



MEDICINAL PROPERTIES OF DAPHNE LEAVES

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ABSTRACT

The article describes the biology and geographical data of the Daphne plant. Several types of plants from which laurel leaves are prepared. The use of laurel in folk cuisine as a spice and in medicine as a medicinal product. The chemical composition of the plant is described, which gives medicinal properties, contraindications.

KEYWORDS

Dafta, Laurus nobilis, calories, fats, proteins, carbohydrates, water, ash, fiber, essential oils, eucalyptol, terpenes, terpinyl acetate, sesquiterpenes, methyleigenol.

INTRODUCTION

In recent years, people often use traditional medicine methods for the treatment and prevention of various diseases, also use natural food additives, spices to

improve the taste of food. One of these natural remedies is the plant daphne - Laurus nobilis.

LITERATURE REVIEW

Noble laurel from Latin -*Laurus nobilis* is a subtropical tree or shrub, a species of the genus *Laurel* -*Laurus* of the *Laurel* family -*Lauraceae*.

Its leaves are used as a spice (bay leaf). From the name of this plant came the names *Laurel*, *Laurentius*, *Laura*, *Lorenz*, the word "laureate", the expressions "laurel wreath (crown)", "rest on laurels", "reap laurels". *Laurel* was considered a sacred tree, its wreaths were decorated with the heads of winners in ancient Greece. *Transcaucasia* and *Asia Minor* are considered to be the birthplace of the noble laurel

The noble laurel is an evergreen tree or a tall shrub reaching 10-15 m in height, with brown smooth bark and bare shoots. The crown is leafy, mainly pyramidal in shape. Its life span is from 100 to 400 years.

The leaves are alternate, short-stemmed, whole-edged, glabrous, simple, 6-20 cm long and 2-4 cm wide, with a peculiar spicy smell; the leaf blade is oblong, lanceolate or elliptical, narrowed to the base, dark green above, lighter on the underside. The inflorescences are umbellate, numerous, collected mainly at the ends of branches 1-3 in the leaf axils.

RESEARCH METHODOLOGY

The bay leaf of which we use as a spice is obtained not from one but from several plants, such as: Bay laurel-*Laurus nobilis*, *Lauraceae*. Fresh or dried bay leaves are used in cooking because of their distinctive taste and aroma. The leaves should be removed from cooked food before eating. The leaves are often used to flavor soups, stews, stews and pates in many countries. Fresh leaves are very soft and do not develop their full flavor until several weeks after picking and drying; California Bay leaf. The leaf of the California bay tree - *Umbellularia californica*, *Lauraceae*, also known as

California laurel, Oregon myrtle and pepper tree, is similar to the Mediterranean bay leaf, but has a stronger taste; Indian bay leaf or malabathrum - *Cinnamomum tamala*, *Lauraceae* differs from bay leaves in that they are shorter and light or medium green in color, with one large vein along the entire length of the leaf. The Indian bay leaf is about twice as long and wider, usually olive green in color and has three veins along the entire length of the leaf. In cooking, the Indian bay leaf is completely different, having an aroma and taste similar to cinnamon bark (cassia), but milder; Indonesian bay leaf or Indonesian laurel -salam leaf, *Syzygium polyanthum*, *Myrtaceae* is not usually found outside Indonesia; this herb is applied to meat and, less often, to vegetables; West Indian bay leaf, West Indian bay leaf bay tree -*Pimenta racemosa*, *Myrtaceae* is used in cooking (especially in Caribbean cuisine) and for the production of cologne called bay rum; Mexican bay leaf (*Litsea glaucescens*, *Lauraceae*).

ANALYSIS AND RESULTS

Bay leaf has a sharp, bitter taste. As with many spices and flavorings, the aroma of bay leaf is more noticeable than its taste. When the leaf is dried, the aroma is herbal, slightly floral and somewhat similar to oregano and thyme. Myrcene, a component of many essential oils used in perfumery, can be extracted from bay leaf. *Laurel* has a lot of advantages. It improves appetite, normalizes digestion. Its leaves secrete phytoncides, it is believed that these substances are harmful to tuberculosis bacillus. With the help of leaves, you can treat severe inflammation of the oral cavity, cure colds, sore throats. The unique essential oil, which is easily obtained from laurel, has many useful properties. It is an effective antiviral, antibacterial and anti-inflammatory agent. This makes the oil a universal preparation used for medical purposes. The laurel also

contains terpenoids, which allows the use of medicines from the laurel in case of improper metabolism, rheumatism. Certain positive results of the use of laurel have been observed in the treatment of the circulatory system and in diseases of the stomach. Laurel has found wide application in modern medicine for the treatment of many diseases. Laurel has a wide spectrum of action: diuretic, expectorant, antiviral and antiseptic. Preparations containing bay leaf have long been effectively used in folk medicine in many developed countries of the world. A small bay leaf perfectly calms the nervous system, relieves tension, relieves insomnia, activates the protective functions of the body, helps to cope with depression, fatigue. To do this, aromatherapy is carried out, it can be carried out at home and in medical institutions. 4 drops of laurel essential oil are added to the incense burner and its aroma is inhaled. At the same time, the steam of this oil is an antiseptic that cleanses the air in the room. Therefore, during the carovirus pandemic, our citizens used bay leaf as an infusion from the virus and burned the leaf itself, since it is an antiseptic. In order to protect against infection, you can put on a medallion for children in winter and autumn, in which a few drops of oil are added, you can also put a bay leaf in your pocket. In order to significantly reduce inflammatory processes in the joints, increase blood flow, relieve pain, it is recommended to rub essential oil into the skin. In diseases of the respiratory tract, acute. To strengthen the immune system, we have prepared an infusion that must be taken several times a year. It is necessary to take a handful of dry bay leaves and pour 500 ml of boiling water into them, boil for 5 minutes on low heat, then let it stand for 4 hours. This decoction for the best results should be drunk several times a day on a tablespoon. It is recommended to rinse your hair with this product. This will prevent their fragility, help in the prevention of various diseases of the scalp, increased dandruff formation. In case of inflammation

of the skin, bay leaves are moistened in warm water and applied to the skin. They are fixed with a bandage and kept for at least one hour. When coughing, leaves soaked in warm water are used as mustard plasters - applied between the shoulder blades or on the chest. With serious sleep disorders, the bay leaf has also found its use. Before going to bed, bay leaves should be dipped in water and then applied to the forehead and the back of the head, put on the head, tie a handkerchief and leave for an hour. Also, with the addition of bay leaf, you can prepare a miraculous ointment. It will help with parasitic skin diseases - dermatitis, eczema, scabies, joint diseases, it can be rubbed with severe bruises and sprains. The ointment is done as follows: crushed powder from bay leaves, crushed juniper needles and butter are thoroughly mixed in the same way and applied to the affected areas of the body. The number of components is taken in a ratio of 6:1:12. Baths with bay leaf are very useful. It is recommended to take them for sleep disorders, nervous conditions, inflammation of the bladder, for the prevention of colds. Regular addition of bay leaf to food improves kidney function. Also, the simplest procedure, like chopping leaves and chewing them, will strengthen the protective properties of the body, prevent colds. Excellent medicines with laurel bark are used to maintain the functions of the biliary organs, for the treatment of cholecystitis. The aroma of laurel will allow you to get rid of insect pests that live at home - moths, flies, cockroaches. Also, laurel essential oil can be found in pharmacies. It disinfects, cleanses and soothes the affected areas of the skin. The oil is very effective for cosmetic purposes. It is useful to use it with high skin sensitivity, peeling of the skin, helps to cope with furunculosis, increased acne formation, produces a lifting effect. Bay leaf can help in the treatment of many diseases with the condition that its use will be competent and moderate. The laurel leaf is useful because it secretes incomparable phytoncides.



These are such unique substances that are harmful to pathogenic organisms. The effect of these substances is manifested in the purification of indoor air. For diseases of the oral cavity, inflammation of the mucous membranes of the throat and sore throat, chewing leaves will help relieve pain. And bay leaves soaked in warm water will help better mustard plasters in the treatment of cough. In medicine, fresh laurel leaves and dried ones are also used, since the content of medicinal properties does not decrease in them. Laurel leaves also have harmful properties for the body, so it should be used for its intended purpose. Laurel is contraindicated during pregnancy, as it can cause miscarriage, as well as nursing women. It should not be given to children under 5 years of age and with individual intolerance. When consumed in large quantities, laurel can cause poisoning. In this case, you should always contact the hospital immediately. Consider the chemical composition of the laurel leaf, which provides its medicinal properties. It contains 75.0 g of carbohydrates per g of product, which is about 74% of the total energy from a serving or 300 kcal. Caloric content - 313 kCal, fats - 8.36 g, proteins - 7.61 g, carbohydrates - 74.97 g, water - 5.44 g, ash - 3.62 g. The total sugar content has not been proven, fiber - 26.3 g, starch - not proven. The leaves contain about 1.3% of essential oils - lauri folii, consisting of 45% eucalyptol, 12% other terpenes, 8-12% terpinyl acetate, 3-4% sesquiterpenes, 3% methyleugenol pinenes, felandren, linalool, geraniol, terpineol, and also containing lauric acid.

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