

**MEDICINAL PLANTS OF THE LAMIACEAE FAMILY IN FOLK  
MEDICINE OF UZBEKISTAN**

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**Abstract**

This article discusses medicinal plants belonging to the mint family in the folk medicine of Uzbekistan. geographical distribution, chemical composition and use of certain medicinal plants.

**Keywords:** medicinal plants, flowering biology, seed pro -inductance.

**Introduction**

In the flora of Uzbekistan there are many families rich in medicinal, aromatic and essential oil plants. One of these families is the Family of Lipaceae, which since the beginning of the last century has been in the focus of attention of botanists, introducers and taxonomists due to the large number of essential oil and medicinal species belonging to this family [1, 2, 3, 4]. The introduction of medicinal plants and their cultivation in a cultural form in a certain amount satisfies the needs of the pharmaceutical industry in medicinal plants. One species-rich species of medicinal plant families is the Labiatae Juss family (Labiatae Juss.; Lamiaceae Lindley), which includes 3500 species belonging to 200 genera. In the flora of Central Asia, there are 464 species belonging to 53 genera. In the flora of Uzbekistan there are 41 genera and 206 species of plants of this family [3]. Let's get acquainted with some medicinal plants belonging to this family. *Ziziphora pedicellata* is a perennial wild herbaceous plant 20–40 cm tall. The leaves are lanceolate or thin-lanceolate. The stem is several, slightly curved. The flowers are collected in a cephalic inflorescence. The flower is zygomorphic, with a complex corolla, bisexual. There are five cups fused together. Five black petals fuse to form two lips. The upper lip is formed by a growth of two lower lips and three petals. The stamens are four, two of them with short stamen filaments. The pistil is one, formed by the growth of two carpels, the node is upper, four-nested. The fruit is a small fruit that is divided into 4 nuts.

**Geographical distribution.** It is widespread in all mountainous zones of Uzbekistan.

**Chemical composition.** The aerial part of the plant contains 0.32-1.99% essential oil, flavonoids, coumarins, vitamin C, additives. Essential oil contains 6.8-28.02% pulegone, 6-26.4% borneol, 1.7-3.3% camphor, 45.8-62.2% bornyl acetate. In the stem 0.01 -0.03% essential oil, in the leaf 0.45-0.93%, in the flower 0.6-1.34%. Seeds contain oil [2].

**Use.** The aerial part of the plant is considered medicinal. In medicine, it is used as a hypotensive, antispasmodic, diuretic. *Decoctions and tinctures.* *Ziziphores* are recommended in folk medicine for wheezing, pulmonary and heart diseases, high blood pressure. Such tinctures were also drunk with clouding of the eyes and pain in the joints. In Tajik folk

medicine, a decoction of Ziziphora was used as a means to suppress appetite, against nausea and constipation. The tincture of this plant has the property of strongly removing urine, removing stones from the kidneys and bladder. It is also widely used in perfumery and cooking. It is added to soft drinks to impart flavor.

***Origanum tyttanthum*** is a perennial rhizomatous plant. Its height is 30-60 cm, sometimes up to 85 cm, grows erect. The stem is somewhat branched on top. The leaves are oblong-ovate, and the base is wide. The flowers are collected in spiked umbrellas and form an inflorescence. The petal is light pink. It blooms and gives seeds in June-September. The honey giver. In natural growing conditions, it gives 1.2 t / ha. Propagated by seeds and rhizomes.

**Geographical distribution.** It grows on the slopes of the Pamir-Alai, Tien Shan in the mountains of Central Asia, in thickets. It is distributed everywhere, except for the desert zone of Uzbekistan.

**Chemical composition.** The plant contains 0.4-1.15 essential oil, which includes: thymol, carvacrol,  $\alpha$ -thuyene,  $\alpha$ -pinene,  $\beta$ -pinene, camphenen, sabinene, myrcene,  $\alpha$ -terpinene, d-limonene, 1.8-cineole, n-octyl alcohol, linalyl acetate, linalool, bourbonen,  $\beta$ -elemen, terpinenol-4, caryophyllene,  $\alpha$ -humulene, borneol,  $\alpha$ -terpineol. Also 0.7% triterpenoids: oleanolate and ursolic acids; 1.35% coumarins; 3.2% flavonoids; Contains 0.76% anthocyanins. Inflorescences contain 3.5% essential oil, seeds -26.7%.

**Use.** *Origanum tyttanthum* is used to flavor various dishes due to its aroma. Herbal preparations are used to treat acute cholecystitis, gastritis, ulcerative colitis, bronchitis, pneumonia. In addition, the plant has a laxative, gastro-regulating and anthelmintic effect. It has antibacterial properties, as it contains essential oil and coumarins. In Kazakhstan, herbal tincture is used as anorexigenic agent in complex treatment obesity and decreased appetite. Tinctures and decoctions prepared from plants reduce blood pressure for a short time [2].

*Origanum vulgare* – This is a perennial herbaceous plant with a pleasant smell, which is often called sedge.

*Origanum vulgare* grows well and sometimes reaches a height of 90 cm. Its rhizome is strongly branched, the leaves are long, dark green, consist of well-defined veins. The stem is slightly stiff and straight, only the upper part is weakly branched. The flowers are fragrant, small, red, collected in small inflorescences. *Origanum vulgare* blooms in July-August.

**Geographical distribution.** On the territory of Uzbekistan

*Origanum vulgare* can be found in various places: it grows among shrubs, on the edge of the forest, on the slopes of valleys and gorges, along the banks of rivers, roadsides, in gardens and other places.

**Chemical composition.** In chemical composition *Origanum vulgare* includes flavonoids (quercetin, luteolin), bitter substances, aromatizing substances, phytoncides, essential oils, some phenols - carvacrol and thymol, and has pronounced antimicrobial properties, as well as vitamins C (especially in the leaves), B1, B2 and others.

**Use.** For medicinal purposes, the above-ground part of the plant is used. During flowering, the stem is covered with leaves. Dry raw materials are spread in a thin layer in shady places: dried under canopies, under iron roofs and in other shady places. Raw materials are stored in cardboard boxes or paper bags in dry cool places. Shelf life is 1 year. In ancient times, people

considered grass. *Origanum vulgare* repelling evil spirits, used it against witchcraft. Thanks to the unique healing and useful substances collected in it.

*Origanum vulgare* has expectorants, laxatives, anti-inflammatory, antiseptic, antispasmodic, analgesic, sedative, hemostatic, choleric, diuretic voiges.



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