BIOECOLOGICAL AND MEDICINAL PROPERTIES OF MEDICINAL PLANTS IDENTIFIED IN THE SHAKHIMARDONSOY BASIN

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Abstract. Below is information about the bioecological properties of some medicinal representatives of the Lamiaceae family. Currently, in world practice, research on local floras, including individual groups, is of great importance when conducting research to complete the inventory of flora, in natural areas that have not been fully studied from a floristic point of view. with a complete inversion, the natural flora is quite sufficient. In particular, this is advisable when there are representatives of a family with a relatively large number of cosmopolitan species, having a relatively wide range and finding a place in different ecological conditions.

Keywords: folk medicine, Mint family, Central Asia, menthol, Fergana Valley.

Marrubium anisodon K. Koch Perennial, stems numerous, sparsely branched, coarsely pubescent, 30-80 cm high. Leaves are round, long-striped, serrated-bifurcated. Flowers numerous, calyx 9-11 mm long covered with stellate hairs. Leaves of the crown are white, the outer side is occupied by stellate hairs, length 9-11 mm, the leaf is dissected into two parts. Nut triangular ovoid, 1.5 mm long. Blooms and produces seeds in May-September. It grows as a solitary herb in gardens, on the edges of fields and on abandoned lands. Distributed in Tashkent, Fergana, Samarkand, Bukhara and Surkhandarya regions.

In folk medicine, the above-ground part is used. A decoction of the upper part of the soil is used as a mouth and throat rinse for diseases such as sore throat, chronic colds of the respiratory tract and toothache. Antimony has been proven to have a calming effect and reduce blood pressure.

Lemongrass officinalis L. Perennial herb with an erect stem branching from the base, covered with thick coarse glands and hairs, smelling of lemon,

30-60 cm high. The leaves are ovoid, with large teeth along the edges, the lower side is hairless, the upper side is sparsely pubescent. The flowers have long peduncles and are rounded. The calyx is 7-8 mm long, with long fibrous hairs. The petals are white, slightly pubescent on the outside, 13-14 mm long. The nut is triangular, dark brown, 1.7 mm long. It blooms in June-August, produces seeds in July-September.

It grows among the mountains, on rocks and in the shade. It is widespread in the Tashkent, Kashkadarya, Fergana, Surkhandarya regions.

The above-ground part is used in medicine. A decoction of the surface (sometimes leaves) is used to regulate digestive disorders, treat anemia, some nervous and heart diseases, and is an antispasmodic, analgesic, expectorant, diuretic and carminative. Lemon is mainly used in folk medicine.

Field mint (water mint) - Mentha arvensis L. Perennial, stem erect, branching from the base, stem tetrahedral, 25-50 cm high. Leaves are long lanceolate, covered with thick short hairs. Flowers form a spike-shaped ball at the ends of branches and stems. The calyx is 2.5 mm long with three pointed teeth. The petals are pink-violet, 4-5 mm long. It blooms in July-August and produces seeds in August-September. It grows along the banks of streams and reservoirs in flat and mountainous areas. It is widespread in the Tashkent and Fergana regions.

The leaves and essential oil are used in medicine. Medicinal preparations from the leaves, decoctions, tinctures, and juices are used against nausea and vomiting, to improve digestion. Mint water is also used to rinse the mouth and to improve the taste of liquid medicines. The leaf is used as a sedative, expectorant, used in teas for stomach diseases, essential oil is part of tablets and drops for stomach pain, menthol is part of Ingofen.

Small-flowered mountain basil - Origanum tyttanthum Gontsch. Perennial, stem erect, numerous, branching at the top, height 30-60 cm. Leaf ovoid or longer, base obtuse, edges smooth, surface hairless. Flowers collected in sessile spike-shaped, semi-umbel-shaped inflorescences. Calyx 3 mm long

with short hairs. Petal pale bluish-pink, 5 mm long. Nut dark brown, 0.75 mm long. Blooms in July-August, seeds are produced in July-September. Grows in rocky and gravelly places in the middle and lower regions of the mountains. Distributed in Tashkent, Andijan, Fergana, Samarkand and Surkhandarya regions. The surface part contains essential oil, triterpene acids, coumarins, flavonoids and other substances. A liquid extract of the above-ground part of the mountain basil is used as an expectorant for respiratory diseases, with weakened defecation, to stimulate appetite, improve digestion, for the outflow of urine and gases. The liquid extract is part of pertussin, which is used for respiratory diseases and whooping cough. Thymol is used to disinfect the oral mucosa, relieve toothache and treat fungal diseases, and sometimes to expel worms.

Field mint (water mint) – Mentha arvensis L.

Hard-haired toad — Lagochilus hirsutissimus Vved. Perennial, stems woody, erect, rarely branching, height (10)-15-30 cm. Leaves are rhombic-ovate, deeply carved, pubescent at the tip. In the leaf axils there are 4-8 flowers. The calyx is bell-shaped, the tips are pointed, the length of the lower calyx is 20-25 mm. Petals are white with brown rays, 25-27 mm long. Blooms in June-July.

Grows in areas with gravelly and fine-grained soil in the foothills. Fergana region (Kuramin ridge) stretches in front of the mountain. It is used to speed up blood transfusion, that is, to stop bleeding.

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