

# Chemical composition and medicinal properties of mint (mentha) growth

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**Abstract;** In this article, the importance of the medicinal properties of the mint plant in the national economy and folk medicine is highlighted.

**Key word:** Mentha, India, spices, methanol

Perennial herb belonging to the family Mentha (Mentha) Lamiaceae, horizontal roots are well developed. The foundation is straight, four-edged, branched, densely leafy, up to 1 m in height. The leaves are sharpened, egg-shaped, the edges are sharp, up to 8 inches long and about two inches wide, and the thigh band is banded. Its flowers are pink or pale purple, small, false rings, forming three-headed bumps. The fruit consists of four nuts, rarely formed. The plant is very fragrant. It blooms from June to October, fruiting in July-September.

**Place and distribution of growth:** It grows in wet areas, reindeer, rivers and rivers" banks" as far as the middle region of the mountains. It is found in the regions of Tashkent, Andijan, Fergana, Namangan, Jizzakh, Samarkand, Kashgar and Surkhandarya regions.

**Chemical composition:** The above-ground part of the plant contains 0.3-0.6% essential oil, which has a pleasant mint smell and a slightly bitter taste. It also found the presence of vitamin C and organic acids (cahrabo, lemon, apples). The composition of the mint has a high content of menthol. Essential oil also contains menton and carboxyl ephahs, especially mentil acetate. Dried mint usually contains 0.3-0.4% menthol (7-48%), menton (20-46%), mentil acetate (3-10%), and menthoran (1-17%). A small amount of compounds containing mint oil are lemonene, pulegon, caryophyllene, and pinene.

**Usage:** In folk medicine, mint is used to cause mood swings, vomiting and drinking, especially when painful stings and large amounts of intestinal gas are produced, which is associated with inflammation in the intestinal tract. In chronic digestive disorders, it is recommended to drink mint tincture in the morning. When the acidity of the gastric juice increases, the use of mint is especially effective. Mint is also prescribed as a soothing agent for liver and fire bubble diseases (as a pain reliever and a fire-driving tool) as well as in a variety of nervous diseases. Medical personnel surgically harvested a mature egg from her, placed it in a glass dried, and cut through by a straight ahead. Mint oil derived from leaves and foundations is used in perfume, food processing and medicine, and freshly plucked leaves in the spring as cooking. Multiplied by vegetative (planting root in spring). It grows in wet lands, along rice and rivers in all regions of Uzbekistan.

We use mint, which is well-known to all of us, in cooking, preparing salads, and giving food an additional flavor and taste. But not many people know its healing properties. For example, what about the accuracy of the skin of this plant extract? Below we will tell you about the treatment of mint for a thousand pains.

Externally.To make the face well in a short time, use mint ice: boil a single sheet of mint in a glass of water and rest for 15 to 20 minutes. Then pour it into special molds and freeze. A mint tool made with the addition of essential oil is used against skin inflammation and improves the tone by sharpening the skin of the face. In the loss of headaches, locusts or tone, rub 1-2 drops of essential oil into your lungs and read until absorbed. The hot inalation carried out using essential oil from the mint helps to get rid of it in the early stages of the tummy. Mint oil relieves itching, squeezing, redness and swelling in insect bites. Mint extract has an antibacterial properties and is part of oral care tools (a tool for brushing the mouth). Its daily use is eliminated by inflammation of the milk and the unpleasant smell in the oral cavity. Mint extract is one of the

main ingredients of cream and antiperspirants for foot maintenance. He gives the legs purity, normalizes blood circulation and fights the separation of large amounts of sweat. Mint bath is recommended in rheumatoid arthritis. Pour 3 liters of water over 200 grams of mint, boil it and pour into the bath. Reception time should be 20-25 minutes.

Internally. The resulting embryo was allowed to nutrients and then inserted into her nutrients and then inserted into her wards. In case of poisoning, a glass of boiled water is poured into the leaves of 2 tablespoons of crushed mint and cooled. It is recommended to drink boiling during meals 2-3 times a day. The resulting embryo was allowed to develop in nutrients and then inserted into her throat.

Tea with mint relieves symptoms of air conditioning, leaving pain in the haystack. The resulting embryo was allowed to develop in nutrients and then inserted into her womb, where it implanted. Eat it from 1/3 glasses before eating. In severe headaches and neurological diseases, you can drink a glass of cold water by adding 20-25 drops of mint oil. Including flies is known to be disconnected and used in gardening. In addition, Mint the oil has a high concentration of natural pesticides. Some pests are widely used to drive insects, rodents

**The abstract.** My conclusion in this article is that the importance of the Mint (mentha) plant in agriculture and agriculture and its place are 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. (Matthew 24:14; 28:19, 20) Jehovah's Witnesses would be pleased to support more than the body of Jehovah's Witnesses.

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