

Medicinal Plants Vitamins Of Karakalpakstan

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Summary: The article provides data on the natural distribution of vitamin plants in Karakalpakstan and on the norms of their use and medicinal plants. Also about the preservation of vitamins in various plant organs, the daily requirement for human vitamins, taking into account the state of health and working conditions. Causes of body weakness, dry skin, brittle nails associated with a lack of beneficial vitamins.

Keywords: Karakalpakstan, medicinal plants, vitamin plants, group of vitamins, diseases, family, genus, species.

Introduction Of Results And Discussion

For the first time, a complete list of medicinal plant species growing naturally in the territory of the Republic of Karakalpakstan was compiled. They belong to 63 families, 240 genera and 444 species[1,2].

In Uzbekistan, local residents have been consuming camel milk and its products since ancient times. It contains amino acids, iron, vitamins C, D, B group, sodium, potassium salts, protein components (from 4% to 25%), solids (10-15%), fats (at the beginning of milking - 2 -3%), sugars, in particular lactose (3-6%), sodium chloride (14-27%), and minerals such as iron, calcium, phosphorus and vitamins B2 and C, energy consumed as fermented products and are nutrients Local people in Uzbekistan have been consuming camel milk and its products since ancient times. It contains amino acids, iron, vitamins C, D, B group, sodium, potassium salts, protein components (from 4% to 25%), solids (10-15%), fats (at the beginning of milking - 2 -3%), sugars, in particular lactose (3-6%), sodium chloride (14-27%), and minerals such as iron, calcium, phosphorus and vitamins B2 and C, energy consumed as fermented products and are nutrients[3].

The medicinal value of camel milk for the treatment of camel milk is effective in the treatment of gastritis, asthma, stomach, tuberculosis, fever, urinary problems and hepatitis, milk tuberculosis, ulcers, diseases of the gastrointestinal system, pancreas, and liver[4].

Currently, in our republic, special attention is being paid to the cultivation of medicinal plants, the reproduction of their species, and the production of natural medicines based on local plant raw materials.

As everyone knows, vitamins are an important source of our life. They determine the general state of human health: normal functioning of skin, hair, nails, internal organs, normal immunity. It is of great importance in managing the metabolism in the body and improving the functioning of the digestive system. Vitamins are organic compounds with different chemical structures that are important for living organisms. These compounds, which are required for the body in very small quantities (different from oxygen, fat and carbohydrates), enter the enzyme molecule and participate in the metabolism of tissues.

Almost all vitamins are synthesized in the plant body. Compounds-provitamins that form only vitamins A and D are synthesized in plant tissues and after they are transferred to the body, they turn into vitamins. Biosynthesis of vitamins begins in the tissue from the first day of plant growth. Their amount constantly changes during the growth period of the plant. This change depends on many factors[5].

Weakness in the human body, dry skin and brittle nails indicate a lack of useful substances. Our body receives vitamins only with plants, greens, various fruits and foods. Absence or lack of any vitamin in food products causes metabolic disorders in the body, avitaminosis, hypovitaminosis and other diseases. Each vitamin has its own role in the body: vitamin C ensures beautiful and smooth skin, strong immunity, good mood, healthy hair and teeth, vitamin B6 keeps the body young, nervous system strong, blood vessels healthy, vitamin K helps wounds heal quickly, normal blood quality and coagulability, vitamin D general health and bone strength, normal blood coagulability, protection against colds, removal of toxic substances from the body, good mood, healthy heart and blood vessels, Vitamin B2 cell renewal and normal muscle functioning, vitamin B12 is normal body weight, a strong immune system, a healthy memory and a healthy intestinal

system. Redness of the eyes, their dryness and swelling, difficulty in adapting to the dark indicate a deficiency of vitamins A and B2.

According to the results of our research, naturally growing medicinal plants that contain vitamins in our flora for the treatment of such diseases are as follows: *Glycyrrhiza glabra* L., *Glycyrrhiza aspera* Pall., *Eremurus anisopterus* (Kar. & Kir.) Regel, *Eremurus inderiensis* (Stev.) Regel, *Ziziphora tenuior* L., *Rosa canina* L., *Rosa majalis* Herrm, *Rosa laxa* Retz., *Ribes nigrum* L., *Elaeagnus orientalis* L., *Elaeagnus angustifolia* L., *Zizyphus jujuba* Mill., *Helichrysum arenarium* (L.) Moench., *Urtica dioica* L., *Capparis spinosa* L., *Achillea nobilis* L., *Alhagi pseudalhagi* (M. Bieb.) Desv., *Alhagi sparsifolia* Shap., *Alhagi persarum* Boiss. & Buhse, *Alhagi canescens* (Regel) B.Keller & Shap., *Gamanthus gamocarpus* (Moq.) Bunge, *Girgensohia oppositiflora* (Pall.) Fenzl, *Salsola soda* L. *Climacoptera transoxana* (Iljin) Botsch., *Equisetum arvensis* L., *Allium caeruleum* Pall, *Allium longicuspis* Regel, *Allium sabulosum* Steven ex Bunge, *Allium suvorovii* Regel., *Allium stipitatum* Regel, *Morus nigra* L., *Morus alba* L., *Urtica dioica* L. *Portulaca oleracea* L., *Spinacia turkestanica* Iljin, *Beta vulgaris* L., *Berberis oblonga* (Regel) Schneid, *Berberis integerrima* Bunge, *Berberis vulgaris* L., *Brassica juncea* (L.)Gzern. *Capsella bursa – pastoris* (L.) Medik, *Ribes nigrum* L., *Zizyphus jujuba* Mill., *Hypericum perforatum* L., *Crataegus chlorocarpa* Lenne & C.Koch, *Crataegus pontica* C. Koch, *Amygdalus spinosissima* Bunge, *Mentha asiatica* Boriss. *Plantago major* L., *Plantago lachnantha* Bunge, *Plantago lanceolata* L., *Solanum nigrum* L., *Solanum dulcamara* L., *Cichorium intybus* L., *Taraxacum officinale* Wigg., *Inula Britannica* L., *Inula caspica* Blume ex Lebed., *Taraxacum bicorne* Dahlst., *Taraxacum comitans* & Kovalevsk and others[1]. Various vitamins are stored in different organs of plants. A person's daily need for vitamins depends on the general condition of the body, work style, health or illness.

Vitamins A, B, B2, C, D, PP are especially important for human life. Weakness in the human body, dry skin and brittle nails indicate a lack of useful substances. We will dwell on ways to determine what vitamins are lacking in the human body. In order to determine what vitamins are lacking in the body, a person should pay attention to the appearance of his body - the condition of his hair, skin and nails, which provide accurate information about a person's health. 1. If a member of your body is lightly hit with a hard object, and a bruise appears, and it does not heal for a long time, it indicates that the body lacks vitamins C, K and R. These vitamins are found in: citrus fruits, cauliflower, green peppers, various fruits and tomatoes.

2. Frequent dizziness, ringing in the ears indicate a lack of vitamins B3 and E, potassium and magnesium. When these vitamins are consumed, their activity is enhanced when combined with vitamin C.

In this case, it is recommended to eat snacks such as nuts, various leafy vegetables (such as beets, carrots), green peas, eggs, citrus fruits, bananas and sunflower pistachios.

3. Redness of the eyes, their dryness and pain, difficulty in adapting to the dark indicate deficiency of vitamins A and B2. Vitamin B2 is absorbed by fat-oil products. It is recommended to eat carrots, olive oil, liver, fish, eggs, butter, green vegetables, salad, milk and cheese.

Vitamin C ensures beautiful and smooth skin, strong immunity, good mood, healthy hair and teeth. This vitamin is found in dill, citrus fruits, namata, chakanda oil (oblepixa), red fruits, cauliflower, green peas, beans, radish and kiwi. It is enough to eat 70 mg/ or 1-2 oranges per day.

Vitamin B6 ensures the youth of the body, the strength of the nervous system, and the health of blood vessels. This vitamin is found in cruciferous vegetables, sprouts of wheat, lettuce, cabbage, bananas, walnuts, wheat bran, salmon and meat. It loses its effectiveness when the light continues to fall. The amount required for the human body per day: 1.6-2 mg/ or 300 grams of beef is enough.

Vitamin K ensures rapid wound healing, normal blood quality and coagulability. This vitamin is found in spinach, nettles, nematodes, various cabbages, carrots, tomatoes, strawberries and green tea. The vitamin becomes unusable if it is exposed to the sun for a long time or cooked in fire. It is enough to consume 2 tablespoons of parsley per day, which is necessary for the human body[5].

Vitamin D provides general health and bone strength, normal blood clotting, protection against colds, elimination of toxic substances from the body, good mood, cardiovascular health. This vitamin is

found in: cheese, butter, cottage cheese, egg yolk, fish, seafood, potatoes, vegetable oil, beef, and is also released from the body under the influence of sunlight. This vitamin becomes useless when cooked in fire and under the influence of alkali. The amount needed by the human body per day: 2-5 mg/ or eating 2 eggs is enough[5].

Vitamin B2 ensures cell regeneration and normal muscle function. This vitamin is found more in: milk, almonds, lamb, eggs, mushrooms, buckwheat, cottage cheese, yeast and meat. This vitamin becomes useless under long-term exposure to light. The amount needed by the human body per day: 1.3-3 mg2-5 mg/or it is enough to eat 2 eggs. Also, it is enough to eat a little bit of dark mutton or eggs. Vitamin B 12 supports normal body weight, strong immunity, healthy memory and also a healthy intestinal system. This vitamin is more common in salad, various fish products, milk, cheese, egg yolk.

It becomes unusable under prolonged and acute exposure to light, prolonged heating. Daily rate: 2-5 mg or 100 g of salmon should be consumed.

Vitamin B 15 ensures strong memory, good mood, quick recovery of health after illness, health of blood vessels, normal heart activity. This vitamin is found in meat, poultry, egg yolks, dairy products, fish caviar, nuts, yeast, oats, buckwheat and rice. It becomes unusable when refrozen and thawed after refreezing. A daily rate of 5 mg or 100 g of sheep's liver should be consumed.

Vitamin E ensures the preservation of the body's youth, the functioning of the reproductive system, good mood, and protection from external negative influences. This vitamin is found in meat, sunflower, corn, pumpkin, olive oil, butter, nuts, dairy products and liver. Expiration: in long-term storage. A daily norm of 30-50 mg/ 1 tablespoon of unrefined fat is sufficient. Vitamin A ensures the appearance and youth of the skin, the beauty of hair, the health of nails, the strength of vision, the strength of bones, the functioning of the reproductive system, good mood and protection from external influences. This vitamin is found in carrots, citrus fruits, hard cheeses, cottage cheese, milk, eggs, fish, liver and parsley. It becomes unusable under the influence of high temperature and long-term storage. Daily rate: 0.4-1 mg; or eating a few pieces of beef liver is enough.

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