

Uzbekistan Folk Medicine Healing Morocco (*Salvia Insignis*) Plant Significance

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Abstract: In this article shows that growth of curative mavrak(salvia) in accordance with climate condition of termiz that they are fully adopted to local condition.

Key words: medicinal salvia officinalis, growth, development, number of seeds, fertility, ecological factors.

Doctors have been treating people based on folk medicine in the East for thousands of years. According to scientists, 70-80 percent of medicinal plants were used in folk medicine, the rest consisted of animals and their products, and a small part consisted of natural minerals¹.

At present, in countries such as China, Japan, Vietnam, Korea, Laos, and Malaysia, folk medicine has been granted state status. In China alone, 40 percent of medical services are provided by traditional healers. In the last years of the last century, the International Health Organization of the United Nations (WHO) made several decisions on the in-depth study of folk medicine and the further expansion of research in this field².

It should be noted that due to the limited resources of naturally growing medicinal plants, the pharmaceutical industry and enterprises are interested in the raw materials of medicinal plants. mainly by growing medicinal plants can satisfy. Plantations can be established in the irrigated areas of the forest-mountain hills, in the irrigated areas where the main agriculture is cultivated.

When talking about the use of medicinal plants in folk medicine, its composition, what diseases are treated, the period of preparation of medicinal plants, the methods of preparing medicine from them, and the ways of using them in diseases, in folk medicine, the tincture made from the flowers and leaves of marigold is used for bronchitis, pyelitis, cystitis, hepatitis, enteritis, gastroenteritis, It is one of the effective means of folk medicine to be prescribed for the treatment of stomach ulcers, mouth and throat rinse during stomatitis, angina, skin diseases and canker sores.

Decoctions made from Mavrak flowers are used to treat heartburn and impotence, the fruits are fried and given to children with bloody diarrhea. Mavrak herb is prescribed as an aromatic and appetite suppressant, as well as for kidney diseases and fever, and when sexual function is reduced.

In modern medicine, galenic preparations prepared from mavrak are used for inflammatory diseases of the oral cavity, nasopharynx and upper respiratory tract, bronchitis, bronchial asthma, hepatitis, cholecystitis, gastric and duodenal ulcers, cystitis, pyelitis, purulent wounds, black wounds and other skin diseases. prescribed for the treatment of diseases. Mavrak reduces sweating, so it is used in places where a person sweats a lot, during the climacteric period. A type of this plant called medicinal mavrak is used as an astringent, hemostatic and anti-inflammatory agent; it is also used as a medicine that calms the central nervous system in the case of hypertension, tremor paralysis³.

In this case, take 10 g of mavrak leaves (2 tablespoons) and put them in an enameled container, pour 200 ml of boiling water over it, put the container in boiling water for 15 minutes, then take it out and cool it at room temperature for at least 15 minutes, strain it well. and pour boiled water on this tincture until the volume reaches 200 ml. It is used to rinse the mouth and throat.

Also, take 10 g of mavrak leaves, fennel seeds and pine buds, 20 g of Altai root and sweet brain root, pour 1 cup of boiling water over it, infuse for 30-40 minutes, then strain and use this tincture in bronchoectatic disease. it is drunk in three parts throughout the day.

¹ Folk medicine // <https://muslimaat.uz/maqola/1227>

² Folk medicine // <https://muslimaat.uz/maqola/1227>

³Karimov V.A., Shomahmudov A. Medicinal plants used in folk medicine and modern science. - Tashkent, publishing house named after Ibn Sina. 1993. - B. 117-118.

Take 2 teaspoons of chopped sedum grass and leaves, pour 2 cups of boiling water over it, let it brew a little and strain it. Drink this tincture warm every 2-3 hours, 1 tablespoon. It can also be used as a mouthwash⁴.

3 parts of lemongrass, nettle and 1 part of sage are taken and mixed well. Then take 1 teaspoon of it and put it in a thermos. Half a liter of boiling water is added to it, then it is left to rest for 3 hours. Then strain the tincture, add 2 teaspoons of honey, and drink half a cup - 100 ml every day after breakfast⁵.

The length of this healing cord is 80 cm. A shrub that grows up to (sometimes up to 100 cm). The root is strong, woody, branched up to the 4th order, spreading, the main part of the root is located in the 10-15 cm layer of the soil, it reaches a depth of 60 cm. The stems are four-sided, the lower part is woody, gray in color, the upper part is hairy, green. The leaves are opposite, long, banded, small brown, length 2-8, width 0.8-2.5 cm, wrinkled, hairy, gray-green. A ball is a spike-like part at the top of the stem, which is single or branched, consisting of false rings. The flowers are double-lipped, blue-purple. The fruit consists of 4 nuts. The seeds are spherical, 2.2-3 mm in size. The weight of 1000 seeds is 7-8 gr.

mavrak plant grows naturally in the mountainous regions of the Mediterranean countries. In Uzbekistan, the medicinal plant is cultivated in small areas for the purpose of obtaining raw materials⁶.

It should also be said that it is better for a master of his profession to be aware of the available knowledge in folk medicine. It can be understood that they drink tea with raspberry jam or lemon when they are windy, and in radiculitis they wrap a warm scarf around their waists. Also, 90 percent of every pain, from the common cold to cancer, is psychosomatic in nature. If a patient suffering from an oncological disease consumes tinctures prepared according to folk medicine recipes instead of chemotherapy, valuable time will be lost. However, the use of herbal remedies in the treatment of oncological diseases is successful as an additional therapy, as well as on the condition that it is carried out on the basis of a doctor's recommendation and observation. There will be symptoms that indicate that the treatments using various folk methods are not appropriate. If you increase the amount of any herb and continue its consumption for a long time, it can harm your health. For example, wormwood, which is used to cleanse the liver, or sage, which is considered a good remedy for colds. If the amount is slightly increased, there are terpenoids that show toxic properties⁷.

the conditions of Uzbekistan, when the winter is very cold, the unwooded branches of this medicinal herb are affected by cold. The plant is heat-loving, light-loving, drought-resistant. A good harvest is obtained from the fields for 13-15 years. Taking into account its biological properties, weed-free, fertile, irrigated areas, where water does not stand for long, deep seepage, and far from traffic roads are selected for its planting.

During autumn plowing, 30-50 tons of manure and 100 kg of phosphorus are applied per hectare. In November-December, it is plowed to a depth of 30 cm. The plant is sown from seed in late fall or spring. Before planting, the field is ground and leveled. The seed is sown in vegetable planting equipment at a row spacing of 60-70 cm and a depth of 2 cm. 8-10 kg of seeds are used per hectare⁸.

In the spring, after planting, the seed germinates for 18-22 hours. Germinated seeds are resistant to frost. Therefore, after the rains, such a field should be treated with a needle roller or the soil surface should be kept moist until the grass emerges. When a lot of seed is sown, when weeds multiply, or when spring sorghum arrives, gray fungi multiply on plants⁹.

When the second pair of leaves is formed in the plant, it is made uniform by leaving 2 plants in the cells at a distance of 15 cm. Mavrak is watered 8 times during the season, cultivated 3-4 times and cared for by hand.

⁴Karimov V.A., Shomahmudov A. Medicinal plants used in folk medicine and modern science. - Tashkent, Ibn Sino Publishing Association. 1993. - B. 117-118.

⁵ Medicinal plants also help to increase immunity in folk medicine.

⁶ D orivor mavrak - sage lekarstvennyy - salvia officinalis l. //https://urmon.uz/uz/10032/

⁷ Myths and truths about folk medicine //https://darakchi.uz/uz/28066

⁸ Dorivor mavrak - sage lekarstvennyy - salvia officinalis l. //https://urmon.uz/uz/10032/

⁹ Akhmedov O'. and others. Technology of cultivation of medicinal plants. Tashkent, 2020. - B. 147-148.

The leaf crop is collected in the first year - in September, and in subsequent years it is collected twice during the season: at the beginning of flowering - in mid-May and in late September - early October. Leaf collection should not be delayed. Therefore, as soon as young branches reach 5-8 centimeters in length, leaves are collected. Leaves are dried in dryers or sheds at a temperature of 35-40 degrees. During drying, 25-35% of the weight of raw materials remains, it is loaded from 50 kg and stored in dry land for 1 year¹⁰.

After the plant has flowered, the seed is set about a month later and the seed pods are harvested. The collected seeds are dried in a threshing machine. The seed is crushed in grain threshing machines and cleaned in a threshing machine. It is stored in bags of 10-20 kg. The storage period of seeds is 3 years¹¹.

In conclusion, medicinal plants play a significant role in the development and improvement of folk medicine in Uzbekistan, and in this research it is said that *marmarak - salvia insignis* has been used in medicine almost all times, it not only preserves health, but also helps in recovery.

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¹⁰ Akhmedov O'. and others. Technology of cultivation of medicinal plants. Tashkent, 2020. - B. 147-148.

¹¹ Medicinal sage - sage lekarstvennyy - *salvia officinalis* L. // <https://urmon.uz/uz/10032/>