

## CHEMICAL COMPOSITION AND HEALING PROPERTIES OF BIG ZUBTURUM (PLANTAGO MAJOR L)

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### Annotation

This article provides information about the healing properties of the zubturum plant. Information on the chemical composition and medicinal properties of Plantago Major L.

**Keywords:** zubturum, healing, chemical composition, potassium, magnesium, carotene, pectin, ascorbic acid.



Big zubturum - *Plantago Major L.* it belongs to the *Plantaginaceae* family. Zubturum is a perennial, short and creamy rhizome herb plant. From the upper side of the rhizome (above the ground) there will be long, winged band-root ballbars, and from the lower side (under the ground) a lot of small roots will have sprouted. The petals of the stem will be wide ellipsoid or wide ovoid, flat-edged and large. The flower arrow is single or multiple, hairless, height - 10-45 cm. Flowers are collected in an ordinary spike. The flower is small, blind. The inflorescence is trimmed into four pieces, the inflorescence is light brown in color, four-bombed, the paternity is 4, the maternal node is two-room, located upwards. The fruit is ovoid, with many seeds. Blooms in May-June.

Geographical distribution. It grows in all districts of the former Union on roadsides, fields, plantations, Meadows, forest edges, ditches and other wet lands. Product preparation. The leaf of the plant is plucked all year round. Spread thinly and the soy

is dried on the ground or used without drying out. Chemical composition. The product contains aucubin (rinantin) glycoside, bitter, mucous and excipients, flavonoids (apigenin, homoplantagenin, luteolin and scutellyarein glycosides, etc.), carotene and ascorbic, citric acids, factor T and vitamin K. To be used.

Medicinal preparations of the Zubturum plant are used as an anti-inflammatory and expectorant agent (leaf tincture), for the treatment of gastrointestinal diseases (chronic hypoacid gastritis, gastric-duodenal ulcer in normal and low acidity conditions), anacid gastritis, chronic and difficult-to-heal colitis, as well as wounds (dried leaves and juices of the undrilled Earth top of the burga zubturum together). Medicinal preparations. Tincture, nastoyka, freshly harvested, non-dried leafmg canned juice, plantoglycoside preparation, leaf briquette. The Leaf is included in the composition of teas - decoctions, which are given in case of cough. In medicine, along with a large zubturum, both medium and lanceolate zubturum plants are used.

Medium zubturum-*Plantago media* L. Both sides of the plant leaf are pubescent and the bandy is short. Lanceolate zubturum-*Plantago lanceolata* L. The leaf of the wire o ' is lanceolate, length 15 cm, width - 2-2.5 cm. The technology of growing a large zubturum can be grown by planting a large zubturum plant in all soil and climatic conditions of the Republic of Uzbekistan. In its good growth and development, the mechanical composition of the soil is average, the waters of the ditch 201 are close and weed!land cleared of ar should be allocated. The areas on which a large zubturum plant is planted are mainly driven out in the fall, at a depth of 22-25 cm, giving 20-25 tons of manure, 50 kg of pure superphosphate fertilizer at the expense of hectares before the Earth is plowed. Since the plant is perennial, it can be planted both in autumn and early spring. If a large zubturum plant is planted in the fall, the ground is driven out 25-30 days before planting.

With the appearance of weeds, cultivation and boronization are carried out. In autumn, seeds are sown in wide rows dry without startification. In this case, the depth of the seed stump should not exceed 0.5-1.5 cm. The depth of germination step by step planting in autumn and spring should not be less than 0.5-1.5 cm, the planting norm is 5-6 kg per hectare, and the level of germination is less than 70-80%. Seedlami are planted in seagulls, where they plant vegetables. The seedling should have 8-10 bushes per 1 meter thick. If the seeds are sown in early spring, before sowing, the is stratified in order to accelerate the germination capacity (stored in wet sand for 1-2 days at a temperature of 18 - 20°C), if planted in the fall, the is not stratified. In the climatic conditions of Uzbekistan, when planting a large zubturum plant in the fall, less labor is spent, the opportunity to form reliable and full-fledged seedlings is born.

Mounds planted in autumn, while those planted in early spring and spring, will be bruised in 10-12 days. The duration of use of fields in which the plant is planted is 3-4 years. Caring for a large zubturum plant after the formation of chinbarges on the plant, the ground is loosened by carefully cultivating them so that they do not merge into the soil. Weeds are removed and one is made. During the growing season, the plant is fed with an average of 90 kg of nitrogen, 40 kg of phosphorus and 40 kg of potassium

fertilizer at the expense of two hectares, taking into account its development. Second and after! in the years, both during the schonization period and 202 after harvesting the Leaf, with the help of cultivators, Martha is fed with mineral fertilizers.

Feeding is carried out before watering. During the season, it is watered 10-12 times, taking into account temperature and humidification, and cultivated 4-5 times to loosen the soil and remove weeds. If a high-quality agrotechnical measure is carried out on areas where a large zubturum is planted, 1.5-2 tons of dry leaves can be harvested per hectare. Product preparation. The plant leaf is harvested all year round. Spread thinly and the soy is dried on the ground, then ground and the seeds are removed.

A perennial herbaceous plant with a height of up to 40-45 CM. The rhizome is short, the colon emits thin-thin in all directions. The leaves are serbargous, ovoid or elliptical in shape, Whole, sometimes the lower part is slightly serrated, goes up to 12 cm in length, Bandy. Rose petals grow upright, for pulled out a long spike. The flowers are small, inconspicuous, the inflorescence is gray-brown in color. The fruit is a blueberry with small, ovoid-shaped seeds inside. Blooms from May, fruits are eaten in August-September.

Effect and application: in folk medicine, this plant is used to treat malignant tumors of the stomach, intestines and lungs. Galen preparations made from it give a breath in liver, kidney diseases, diabetes, eye diseases, bleeding Mahal, as well as in childlessness, a tincture made from the root is prescribed for patients with fever, cough Mahal, tuberculosis, used in the taste of poisonous insects and a remedy that leaves a mouth when a snake bites. Milled seeds are considered to be a good cure for chronic diarrhea. Ibn Sina used the leaves of zubturum as a wound-wound graduate, blood-stopping agent, and its seeds are used in the skill of blood purification, for diseases of the liver, kidneys, as well as for the treatment of intestinal ulcers.

Its juice, crushed from the Zubturum plant, gives a good breath in pulmonary tuberculosis, malaria, vomiting blood, breathing, rabbits, seizures, and, together with increasing the strength of the liver, kidneys, spleen, opens the plugs in them, improves digestion, helps very well in cholera (gemaroy), especially in case of bleeding In the folk medicine of Central Asia, zubturum has many uses: it is prescribed for diseases of colic, cholera, colitis, blood spitting, as well as gout, a tincture made from its leaves is used for pulmonary tuberculosis and raki, bronchitis, it is recommended as a means to stimulate the appetite and refresh a person, it is applied to the eyes in case of eye diseases. a tincture prepared from its seeds is given to children when their stomach is upset, it is used as a means to reduce heat; fresh leaves are applied to sprains and other wounds.

## Used Literature

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