

JIGAR VA BUYRAK KASALLIKLARINI DAVOLASHDA ISHLATILADIGAN SHIFOBAXSH O'SIMLIKLAR

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Annotatsiya: Jigar va buyraklarda kuzatiladigan kasalliklarni davolashda dorivor o'simliklardan oqilona foydalanish bhaqida.

Kalit so'zlar: funktsiya, organizm, metabolizm, flavonoid, fenol, karbon kislota, flavonoidlar, apegenin, norenginin

MEDICINAL PLANTS USED IN THE TREATMENT OF LIVER AND KIDNEY DISEASES

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Abstract: About the rational use of medicinal plants in the treatment of liver and kidney diseases.

Key words: function, organism, metabolism, flavonoid, phenol, carbonic acid, flavonoids, apegenin, norengin

Bizga malumki buyrak va jigar odam organizmida eng muhim va masulyatli funksyalarni bajaradi. Organizmdagi qariyb barcha moddalar almashinuvda hususan oqsil, uglerod, yog' suv va hokazolarda ishtrok etish bilan bir qatorda ichakdan qonga so'riladigan turki xil zaharli va zarali kimyoviy moddalarni hamda odam organizmida moddalar metabolizmida hosil bo'lgan keraksiz yod moddalarni zararsizlantradi va shu tariqa organizm yod moddalardan holos boladi.

Jigar hujayralardan ot kislotalar safro ishlab chqaradi,

Safroda o't kislotalar bilan xolistrin pigmen bilirubin bo'lib tekshrishlar natijasida 24 sotda 0.5-11 gacha ajrlib turadi.

12barmoqqa zaruriyat bo'lgandagina safro o't kislota bluribin hamda holistirin ichakka tushib turadi.

Jigarda kuzatiladigan turli murakkab bio kimyoviy jaroyonlar sodir bolib turadi organizm uchun muhim moddalar ishlab chiqadi.

Jigar funktsiyasini hastalanishga bir qancha omillar bor ulardan tartibsiz qabul qilingan dori vositalar, spirtli ichimliklar gazli suvlar, konserva mxsulotlar va yogli kaloryali taomlarni istemol qlishdir yana qushimcha yordamida bir qancha mikroorganizmlar parazitlar jigar xujayralari va ot yollarini yalliglantrdi va natijada toksik gipotit, virusli gipotit, xolangit kasallik larga duchor qiladi.

Buaytib utilgan kassaliklar jigar faolyati vas afro ishlab chiqish ham izdan chiqadi

Ot pufagi ut yalliglanishi natijasida ulard tosh hosil bolishi,safroni 12 barmoqli ichakka tushishiga tusqinlik qiladi oqibatda sekin sekin qonga soriladi tana zaxarlanib ogir oqibatlarga olib keladi.

Ushbu kassaliklarni davolashda dori preparatlarni dorivor osimliklardan tayorlangan turlixil ajratmalardan foydalanadi

1.Bo'znoch gullari.(цвети бессмертника) (Flores helich risi arenari)

Oilasi-Astradoshlar

Kopyillik o'simlik.Bunda tayyor maxsulotlar ochilmagan,gullari uchib ketmagan,tuliq osimlik gullari hisoblanadi maxsulot hidsiz achchiq mazzasi bor.

Tarkibida flovonoidlar apegenin,norenginin hamda vitamin ka va oz miqdorda oshlovchi moddalar va efir moylari bor .

Bo'znoch o'simlik preparatlari ot pufagi va ot yollari kassaliklarini davolash uchun va ot haydovchi dori sifatida ishlatiladi.

Dori turlari qaynatma,damlama, yigma choylar.

Dastarbosh guli. (Цвети пижмы) (Tanasetum flores)

Kop yilli osimlik gullari sariq savatchga toplangan mevasi chuziq pista,

Maxsulotdan kanfora xdiga oxshash va otkir mazzasi bor.

Maxsulot tarkibida 2% efir moyi flavonid va finol karbon kislota bor.

Flavonoidlardan tivortin,apiginin digostmin hamda oshlovchi va tanasitin achiq moddalar bop.

Dastar bosh osimliklari gijja haydash uchun hamda jigar va ichak kassaliklarini ishlatishda ishlatiladi .

Dori turlari;damlama, choy yigmalar,tamasin preparati.

Zaytun moyi jigar va ot pufag kassaliklarda otta tosh bolganda tushrishda foydalanadi qabul qlish tartibi ertalb nahorga 1necha soat davomifa 50-100ml dan qabul qiladi bazi paytlarda 1hafta davomida ertalabki nahorda 1-kuni 1osh qoshiq moy +limon suv.

2-kun 2qoshiq moy +limon suvi

3-kun 3qoshiq moy +limon suvi

Huddi shunday kunlar soni oshgan sari doza miqdori ham oshrib boradi,

Preparatni qabul qlishdan oldin yoki qabul qlingan dan keyin ogiz yalpiz moy bilan chaylaidi.

Bu berilgan ko'rsatma shifokor maslahati va korsatmasi bilan hamda nazoratda bo'lishi maqsadga muvofiq bo'ladi.

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