

MEDICINAL PLANTS THAT ARE WIDELY USED IN NATURE, RICH IN VITAMINS

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Abstract. In this article, the aim is to enrich the knowledge about medicinal plants containing vitamins (namatak, black currant, chakanda, calendula, bozubang, jagja-jag), and to learn the methods of their correct use. We will learn how to make tinctures and decoctions at home from medicinal plants containing lipids.

Basic concepts. Namatak, black currant, chakanda plant samples.

Covered container, measuring container, water, cheesecloth, aerial parts of medicinal plants containing vitamins

Enter. Black currant (*Ribes nigrum* L.) belongs to the Saxifragaceae family. Black currant is a bush 1-1.5 (sometimes 2) m tall. The bark of the stem is orange-yellow-brown or red-brown. The leaf is claw-shaped with 3-5 parts, and is arranged in a row on the stem with a band. The flowers are gathered in a shingle. There are 5 sepals, 5 corollas, pink-gray, 5 paternal nodes, one-digit maternal node, located below. The fruit is a fragrant, round-shaped, wet fruit with many seeds.



Product preparation. The leaves of the blackcurrant plant are harvested before or when the plant blooms, and the fruit is picked when it is ripe. The collected leaves are dried in the cool ground, and the fruit is dried in ovens. Vitamin juice is also prepared from wet fruit.

Chemical composition. The leaves contain 0.25% ascorbic acid and essential oil. The fruit contains 0.4% ascorbic acid, 3 mg% carotene, vitamins V1 and R, 2.5-4.5% organic acids, 4.5-16.8% sugar, 0.43% sugar and 0 There are up to 5% pectin substances, anthocyanin compounds and their glycosides and flavanoids.

Medicinal preparations. Drip. The leaves and fruits of the plant are included in vitamin teas - collections.

Sapsella Bursa Pastoris belongs to the Brassicaceae family. It is an annual herb growing to 20-30 (sometimes 60) cm in height. The stem is single, sometimes several, erect, branched or unbranched. Idilozoldi leaves are banded, long lanceolate, and have variously cut leaf plates. The leaves on the stem are small. The flowers are gathered in a shingle. The fruit is a kozache. It blooms from April to autumn, the fruit ripens from June.

Chemical composition. The product contains hyssopine glycoside, bursa acid, 0.12% ascorbic acid, vitamin K, apple, lemon, wine, fumaric acids, choline, acetylcholine, tyramine, inositol, flavonoids (diosmin, etc.), saponins, flavoring and other compounds. ladi

Medicinal preparations. Tincture, liquid extract.

RESEARCH RESULTS

1- Blackcurrant leaves, fruits and preparations are used to treat scurvy and other hypo and avitaminosis diseases. The fruit is used in folk medicine as a diaphoretic and diuretic, anti-diarrheal, and the leaf is used as a diarrhoea.

2-Preparations of the Jagja-jaga plant are used to stop bleeding after childbirth and in uterine diseases, and as a toning agent when the uterus is weakened.

CONCLUSION.

In pharmaceuticals, it is used to dissolve medicinal substances (camphor, etc.) and to prepare ointments. A decoction prepared from the above-ground parts of the plant is used among the people to treat gout, malaria, seizures, insomnia, colds and other diseases, as a sedative, hypnotic and pain reliever. This decoction also cures skin diseases. Also, the decoction of the upper part of the earth has a diaphoretic and diuretic effect.

In times of shortness of breath and difficulty in breathing, it is recommended to drink a decoction of frankincense and frankincense seeds with a decoction of flax seeds, and in case of wounds and leg diseases, a decoction of frankincense seeds is mixed with a decoction of pepper seeds.

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