

MEDICINAL PLANTS CONTAINING ESSENTIAL OILS

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Annotation. Medicinal plants containing essential oils (sage, peppermint, lemongrass, sedum, marmarak, black cumin, common sedge, pine (shoot), juniper) are presented in this article. and b.) to enrich their knowledge, to teach them how to use them correctly, to form practical skills.

Basic concepts. Examples of caraway, mint, lemongrass, tograyhon, marmarak, black cumin, common togjambil plant. Covered container, measuring container, water, cheesecloth, aerial parts of medicinal plants containing vitamins

Enter. Medicinal lemon balm (*Melissa Officinalis*) belongs to the Lamiaceae family (Labiatae). Perennial herbaceous plant with a height of 30-60 cm. The stem is single or multi-branched. The leaves are egg-shaped, with a slightly pointed tip, hairy (on the upper side), with a saw-like edge, and are oppositely located on the stem and branches with a short band. The white, hairy, two-lipped flowers are located in the axils of the leaves with a flower band, forming a ball flower. The fruit is 4 nuts.

It blooms in June-August, the fruit ripens in July-August.

Geographic distribution. In Central Asia, Crimea, the Caucasus, in the south of the European part of Russia and other countries, it grows in the shade of trees, in the shade of stones in mountainous regions, and in other shady places. It is found in Tashkent and Surkhandarya regions of Uzbekistan.

Chemical composition. The surface part contains 0.01-0.33% essential oil, vitamin C, carotene, phenylcarboxylic acids (coffee, chlorogenic, rosemary, ferul, protocatechus, etc.), triterpenes, flavonoids (luteolin-7-glycoside, etc.), 5 -10% additives and other substances, the seeds contain 20-27% fat.

Lemon essential oil consists of geraniol, linalool, nerol, farnesol and their combination with acetic acid, limonene, pulegol, geranial, neral and other terpenes.

Common black cumin (*Carum carvi*) belongs to the umbelliferae family.

It is a two-year herb, 30-80 cm tall. In the first year, root leaves grow from the root, and in the second year, root leaves and stems grow. The stem is upright, cylindrical, multifaceted, the upper part is branched. The leaves of the root are arranged in a row with a long band, and those of the stem with a short band. The leaf is divided into 2 and 3 linear leaf pieces.

The flowers are small, collected in a complex umbrella. The sepals are indistinct, the corolla is white or pink, the paternity is 5, the maternal node is 2-digit, located below. The fruit is an elongated double pistachio.

It blooms in June-July, the fruit ripens in July-August.

Geographic distribution. It grows wild in forests, forest edges and grasslands. It is found mainly in the forest and forest-desert zones of Ukraine, Belarus, the European part of Russia, in the south of Siberia, in the mountainous regions of the Caucasus and Central Asia. It is grown in the republics of Russia, Ukraine, Belarus.



Carum carvi is common black cumin

Chemical composition. The fruit contains 3-7% essential oil, 14-22% fat, 20-23% protein, flavonoids (quercetin and kaempferol) and additives. According to the XI DF, the amount of essential oil in the fruit should not be less than 2%.

Essential oil is extracted from crushed fruit using steam.

Black cumin essential oil is a yellowish liquid with a density of 0.905-0.915; refraction number 1.4840-1.4890. The oil contains 50-60% carvone, 40-50% limonene, 40-70% carvacrol, dihydrocarvon and dihydrocarveol compounds.

Black cumin fruit is also of great importance in food, perfumery, etc.

Medicinal preparations. Black cumin fruit, essential oil (add 1-3 drops to sugar) and fruit juice. Its fruit is part of the herbal teas.

RESEARCH RESULTS

Lemon medicinal preparations strengthen and support the heart, and also treat trachoma, hiccups, bad breath and other diseases.

In folk medicine, neurosis, bronchial asthma, female toxicosis, climax, heart palpitations and other diseases are treated with lemon.

Lemon tincture has been clinically tested and approved by the Ministry of Health of the Republic of Uzbekistan for its use as a sedative and blood pressure-lowering agent in medical practice.

CONCLUSION

In pharmaceuticals, it is used to dissolve medicinal substances and prepare ointments. A preparation of black cumin fruit is used to treat intestinal atony, as an analgesic and to improve digestion, the fruit is sometimes used with other medicinal plants as a diuretic and carminative, as well as in stomach ailments, and the juice of the fruit is used for colic. it is used in (especially in children), toothache and myositis (applied to the inflamed area of the body).

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