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## **ESSENTIAL OIL PLANTS FOR DISEASES OF THE EAR, THROAT AND NOSE**

**Abstract:** Inflammatory diseases of the ENT organs among the adult and child population of the globe occupy one of the leading positions in prevalence. Essential oil plants are plants that produce aromatic compounds that can be extracted and used for various purposes. One of the potential benefits of essential oil plants is their ability to treat diseases of the ear, throat and nose, which are often caused by bacterial infections and inflammation.

**Keywords:** oil, plants, individual, reactions, food, antibacterial, method, help

Essential oil plants contain volatile aromatic substances in their tissues, which have various pharmacological properties. Essential oils are widely distributed in the plant world, and their role is very great. Essential oils can have antiseptic, anti-inflammatory, analgesic, secretolytic, immunomodulatory and other effects on the human body. Therefore, essential oil plants are widely used in folk and official medicine for the treatment and prevention of various diseases of the ear, throat and nose. Among essential oil plants, several groups can be distinguished according to the method of application:

- Plants for internal use. These include those that can be consumed in the form of tea, infusion, decoction or added to food. For example, mint, sage, thyme, basil, ginger, garlic and others. They help to reduce inflammation and swelling of the mucous membranes, improve the discharge of sputum, strengthen the immune system and increase the overall tone of the body.

- Plants for external use. These include those that can be used in the form of oils, balms, creams, gels or compresses for application to the skin or mucous

membranes. For example, lavender, rosemary, eucalyptus, tea tree, melissa and others. They contribute to the healing of skin and mucous membrane damage, anesthesia, relieving itching and irritation, stimulating blood circulation and lymph flow.

- Plants for inhalation. These include those that can be added to water for steam or ultrasonic inhalers or used as sprays or nasal drops. For example, peppermint, eucalyptus prutovidny, Siberian fir, juniper and others. They help to cleanse the respiratory tract of mucus and microbes, reduce swelling and spasm of blood vessels and muscles, improve breathing and sense of smell.

Tea tree oil is derived from the Australian tea tree plant and has antibacterial properties that can help fight ear infections by killing bacteria in the middle ear and reducing pain, swelling, and ear discharge. Tea tree oil can be applied to the ear using a dropper or a cotton ball. Garlic oil is made from garlic cloves and has been used for centuries to treat various health problems. Garlic oil can also help reduce the severity and symptoms of ear infections, even at low concentrations, because it contains compounds that are effective against microorganisms that cause infections in the middle ear and ear canal. Garlic oil can be applied to the ear using a dropper or a cotton ball. Basil oil is obtained from the basil plant and has been found to be effective in treating ear infections in rats. Basil oil may have similar effects in humans by inhibiting bacterial growth and reducing inflammation in the ear. Basil oil can be applied to the throat and under the ears using a cotton ball.

**Conclusion:** Many people believe that because essential oils are "natural" and plant-based, they are safe for external use. This is not always the case. When choosing essential oil plants for the treatment of diseases of the ear, throat and nose, it is necessary to take into account individual tolerance and possible contraindications. Some essential oils can cause allergic reactions, irritation of the mucous membranes or skin, headache or nausea. Therefore, before using any essential oil plant, it is recommended to conduct an allergy test and consult a doctor.

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