



## MEDICINAL PLANTS OF THE FERGANA REGION

Journal Website:  
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Submission Date: February 06, 2023, Accepted Date: February 11, 2023,

Published Date: February 16, 2023

Crossref doi: <https://doi.org/10.37547/ijmscr/Volume03Issue02-01>

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### ABSTRACT

This article describes one of the wild plants in the regions of Uzbekistan. Nettle growing wild in steppe places has medicinal properties, such as hemostatic, enveloping and anti-inflammatory. Nettle used in Uzbek folk medicine is a basic component of some pharmacological preparations. We have outlined the macro and microelements of this medicinal plant.

### KEYWORDS

Nettle, medicinal properties, folk medicine, hemostatic, enveloping, anti-inflammatory.

### INTRODUCTION

In recent decades, against the background of increasing allergization of the population, an increase in the number of complications and side effects of pharmacotherapy, a steady increase in the number of chronic diseases, an active search for the use of herbal preparations in the treatment of diseases of various genesis has been noted. About 40% of medicines are obtained from medicinal plants or they contain active substances of plant origin in their composition. Wild

herbs are very valuable raw materials for obtaining such medicines. One of the wild plants is nettle.

**Nettle** - *Urtica dioica* L. a perennial dioecious herbaceous plant with a creeping rhizome and thin adventitious roots, the stems are straight, branched, tetrahedral, furrowed, covered with tough burning hairs; the height of the stem ranges from 30 to 150 cm. The leaves are dark green, opposite, oblong lanceolate, ovate– lanceolate, ovate heart-shaped or broadly

heart-shaped with a heart-shaped base, saw-toothed, pubescent, petiolate at the edges, leaf length 6- 17 cm, width 2-9 cm. The flowers are small, green, nondescript, unisexual, with a simple four-membered perianth, collected in branched spike-shaped inflorescences located in the axils of the leaves. The fruit is a single-seeded, ovoid, elliptical or round, light gray or yellowish-gray nut (1.2-1.7 mm al). One plant forms 2 thousand or more seeds. The weight of 1000 nuts is 0.18-0.25 g. It blooms and bears fruit in May-September. A weed plant. It grows in courtyards, gardens, near mountain springs, in wastelands, along the banks of rivers and lakes, along ditches, in garbage places, along roads, in ravines and wet places. It rises in the mountains to a height of 2800 m, where it is found along the banks of streams in the shade of rocks in the juniper belt, rarely rose gardens.

It is found in the Syrdarya, Turkestan, Zeravshan, floristic areas. In medical practice, nettle leaves are used, which are collected during the flowering of the plant. In order to avoid burns, the collection is carried out in gloves. Dried under a canopy in the shade. The finished raw material consists of leaves up to 17 cm long, dark green in color, peculiar smell, bitter taste. Shelf life is up to 2 years. The healing properties of nettle have been known for a long time. Abu-Rayhan Beruni in his "Pharmacognosy" writes: "I saw this plant (anchura) in Djurjan along the roads, on the banks of streams. If it comes into contact with the skin, it causes burning and itching. Everyone knows that the stems and leaves of nettle are planted with burning hairs, the walls of which contain silicon; they easily break off and wound the skin with a sharp end.

The formic acid in them gets into the wound and causes a burning sensation. Abu Ali Ibn Sino in "Alkanon" indicates that the crushed leaves of nettle (anchura) stop bleeding from the nose. If the nettle

leaves are boiled in barley water and drunk, it cleanses the chest. In a medicinal dressing with vinegar, nettle helps to open boils, helps to get rid of them. Nettle excite lust. Nettle seed eliminates asthma, "standing breath" and cold pleurisy, and in the form of a medicinal dressing helps against cancer and tumors behind the ears. Nettle ash with salt is a remedy for the treatment of ulcers formed from dog bites, malignant ulcers of cancers of tumors. According to the "Alvohiya" of Abu Ali Ibn Sina, nettle seeds are useful for dropsy, remove sputum and cleanse the intestines. In various ancient "Herbalists" nettle is mentioned as an antitumor agent, and an infusion of fresh finely chopped plants was considered one of the most effective anti-burn agents. In Russian folk medicine, a decoction of nettle roots and fruits is used as an anthelmintic and strengthens the gastrointestinal tract; the root with garlic (insist 6 days on vodka, take 3 tablespoons a day) is considered a good remedy for fever; tea is brewed from the flowers (1 pinch for 4 cups), sweat as an enveloping agent.

The plant is used for hernia and suffocation, grass is rubbed with rheumatism, chest pains and dropsy, in the Bryansk region, a decoction of roots is drunk for stomach diseases, asthma. In Uzbekistan, dioecious nettle is used in folk medicine as a hemostatic and vitamin remedy.

In folk medicine of Belarus, an aqueous decoction of a whole plant is drunk for headaches; a decoction of herbs with honey is used to improve the functioning of the heart, liver, kidneys, for anemia as a blood purifier, for gastritis, pulmonary tuberculosis, for whooping cough, they drink after childbirth, a decoction of roots is used for any bleeding, and a decoction of flowers for sugar disease. In addition, a decoction of herbs wash the hair, fresh grass is rubbed with rheumatism. Chowder is prepared from dry crushed (powdered)

leaves with flour and taken 1/2 or 1 cup in the morning on an empty stomach for the treatment of gastrointestinal diseases (gastritis and ulcers), as well as for internal uterine bleeding. A decoction of a mixture of nettle and mint washes the head, as a means, allegedly, strengthening the hair getting rid of dandruff. A decoction of seeds is rinsed with a sore throat. When studying the pharmacological properties of nettle, it was found that decoction from the leaves reduces elevated blood and urine sugar levels, and infusion and liquid extract of nettle dioecious increase blood clotting, increase the amount of hemoglobin and erythrocytes, have a pronounced toning of the smooth muscles of the uterus and vasoconstrictor effect. In French medicine, nettle is used for acute and chronic enteritis and diarrhea. In addition, nettle is offered under the name "dioica" to strengthen the hair. It is recommended to prepare an infusion of dry nettle leaves: pour 1 tablespoon of a chopped leaf with 1 cup of boiling water and insist as tea. With the infusion, moisten the head after washing and slightly soak it into the skin, do not wipe the head. Repeat the course every 1-2 weeks for a long time. In Romanian medicine, an ointment containing 10-20% nettle leaf extract is used for some antibiotic-resistant diseases caused by golden hemolytic Staphylococcus. In Polish, Bulgarian and German medicine, nettle is used as a hemostatic, for liver diseases, muscular and articular rheumatism, for hair loss (boil 100 g of finely chopped leaves for 1/2 hour in 1/2 liter of water mixed in half with vinegar; wash your hair before going to bed). In addition, Bulgarian and German doctors believe that nettle is effective for anemia, atherosclerosis, dropsy, inflammation of the kidneys and urinary gallbladder, diseases of the gastrointestinal tract, hemorrhoids, as well as thrush, and as a means to enhance lactation. In domestic medicine, a beautiful leaf is used in the form of an infusion (15.0: 200.0), 1 tablespoon 3-4 times a day, as well as liquid nettle extract 25-30 drops 3 times

a day half an hour before meals, as a hemostatic agent for pulmonary, renal, uterine and intestinal bleeding. In addition, dry nettle extract is part of the drug "Allohol", which is used orally 2 tablets 3 times a day after meals for chronic hepatitis, cholangitis, cholecystitis and chronic constipation. Chlorophyll is extracted from the leaves, which is used as a harmless paint in the pharmaceutical and food industry. Chlorophyll stimulates tissue epithelization when applied externally to wounds. When ingested, it improves metabolism. Leafy flowering tops of nettles have been successfully used in phytotherapy as a multivitamin, hemostatic agent for kidney diseases, dysentery and various bleeding. Nettle is taken as a diuretic, expectorant, anti-inflammatory and anti-inflammatory agent, as well as for intestinal disorders. To do this, it is recommended to drink juice from fresh nettle leaves or extract 3 teaspoons a day (juice can be prepared by yourself from fresh leaves and young shoots of nettle using a juicer). In winter, instead of juice, you can use a decoction of nettle: 15 g of dry leaves are poured with a glass of boiling water and kept on low heat for 15-20 minutes (drink a tablespoon 3 times a day before meals). A mixture of nettle leaves and buckthorn bark helps well with exacerbation of hemorrhoids. To do this, take 8 g of nettle leaves and buckthorn bark per liter of boiling water, boil for 15-20 minutes (take 1 cup in the morning on an empty stomach and at night). Nettle is also a part of laxative, multivitamin and gastric teas. To prepare laxative tea, take buckthorn bark (3 parts), sweet clover grass and nettle leaf (by part); brew a tablespoon of the mixture in a glass of boiling water, insist for 20 minutes, strain through gauze and drink 1/2-3/4 cups at night. For the preparation of multivitamin tea, take: rosehip fruits, cranberry fruits (1 part each) and nettle leaves (3), a tablespoon of the mixture brew 2 cups, boil for 10 minutes, insist for 4 hours in a tightly sealed container and in a cool room, pass through gauze and drink half

a glass 2-3 times a day. Gastric tea is prepared as follows: take buckthorn bark, calamus rhizome (1 part each), peppermint leaves, valerian root (2 parts each) and nettle leaves (3 parts), brew 2 tablespoons of the mixture with 2 cups of boiling water, boil for 10 minutes, strain through gauze and take half a glass in the morning and evening. However, before you start using nettle, you should definitely consult a doctor, since nettle preparations are contraindicated for people with increased blood clotting.

Young shoots of nettle, along with other plants, are added by Georgians and Azerbaijanis to spices for cooking national dishes, and Russians cook green cabbage soup. Jam and very healthy salads, are made from nettle leaves: put 200 g of young nettle leaves in boiling water for 5 minutes, put them in a colander, chop them and put them in a salad bowl. 25 g of crushed walnut kernels, dilute 1/4 cup of nettle broth, add a teaspoon of vinegar, mix and fill the nettle with the resulting mixture in a salad bowl. Sprinkle with finely chopped parsley (20 g) and green onion (30 g). Nettle leaves contain chlositostirin, histamine, protoporphin, coproporphin, sitosterol, glycoside utricin, as well as carotene (14-30 mg%) and carotenoids (20-50 mg%) violaxanthin, xatophyll, xatophyll dioxide and  $\beta$ -carotene. In addition, formic acid, pantothenic acid, vitamin B2 B6 are found in nettle leaves. K, ascorbic acid (150-170 mg% in fresh leaves and up to 600 mg% in dry ones), 2-5% chlorophyll, copper, essential oil, protein, choline, more than 2% tannins and 25.3% sugary substances. The fruits contain 20-35.3% of semi-drying fatty oil. 133.4 mg% of vitamin C and yellow dye were found in the roots (97.3 mg in the rhizomes). The dioecious nettle we collected at the beginning of fruiting contained 146.4 mg% in leaves, 65.9 m in stems, and 55.6 mg vitamin C in fruits, 8.5% tannins were found in the aboveground parts. Macroelements Ca, P, K, Na,

Mg, Si, S, C I and Fe as well as microelements Cu, Mn, Zn, were found in dioecious nettle.

Thus, the dioecious nettle is a wild plant and has such useful properties as hemostatic, enveloping and anti-inflammatory. In folk medicine, a decoction of nettle is mainly used.

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