

# Technology and medicinal properties of cultivating lavender growth

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**Annotation:** This article outlines the cultivation technology, biology, importance and chemical composition of lavender growth in public administration.

**Keyword:** Advanced technology, vegetation, medicinal properties, essential oil, chemical composition, conclusion.

**Lavender** - *Lavandula officinalis* L. Lamiaceae - belongs to the family of flatmates. It is always green, reaching a height of 85-90 cm, a peculiar fragrant bush. In nature, Western 0 is found in the Mediterranean Sea to Dalmatia and Greece, at an altitude of 1,700 m above sea level in the Alps. It was cultured in France, Italy, Spain, England, Germany, and Romania. It is also cultured in Georgia, Ukraine, Crimea and Kazakhstan. The root arrow is well developed in the root part, the side roots are networked. The upper part consists of countless wooden sershox foundations. From the bottom of this foundation grow a large number of one-year branches annually. The branches that form flowers are 4-edged, the lower part is serbarg. The leaves are located opposite, the leaf is bandy, the stretch is linear, the edges are twisted, 2-6 mm long, or gray - green feathered. The leaves are romb circular, egg-shaped. 0 'Sharp end bell color is 0.5 cm long. Their flowers form a steep heel. Their flowers are purple, 12 to 14 are collected in fake shingles, and 5-7 are four piglets. It consists of a rounded heel. The height of the heel is 25-30 cm. The fruit is 4 firewood, and the fires are long smooth- call (brown) long 3 mm long. The weight of 1,000 sows is 1-1.3 g.

**Cultivation technology.** Lavender plant is grown in soils where the sun falls well and passes moisture well. It is multiplied from the lavender plant seeds. Seeds are sown in the field in late autumn. At the same time, they sit on a badge during wintering. If the seeds are sown in the spring, then the seedlings are stored in special places and in cool ground. Wet sand is periodically moistened and mixed in boxes so that the udder does not mold. In the spring, seeds are sown in early April at the intervals of the owner at 70 cm. It costs 4-4.5 kg of seed per hectare. It is watered after planting. The seeds are harvested in 10 to 12 days, after 2-3 leaves come out, they are processed and cultivated in a tractor between the rows. In addition, the ground is softened and flatened. When making yagana, 2-3 plants are left in one spit, the range of the umbilical cord is 20-30 cm. Plants planted in the fall bloom from May-June, and those planted in the spring bloom in July. Since the root system of the lavender plant is well networked, it does not require much watering. During vegetation, watered 6 -9 times. After 2-3 watering, ammonia nitrater and 70-80 kg of superphosphate are dissolved per hectare. It is desirable to feed with a heartbroken solution.

Lavender - an excellent plant that can be grown in our country. Besides its amazing smell, the plant has healing properties, which can be used as a cosmetic ingredient and spice. Pharmacology, cosmetology, perfume, and cooking are grown as industrial plantings. Lavender flowers, leaves, and branches are used for terpevtic purposes. During flowering, about half of the flowers on the head, sometimes leaves and branches, are also harvested.

**Chemical composition.** Lavender contains Essential oils (linalaol and its complex ephahs, geraniol). Lavender is valued for storing a large amount of essential oil in itself. The composition of essential oil includes linalool alcohols and esters of acids (vinegar, butyric, valeric, and caprices). It also contains tanins, flavonoids, phytosterols, hexhenylbutirates, neural acetate, geraniol, borneol, nerol, lavandulol, amyl alcohol, borneol, cytral, kumik alcohol, synnamic and valeric aldehyde, sineol, apinen, camfen, bisabolen, seren, and other compounds. Lavender flowers, on the other hand, contain kumarins, gerniarin, and ursolik acid.

Medicinal properties. Essential oil is part of the Pavian aerospace, which is used to treat linastetate rubbing drugs and burns. It is widely used in the atir-upa industry. The upper part of the plant has a calming effect on the body, improving stress resistance, regulating spirituality, and improving skin condition. Lavender flowers have a diuretic, anticonvulsant and soothing properties, while oil has an antiseptic and bactericide effect. In addition, lavender oil has a positive effect on the treatment of active wounds (especially chemical burns) with the ability to fully reconstruct epidermal cells. It helps to shrink the scars and query the quadruplets. When taken, cranial (cherepnoy) reduces blood pressure, loses bronchospasm, increases intestinal tone, reacts as a softening and light urinary drive, increases digestive acidity, and improves appetite. Lavender flowers have a calming effect on the central nervous system, as well as the nervous system of the respiratory tract. Sineol, which is part of it, is widely used in the pharmacological industry to prepare antiseptics and to obtain bald-moving preparations. Due to the presence of tanins in its composition, they have an anti-diarrhea effect, which occurs through diarrhea, especially fermentation. To some extent, lavender flowers can also be a choleric agent. Lavender flowers do not allow the development of simple organisms and insects due to the fact that they store kumarins. Due to this, lavender produces good effect in the fight against pediculosis, parasites and moths. Lavender ointment diluted with alcohol is consumed during migraines, with strong heart palpitations, during increased nervousness, acute strokes of rheumatoid arthritis. Lavender has beneficial effects with influenza. We can also see vitamins and minerals in the composition of this plant.

Methods of use. Lavender is designed for inward swooning and external use. It is widely used in aromatherapy by putting a dry mixture of grass in cloth bags. It is possible to use the plant itself separately and also as an additive in the complex recipe. It is recommended to add plant flowers and leaves to teas. For external use, it is desirable to use boils and drops. Lavender tincture or tea is used for headaches, migraines, dizziness, low strength, liver and spleen diseases, nausea, abdominal swelling, abdominal strokes, heart failure, initial droplets, podagra and rheumatic pain. Tea preparation: 1 tablespoon of boiling water is poured over 2 teaspoons of lavender flowers and rested for 7 to 10 minutes. It is then passed through the filter. It is recommended to drink without sugar, but patients who do not have problems with the gastrointestinal tract can drink by adding honey. Lavender tea has a beneficial effect on the whole body, calms nerves and is recommended for insomnia from 25gr. Like tea, 1 teaspoon of water is poured into a glass of water and rested. This is recommended for patients with digestive problems and to get rid of fatigue and stress.

Juice preparation. From the new top of the lavender, 200gr. is taken, washed, and placed in a 1 liter container and poured 0.5 liters of boiling water over it, the lid is closed, wrapped and left for 1 day. Then it is slid into another container and squeezed out the remaining residues. Another 200 g of fresh lavender grass is poured into the jar and boiled the front tincture, which is filled with raw materials. Another method is to add 1/2 kg of sugar to the drop left for 1 day, honey can also be added according to the taste, everything is mixed and mixed regularly, boiled in a low flame until the consistency of the syrup.

Lavender syrup is powdted from 1 teaspoon, 30 minutes before meals with water 3 times a day. Ready juice should be stored in a dark and cool place. Lavender syrup is used as an anesthetic for neurosurgery, neuroscience, nervous heart palpitations, anxiety, as well as taxicardia, as a soothing agent for migraines, gastrointestinal diseases, colds, sound sound, etc.

The abstract. My conclusion in this article is that in addition to the importance of Lavender growth in agriculture and public agriculture and its role, it is widely used in medicine. Mother nature itself contains plants that have an effect on all diseases. That is, we can find the cure for each pain in the world of medicinal plants. Medicinal lavender growth is also a mystery of such plants.

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