

NATURAL HERBAL PHARMACEUTICAL PRODUCTS IN THE MARKET OF UZBEKISTAN

Tojiddinova M.

Abstract: It is getting more common to use natural products to treat diseases in the world and Uzbekistan is not exception. More and more manufacturers are coming into this field. Many local producers gained a decent amount of fame and created brands. In this article I am going to give some insights and useful information about natural remedies and their effects on Uzbekistan's pharmaceutical industry. Uzbekistan is home of more than 500 plants that can be used in the pharmacy but not all of them well known and studied. Our pharmacists and herbalist should focus on these plants and need to scientific research to find out mechanisms of actions.

Key words: Uzbekistan, plants, herb, herbal, pharmaceuticals, disease, illness, tincture, capsule.

Uzbekistan is well known for its vast natural resources, including medicinal plants. The country has a long history of using natural herbs for various health ailments. With the increasing demand for natural and organic products, the herbal pharmaceutical market in Uzbekistan has seen significant growth in recent years.

Herbal medicine is an integral part of Uzbekistan's traditional medicine system.[1] Many herbs and plants are used in the preparation of medicinal products, including teas,

tinctures, capsules, and ointments. These products are used to treat various illnesses, including digestive disorders, respiratory ailments, and skin diseases.

The herbal pharmaceutical market in Uzbekistan is diverse and competitive. Many local and international companies are involved in the production and distribution of herbal medicines. The market is dominated by local companies that use traditional methods of preparation. These companies use natural ingredients and follow strict quality control measures to ensure the safety and efficacy of their products.[2]

One of the most popular herbal medicines in Uzbekistan is Ginkgo Biloba. This herb is known for its cognitive-enhancing properties and is used to improve memory, concentration, and mental clarity. It is also used to treat circulatory disorders and improve blood flow to the brain.

Another popular herb is St. John's Wort. This herb is used to treat depression, anxiety, and sleep disorders. It is also used to relieve pain and reduce inflammation.

Uzbekistan is also home to many other medicinal plants, including Chamomile, Lavender, Echinacea, and Valerian. These herbs are used to treat a variety of health ailments, such as headaches, insomnia, and anxiety.

The herbal pharmaceutical market in Uzbekistan faces many challenges, including the lack of standardization and regulation. There is a need for quality control measures to ensure the safety and efficacy of herbal medicines. The government of Uzbekistan has taken steps to regulate the herbal pharmaceutical market by introducing legislation that requires companies to comply with strict quality control standards.[3]

In conclusion, the herbal pharmaceutical market in Uzbekistan is diverse and competitive. The use of natural herbs and plants in the preparation of medicinal products has a long history in Uzbekistan. With the increasing demand for natural and organic products, the herbal pharmaceutical market in Uzbekistan is expected to grow in the coming years. The

government of Uzbekistan must take steps to regulate the market and ensure the safety and efficacy of herbal medicines.

Bibliography

1. Belolipov, I., N. Abzalova, and A. Abzalov, *Natural flora of Uzbekistan as sources for new medicinal products-botanical nutraceuticals*. International Journal of Applied and Fundamental Research, 2015(2): p. 146-146.
2. Egamberdieva, D., et al., *Medicinal plants from Chatkal Biosphere Reserve used for folk medicine in Uzbekistan*. Med Aromat Plant Sci Biotechnol, 2013. **7**(1): p. 56-64.
3. Yusupova, Z., S.F. Baratjon ogli, and M.Z. Abduqunduzovna, *Medicinal Plants Growing in Our Republic Medicinal Properties*. Periodica Journal of Modern Philosophy, Social Sciences and Humanities, 2023. **15**: p. 5-7.