

# Cultivation technology and medicinal properties of thorny artichoke plant

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**Abstract:** This article describes the cultivation technology, biology, ecology, importance of the thorny artichoke plant in agriculture and national economy, and medicinal properties of its chemical composition.

**Key words:** Brief information, Cultivation technology, medicinal properties, chemical composition, conclusion.

Cynara L. (Artichoke) is a perennial plant belonging to the Asteraceae family, of which 11 species are known. One of these species is Cynara scolymus L. (thorny artichoke). The homeland of artichoke is widely used as the Mediterranean Sea. Wild species of artichoke are found in the Canary Islands, in the northern part of Africa, and in cultivated form in Europe and southern countries. Artichoke (Supaga) plant is a perennial and annual vegetable crop.

Agrotechnology of cultivation: Artichoke seeds are soaked in water for 10-12 hours at the end of April, 30-35 days before planting seedlings in open ground, and then germinated for 5-6 days at a temperature of 22-25 degrees. upon release, it is placed on the lower shelf of the refrigerator for 25-30 days. As soon as small shoots appear, the seeds are sown in boxes filled with a mixture of equal parts of loam, soda soil and river sand, and at a temperature above 20 degrees, real buds appear in 10-12 days, then the temperature is +12 + It is lowered to 15 degrees and moved to a greenhouse.

Two weeks before planting the artichoke plant in the open ground, the artichoke seedlings are thickened. Before planting, a half-liter jar of humus is added to the wells and mixed with the soil. When planting, the distance between plants should be 35-40 cm, and the distance between rows should be 65-70 cm. Plant seedlings are planted in open ground in early June. First, the bed under it is dug to a depth of 15-18 cm, 2-3 kg of humus is applied per square meter, the planted plants are immediately watered. Watering is carried out regularly until the plant takes root. When the roots appear, the plant is watered less. Artichoke grows very quickly and is dangerous for a cold plant. It can be grown in greenhouses in a wide and bright place, because the height of this plant reaches 1.5-2 m. Artichoke ridges are periodically loosened and cleaned of weeds. The leaves of the plant are large green, prickly, forming a large basal rosette. The flowers of the artichoke plant are collected in baskets with a diameter of 10-25 cm. The roots are strongly developed, long, rod-like. In autumn, the above-ground part of the plant dies and it is cut. In the spring, new stems emerge from the rhizomes that overwinter. When planted with non-vernalized seeds, the plant begins to bloom in the second year of life, the flowers are blue-purple, in the first when planted with vernalized seeds by vegetative propagation and seedlings. To make the plant bigger, two or three buds are left, and the remaining buds are removed. The most popular varieties of artichoke are Maykopsky, early, violet and Leonsky.

Chemical composition: Seret florets and basket flowers are used for food. Artichoke plant contains sugar, protein (2.5-3%), carbohydrate (7-15%), C (0.4mg %), vitamins A, B1, B2, B6, B9, PP, E and K, carotene, seeds up to 30% oil insulin, carotene, gorechi, dextrin, synaropikrin, cynarin, dubil products, kletchatka, bursic acid, additives, fumarate, malic and may acids, choline, acetylcholine, tyramine, mineral salts - K, Fe, Mn and there are products such as P salts, saponins and trace elements.

Medicinal properties and use: Raw and canned, boiled artichokes are eaten with sauces and salads. Artichoke is used in medicine as a diuretic, choloretic, and antirheumatic drug. Until the 19th century, artichoke was the main source for the treatment of jaundice, mucous and cardiovascular diseases. As it is rich in vitamin K, it is the main medicine for the prevention of bleeding. Artichoke is widespread in Southern, Central Europe, South America, North Africa and Australia. All the organs of young artichokes, and the leaves of older ones, are bigger the white pods are edible and the flowers are inedible. Roots and leaves are used in medicine.

The artichoke plant is useful in diseases of the urinary tract, constipation, kidney and liver cleansing, and increases the contractility of the smooth muscles of the uterus. Its leaves have very strong phytoncide properties, increase bowel movements, and its extracts lower blood pressure. Eating 250 grams of florets 2 times a day helps to lose excess weight. In folk medicine, its tincture and decoction are used as a blood-stopper for women's diseases, colic, malaria, pulmonary tuberculosis, heart and liver diseases, and colds. Tinctures made from dried flowers are used as a cold and pain reliever. In case of kidney disease, pour 200 grams of boiling water over 5 tablespoons of artichoke stems and leaves (fresh or dried) and drink 50 grams 4 times a day.

If you drink the same amount of fresh artichoke grass juice, it has a good effect on kidney and urinary tract pain and crushing stones. In case of hypertension (Khafakon), 400 g of boiled and cooled water is added to 5 teaspoons of dried herb and left to infuse for 8-10 hours. Two tablespoons are consumed 4 times a day. In case of liver pain, take 40 g of dried or dried herb, pour one liter of boiling water over it and let it brew for half an hour. After it is ready, drink 1 glass before meals 3 times a day. Urinary incontinence: add 50 drops of fresh leaf juice to a tablespoon of warm water and drink 3 times a day before meals. Pour a glass of boiling water over 3 tablespoons of the dried herb and let it brew for 4-5 hours in a thermos. Drink half a glass 4 times a day before meals.

**Conclusion:** My conclusion in this article is to satisfy the needs of the artichoke plant in the rural and national economy, as well as to study its importance in the field of medicine and use it in practice. Culturally, it first spread in Sicily, then in Greece and Italy. 77 years ago, the Roman scientist Pliny called the artichoke a "giant creature" on earth. It is being multiplied in the Republic of Uzbekistan. The plant has a lot of medicinal properties and is effective in preventing diseases.

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