

Rastropsha (silybum marianum) in Surkhandarya soil climatic conditions growth, development and medicinal properties

Jumaev Shuhrat Maksadovich

Termiz Institute of Agrotechnologies and Innovative Development
PhD (PhD)

Baratov Panji

Graduate student of medicinal plant cultivation technology

Abstract: The botanical description, chemical composition, pharmacological properties, folk medicine significance of the plant Rastropsha have been studied.

Key words: Olabuta (Silybum), Botanical description, Pharmacology, antioxidant, whey.

Botanical description: the Uzbek name of the Rastropsha plant is olabota, and it belongs to the genus of the family of complex flowers with the same name. Olabuta (Silybum) family. One of them is the spotted olabuta (Silybum marianum), which grows in the southern regions of Uzbekistan. The life form of a one-year (in cultivated forms) or two-year thorny plant reaches 1-1.5 meters in height. The stem is simple or branched, without thorns. The leaves are arranged in a row on the stem, ellipsoid, the edges are carved, large (up to 80 cm in length). Yellow spines are located along the veins of the edge of the leaf and its back surface. The leaf plate is shiny green, with white spots on the surface. The flowers are dark red, pink or white, and are collected in a large spherical single basket. Thorny leaves surround the flower. The corolla of the flower is covered with thick hairs. All flowers are bisexual, tubular. It blooms in July-August. Fruit Donch Distribution Spotted olabuta (rastropsha) is native to the Mediterranean Sea, the Balkans and the Iberian Peninsula, and it can be found in almost all regions of the Earth. It is naturally acclimatized to many places. In countries such as North America, Iran, Australia, New Zealand, it is registered as an invasive species. It grows in many fields in the southern regions of Uzbekistan. Cultivated due to its medicinal properties. It is planted in large areas in many countries, including Australia, Germany, Poland, Russia, Ukraine, China and Argentina. In European countries, it is planted in March-April.

Chemical composition of Olabuta. The main active substance in Olabuta is flavonoids and flavonoids (silibinin, silicristin, silidianin). In addition, the plant contains alkaloids, saponins, fatty acids, protein, vitamin K, tar, tyramine, histamine and many macro and microelements. The content of white carrack is rich in various vitamins and trace elements. It is rich in drugs belonging to group A, E, F, K and V. One gram of white cabbage contains 16.6 mg of calcium, 9.2 mg of potassium, 4.2 mg of magnesium, 0.08 mg of iron, 0.1 mg of manganese, 1.16 mg of zinc, 22.9 mg of selenium, 0.09 mg of iodine. It has become more popular in today's medicine due to the discovery of silymarin in its composition. It is considered one of the strongest hepatoprotectors (in Latin words: hepar - "liver" and proteto - "protection"). Due to its antioxidant properties, silymarin helps restore liver tissue. It is also used in the treatment of liver cirrhosis.

Its leaves, roots, and seeds are used in pharmacology, and oil and whey are made from them. Its oil is used in the treatment of various skin diseases and some diseases of the reproductive system. It has the properties of excellent healing of wounds, especially healing of wounds after a fire. Okkarrak is sold in pharmacies in several medicinal forms. The most common are herbal tablets, as well as capsule oil, powder, and gruel. Rastropsha tea is produced in sachets with olive leaves at the plant growing medicinal plants in Uzbekistan. Medicinal properties of white saffron: It has varicose veins. , polyarthritis, cholecystitis, liver dystrophy, poisoning, including alcohol, diabetes and toothache are also used. It is also recommended after radiation and chemotherapy courses.

Use in folk medicine: Juice, tea, soup, food, compresses are all healing for effective cleansing of the body and restoration of immunity. It is also used in the treatment of various allergies. What does it mean? It is a powder obtained from the crushed seeds of the plant, in which all the useful components have been preserved. This powder is the most valuable product for improving liver cells and the whole body. It cleans blood vessels,

lowers cholesterol, and removes toxins from the body. As a result, gastrointestinal function improves. It also helps to lose weight and skin problems. It also increases immunity and accelerates tissue regeneration. Tea or decoction can be made from the seeds for medicinal purposes.

To prepare medicinal tea, mix 1 teaspoon of seeds with a glass of boiling water, infuse for 1-1.5 hours, and drink 100 ml 3 times a day hot half an hour before meals.

30 g of seeds are crushed and added to 500 ml of boiling water to prepare the broth. Boil until the liquid is reduced by 2 times. It is consumed half an hour before meals, 3 times a day. The course of admission is 30 days. If necessary, the course is repeated in 1-3 months.

Grind it into powder. Two medicinal preparations The second method is to use baking powder. The seed powder is ground into flour. You can take 1 teaspoon of it and drink it with water or juice 2-3 times a day. In addition, the powder can be mixed with kefir, milk or juice. You can add any fruits or berries to the drink and drink it by turning it in a blender. This drink boosts immunity.

Shot. It is necessary to take 0.5 teaspoons of seeds and take them once a day during meals for a period of 1 month. It should be noted that the dried seed is very hard and contains a core similar to the melon. It should be chewed thoroughly.

Oil is also useful. It can be consumed half an hour before meals or added to ready meals. Adults should not drink more than 4 teaspoons per day. The reception course is designed for 1-2 months, and then the course can be repeated after a 1-month break. Contraindications: Hypersensitivity to the product, children under 18 years old, pregnant and lactating women, consult a doctor consultation is recommended. Oil squeezed from its seeds, sweet and watery extracts made from its fruit, teas and syrup are used in medicine. The fruits of the plant are collected for medicinal purposes. Olabuta (rastropsha) is mainly used for liver (hepatitis, cirrhosis, poisoning), gallstones, gallstones, cough and other diseases. Herbal preparations increase the production of bile in the liver.

Conclusion: To include medicinal plants in the ranks of cultivated plants, to create their most promising varieties, and to make economic evaluations for proper zoning, the biology, physiology, cultivation technology and medicinal properties of rastropsha plant are considered to be the main principles. It is necessary to rapidly take place in production in order to establish plantations and supply the necessary raw materials to the pharmaceutical industry.

List of used literature.

1. Tokhtayev B.Yo., Mahkamov T.H., Tolaganov A.A., Mamatkarimov A.I., Mahmudov A.V., Allayarov M.O'. Instructions on the organization of plantations of medicinal and nutritious plants and the preparation of raw materials. - Tashkent, 2015. - P. 3-5
2. Nigmatullayev B.A., Duschanova G.M., Abdurakhmanov B.A., Satimov G.B. Anatomical Structure of Vegetative and Generative Organs of *Silybum marianum* (L.) Gaertn. (Fam. Asteraceae) // American Journal of Plant Sciences. 2018. - No. 9. P. 258-272.
3. Normakhmatov S.Sh., Jumayev Sh.M., Journal of Agro Science. T: "Special Issue" - 3 [87], 2022. pages 40-41;3.