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THE IMPORTANCE OF THE ASTRAGAL PLANT IN MEDICINE AND ITS EFFECT ON A HEALTHY LIFESTYLE

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Annotation: The main purpose of the article is to highlight in detail the role of the astragal medicinal plant in human health. Prevention of diseases of the Astragal plant is important that is, in prophylaxis , in the current period, chronic diseases hypodynamia, improper nutrition and harmful habits cause a significant increase in the cause are comprehensively confirmed, which causes the plant to deeply wrap its importance in health.

Keywords: astragal, healthy lifestyle, medicinal plant, folk medicine

Relevance: Currently, medicinal plants are widely used in medicine. The effectiveness of the use of medicinal plants is explained by the fact that they contain biologically active substances that have a complex effect on the human body, are easily added to metabolic processes and, with long-term use, show almost no negative side reactions .

Astragalus (Astragalus) is a large class of perennials containing about 2,500 species. The most popular and basic for medicine are: wool-flowered (dense-flowered, fluffy-flowered) (Astragalus dasyanthus); climber (Astragalus adsurgens); rodent (Astragalus virgatus); membranous (similar) (Astragalus membranaceus Bunge); licorice (Sweet Leaf) (Astragalus glycyphyllos); milky white (Astragalus galactites); goat grass (Astragalus galegiformis); esforset (Astragalus galegiformis astragalus onobrychis); Mongolian (astragalus mongholicus); Fox (astragalus vulpinus willd.); Ginger astragalus (Astragalus zingeri) and many other species

Astragalus is widely used in folk medicine in Mongolia, China, Korea and Japan, western Siberia and the Far East.

Astragalus recipes have been used since ancient times, when they called this bush the herb of immortality. In Tibetan medicine, astragalus ginseng is considered a plant with the most important medicinal properties.

Astragalus strengthens the immune system and partially restores the activity of immune cells in the fight against various diseases, including cancer, heart disease.

Astragalus has the property of stimulating the production of interferon, which the body uses to protect itself from viral infections. It has strong antiviral properties and is

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able to trigger internal mechanisms of the body to fight common diseases such as colds, flu and bronchitis.

Using the plant separately or as part of a set of other healing medicinal plants will help you quickly get rid of the symptoms of prunes, quickly separate phlegm and relieve cough

Astragalus, dilating blood vessels, helps the heart work and lowers blood pressure. Reduces blood clotting and meorizes blood circulation.It also improves liver function, lowers blood sugar levels and has a mild diuretic property.

Astragalus helps in the treatment of gynecological diseases. Has a sedative, laxative, expectorant effect. Relieves symptoms of flatulence and exacerbation of gastritis.

Research is currently underway to treat oncology and use astragalus to reduce the impact of chemotherapy on human health. It stimulates human immunity and allows the treatment of many diseases, from colds to sexual weakness.

Helps to get rid of stressful conditions, increases a person's endurance, is indicated for age-related changes and can be used to treat and prevent many diseases

In folk medicine, Astragal's decoction is used for nervous disorders and epilepsy. Astragalus is applied to the surface for scalp dermatomycosis, rheumatism, diarrhea, arthralgia, syphilis, scrofulosis and dermatitis.

Thus, astragalus improves the functioning of the immune system, stimulates immune defense, regulates metabolism and helps to get rid of toxins. Its rich chemical composition has a number of physiological effects on various functional systems of the body, therefore, research on astragalus is an urgent scientific direction in the field of Pharmaceutical Sciences.

Astragalus grass is a rich source of important elements for life. They include Silicon, phosphorus, calcium, zinc, titanium, sodium, and manganese. Astragalus also collects selenium. The plant contains a lot of iron.

Astragalus contains a whole complex of flavonoids. These are biologically active organic compounds, natural antioxidants. The human body does not produce them on its own, so flavonoids can only be obtained from the outside. Astragalus contains quercetin, a substance that has a pronounced antioxidant and anti-inflammatory effect. Astragalus wooliflora herb contains B vitamins, vitamins C and E. Astragalus is rich in organic acids, triterpentins, tannins and essential oils.

According to research, astragalus is effective in relieving inflammation. Also, decoctions from this plant strengthen the body's immunity and help effectively fight pathogenic bacteria and viruses. In folk medicine, Astragalus wooliflora has been known for hundreds of years as an effective remedy for improving the functioning of the cardiovascular system. The combined effect of microelements and complex organic compounds strengthens blood vessels, improves blood circulation, saturates it with

oxygen and iron. The antioxidant action of flavonoids, which are part of Astragalus, normalizes cholesterol levels, reduces the risk of developing atherosclerosis.

Astragalus-based tinctures are used for rinsing to eliminate inflammation in diseases of the upper respiratory tract, as well as problems with gums.

A bath with Astragalus decoction will help get rid of allergies. In particular, the drug from the root and stem of the plant effectively fights skin irritation. To prepare such a tincture, you need to take 400 grams of dried root, stem and leaves of astragalus. Medicinal raw materials are poured with cold water - you will need about 200 milliliters. The finished product should be allowed to boil for 30 minutes, then filtered. At this time, fill the tub with warm water. The water temperature should approximately correspond to the temperature of the human body.

Conclusion: decoctions, tablets based on the Asragal plant are recommended for hypertension, glomerulonephritis, angina allergies, edema, rheumatism and gynecological diseases. Diseases maximally reduce risk factors to prevent disease origin, which underlies a positive decrease in disability and mortality rates.

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