



MEDICINAL PLANTS AND PRODUCTS CONTAINING ESSENTIAL OILS

¹**Sharipova Sharifa Latif qizi**

¹*Jizzakh State Pedagogical Institute, Faculty of Natural Sciences, Department of Biology Teaching Methods, Uzbekistan*

²**Tokhsanov Shahboz Alam o'g'li**

²*Jizzakh State Pedagogical Institute, Faculty of Natural Sciences, Department of Biology Teaching Methods, Uzbekistan*

³**Mardoova Sayyora Bakhtiyor qizi**

³*Bukhara State University, Faculty of Agronomy and Biotechnology, Department of Biology, Uzbekistan*

ANNOTATION

The Central Asian flora is rich in colorful spices. They contain biologically active substances, essential oils, vitamins, organic acids, minerals and other compounds necessary for humans. Spices play an important role in the preparation of various foods. Spices are used in the accents and fruits, roots and leaves of plants. They make the products delicious and easier for the human body to absorb.

KEYWORDS: *herbs, essential oils, fats, carbohydrates, esters*

DISCUSSION

The role of essential oils in the world of plants has not yet been fully elucidated. Some scientists believe that essential oils and resins protect plants from various diseases, such as, pests, rot, and poisoning. Some theories claim that essential oils attract insects and help pollinate plant flowers. It is also thought that essential oils can be used as plant waste or as a food source. Kiyikot(the herbs of the deer), mint, lemon, common daisy, sagebrush, marmara earth, black cumin fruit and oil, eucalyptus leaves and oil, birch and pine buds, spruce (dome), valerian rhizome and The roots, chamomile and medicinal wormwood, a large amount of essential oils accumulate in the upper part of the earth.

Spices have not yet been adequately studied and the sources have not been adequately covered. Nowadays, the food industry is doing a lot of research and cultivation of essential oils and spices. In addition, the study of their ecological and biological properties will solve the problems of future expansion and cultivation of natural areas.

Essential oil is a mixture of volatile organic substances with a specific odor and taste that is extracted from plants by water vapour. Fragrant plants and some of their products (essential oils, resins, and essential oils from plants) have long been known.

People have widely used these products in the treatment of various diseases ,as well as, in cooking. In the Middle Ages, the Arabs knew how to extract essential oils from plants and separate them from water.



Although the properties and composition of essential oils have been studied since the 18th century, work in this area was particularly active in the second half of the 19th century and the beginning of the 20th century. A.M. Butlerov and A.N. Reformatsky (Russia), Guildemeister and Hoffman (Germany), Y.E. Wagner (Poland) and other famous scientists made great contributions to the study of essential oils.

Plants which contain essential oils are mainly grown in Ukraine, Moldova, Georgia, Tajikistan, Kyrgyzstan, the North Caucasus, Crimea and Voronezh regions.

The word "spice" in the broadest sense refers to a number of plants that give off a fragrant new taste. For example, black pepper, black cumin, gardori, barberry, beet leaf, coriander, barn, ajgon, bujgon, kardamon are among them. Sometimes the word spice is replaced by the word medicine. This is because spices, when consumed in moderation, have a healing effect on the human body. They improve human metabolism.

Spices such as cumin, mint, pepper, anise, dill, and deer grass have been known to the peoples of Central Asia since ancient times. Peppers, saffron, black pepper, etc. are imported from eastern countries such as India, China and Afghanistan and Iran. At a time when the demand for cumin is growing from year to year, the natural areas of plants such as cumin, barberry, algae, deer grass are declining sharply.

The value of herbs depends on the properties and amount of essential oils they contain. Most of the essential oil plants found in Central Asia belong to the family of umbels, lilies of the valley, lilies of the valley, lilies of the valley, and lilies of the valley, and range from the desert to the mountains.

Almost all the organs of plants contain essential oils. It accumulates in flowers and fruits, leaves and underground organs, as well as in the entire surface of the plant.

The amount of essential oil in plants can be 0.001-20%. The amount and composition of this oil varies depending on the place of growth, development, age and navigation of the plant.

The accumulation of essential oils in different plants occurs at different times. Plants usually accumulate the maximum amount of essential oils during flowering, some during budding or earlier. The accumulation of essential oils in plants depends on the temperature and humidity of the air, soil moisture and the amount of minerals in the soil.

Normally, as the temperature rises, more essential oils are synthesized in the plant, and as the humidity increases, the amount of these compounds

decreases. Excessive or low soil moisture leads to a decrease in essential oils in the plant. Drought also causes some plants to accumulate essential oils. Typically, the flora of the southern regions is richer in essential oil-retaining species than that of the northern regions. Under these conditions, the essential oils of the plants are more fragrant and more complex. Kiyikot (herbs of the deer), mint, lemon, common daisy, sagebrush, marmara earth, black cumin fruit and oil, eucalyptus leaves and oil, birch and pine buds, spruce (dome), valerian rhizome and The roots, chamomile and medicinal wormwood, essential oils accumulate in large quantities in the upper part of the earth

Essential oils are volatile liquids composed of a mixture of hydrocarbons, terpenes, alcohols, phenols, aldehydes, esters, and certain heterocyclic compounds. Essential oils are found in many plants and give them a fragrant scent. Soluble in alcohol, ether and benzene, most insoluble in water, some insoluble at all. Essential oils are obtained from plants in the following ways: driving with water vapor; extraction with low-boiling solvents or odorless pure oil (beef fat) (also known as extracting). Essential oils are widely used in industry. They are used in the manufacture of perfumes, soaps, toothpastes, food essences, tobacco flavorings, and medicine (pepper and eucalyptus oils). Essential oils are also used in the chemical industry and pharmaceuticals. Camphor is synthesized from pine, and tree oil is used as a solvent in the production of turpentine varnish and paint. There are also synthetic analogues of essential oils with fine organic synthesis technology. Under natural conditions, the area under cumin is declining from year to year. Because the demand for it is growing. Because it is a very delicate plant, it is demanding to natural conditions. It takes at least 4 years for him to grow up. It only grows from seed. Therefore, its distribution areas should be strictly controlled and controlled by the relevant authorities. It is advisable to sow cumin seeds at the expense of.

It has also been proven in practice that cumin can be grown under cultural conditions. With this in mind, people living in the hills and mountainous areas can sow its seeds and grow them on their own private plots or in vacant lots.

Precautions must be taken to ensure that the above-ground parts of the plants are not killed by farm animals during the breeding season. Because sheep and cattle graze on the hills at the same time. To prevent this, areas with natural habitats should be protected as reserves.

In the hilly and mountainous areas, when the population grows cumin under irrigated conditions, its productivity increases significantly. In addition, arable



farms can produce good results if they cultivate it. There are about 2.5 million hills in the country, which are located in the Tashkent, Jizzakh, Samarkand, Kashkadarya, Surkhandarya and Fergana valleys, most of which are not fully used. Therefore, it is advisable to expand the natural areas of cumin there.

The implementation of the above measures is considered to be the main task of the authorities. In addition, cumin and sand are the duty of the people living in areas where cumin is widespread. Propagation of cumin and sand cumin plants is a public affair.

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