent.

Marmarak has a bitter smell and taste. Only the leaves of the plant are used in cooking, they retain their aroma even at high temperatures, so spices can be added to dishes at the beginning of cooking. Marmarak serves as a seasoning for soups, salads, fish, poultry and meat dishes.

CONCLUSION

How to choose and store Marmarak.

The leaves should have a rich dark green color without yellow or black spots. Pay attention to the date of collection, because the shelf life of fresh marmarak is no more than 3 days. Dried marmarak should be stored in a dry place, away from sunlight, away from other herbs and food, because its smell mixes with other aromatic substances and is quickly absorbed. If the packaging is in breathable containers such as paper, cardboard boxes, cloth, dry marmarak can be stored for up to 2 years. If you use closed containers made of glass or metal, then the shelf life is reduced to 1 year.

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