



BIOLOGY OF LIONURUS TURKESTANIUS DISTRIBUTED IN SURKHANDARYA REGION

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Abstract

The article provides information about the distribution of the leonurus plant, its species, and where it can be found in Uzbekistan. Medicinal properties of the Leoburus plant and its healing properties for which diseases are shown. Brief information on the distribution of this plant in the Surkhandarya region is given.

Keywords: Leonurus, medicinal plant, folk medicine, sedative, vegetable oil, amino acids.

This plant - Leonurus, which is widespread in many countries of Asia and America, is considered a very medicinal plant. It is found in Central Asia at an altitude of 3500 m above sea level. Leonurus is a genus of perennial and annual herbs belonging to the mint family. 14 types are known. 4 species grow in Central Asia. This plant grows 40-120 cm tall from the seed. The surface part contains alkaloids, saponins - astringent and other substances. 648 Tincture and tincture are used for heart disease, hypertension, nervousness (as a sedative). 2 species are found in mountainous areas of Tashkent, Samarkand and Surkhandarya regions. Turkestan A. (*L. turcestanicus*) has been used by the people in the treatment of the above diseases. Representatives of this category have several stems, upright, branched, four-sided. The leaves are ovate, cut into five parts, the upper ones are elongated elliptic, cut into three parts, and they are opposite to each other with the help of bands on the stem and branches. The flowers are pink or pinkish-purple, five-lobed, dioecious, arranged in a ring in the axils of the leaves in the upper part of the plant, forming a spike-like inflorescence. Fruits are 4, nuts.

It blooms in June-August, the fruit ripens in July-September. When the plant blooms, the upper part of the stem is collected in a length of 30-40 cm and dried in the shade. There are many varieties of plants that do not differ in therapeutic activity. This tool has been used since ancient times. It is especially widely used in Russian folk medicine. Leonurus is one of the most widely used medicinal plants in modern medicine. Chemical composition of the plant: alkaloids - leonurin, leonuridine, stachydrin, choline, saponins, tannins, bitter substances, essential oils, steroid and flavonoid glycosides, iridoids, rutin, quercetin, vitamin C, carotene are found in the plant. In this medicinal plant 19 different amino acids have been identified. Plant seeds contain lectin substance, rich in K, Ca, Mo salts. This plant is widespread in the Oasis regions of our republic, that is, Surkhandarya region. This plant is a plant that likes hot dry climate. The place of the plant in medicine is very important.



In folk medicine, leonurus tea is recommended as a sedative, anti-inflammatory, antiperspirant, anti-inflammatory drug for nervous diseases. In addition, the plant is used for bladder diseases, coughs, and glaucoma. In scientific medicine, leonurus is mainly used as a sedative in hypertension and neuroses. In combination with other drugs, leonurus is also used to treat depressive conditions. Its cardioprotective immunomodulatory, analgesic properties have also been identified. In modern Tajik folk medicine, leonurus is used for nervous exhaustion, hysteria, epilepsy, heart palpitations, as sleeping pills, anti-inflammatory, diaphoretic and laxative. In the folk medicine of Belarus, leonurus is used to treat bladder, cough, painful diseases, menstruation, glaucoma, used as a tonic. In modern medicine, leonurus is widely used in the treatment of hypertension and coronary artery diseases. In combinations with other herbs, leonurus has been used successfully to treat depression. It is said that leonurus sedative properties are 2 times better than valerian. Oil extracts of the plant have an anxiolytic effect. Experimental studies have shown that at a dose of 500 mg/kg showed that leonurus has analgesic properties. The plant has low toxicity, but it should be used with caution in low blood pressure and bradycardia. Thus, the main content of our work requires a more in-depth study of the composition of the plant and its pharmacological properties. Due to this fact, the number of patients suffering from cardiovascular diseases and insomnia in our country is much larger than the total population. This plant is a medicinal plant used to prevent such diseases.

In short, many species of this plant are widely distributed in our country, mainly in the district hills of Surkhandarya region and even in households as a medicinal plant. This plant has a very high place, especially in the field of pharmaceuticals.

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