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Hypericum L. ecobiology, medicinal properties

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Anatation: Hypericum L. is a family of grasses or shrubs in the steppe family. There are about 200 species, most of which grow in the Mediterranean. There are 3 types in Uzbekistan. Contains nutrients, essential oils and vitamin C. It is used in folk medicine (in diseases of the gastrointestinal tract and bloody diarrhea).

Keywords: climate, species composition, essential oil, map, hyperoside, rutin, quercetin, quercetin, tincture, extract

Introduction

Annex 1 to the Resolution of the President of the Republic of Uzbekistan dated November 26, 2020 No. PP-4901. In the rational use of resources of naturally growing medicinal and food-producing, technical plants in the territory of the Republic, in the study of their habitats and natural resources, in the study of biology and anatomy of flora objects, in the study of wild-growing medicinal plants. Collection of wire varieties and reproduction of the most concentrated varieties of medicinal substances from them, providing methodological and practical assistance in the introduction into production. In the commodity analysis and phytochemical comparison of plant raw materials grown in different soil and climatic conditions of the same species, in the assessment of their quality, in the study of compliance of medicinal plant raw materials introduced in Uzbekistan with the requirements of international standards, assist in the implementation of national standards in accordance with the legislation. The Department of Pharmacognosy of the Tashkent Pharmaceutical Institute studied 3 species of wild plants found in Uzbekistan: *Hypericum perforatum* L., *Hypericum scabrum* L., *Hypericum elon-gatum* L. (*H. hyssopifolium* Vill.). The surface part of these plants contains 10-12% of additives, 0.9-2% of flavonoids (quercetin, quercetin, hyperoside, rutin, etc.), 5.6% of anthocyanins, up to 0.22% of essential oil, up to 15 mg% of carotene, Up to 240 mg% of vitamin C and other compounds were found. It is recommended that these plant species, which grow in Uzbekistan, be used in medicine and as a product in Uzbekistan.

Morphological features of the plant. Two types of are *Hypericum* L. allowed: *Hypericum perforatum* L. and *Hypericum maculatum* Crantz; It belongs to the family Hypericaceae. It is a perennial herb, reaching a height of 30-100 cm. The rhizome and roots are branched. The stems are several, erect, smooth, hairless, angular, and the upper part is oppositely branched. The leaves are simple, oblong-ovate, flat-edged, opposite the base. The flowers are golden-yellow, in a five-lobed, shield-shaped cluster. The fruit is a three-chambered, multi-seeded pod that opens when ripe. The seeds are small, elongated and concave, brown. It flowers in June-August and ripens in July-September. The finished product consists of a mixture of leaves, flowers, unripe fruits and a



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partially leafless stem. The stem is cylindrical, the upper part is branched, double-edged and hairless. Leaves elongate - ovate, flat-edged, hairless, 0.7-3.5 cm long, 1.4 cm wide, with dotted spots. The flower is straight, the inflorescence is cut into five deep segments, the petals are 5, golden in color, elongated - elliptical, the upper part is curved and serrated, the mother is numerous, the maternal node is three-chambered, located at the top. The product has a fragrant smell, a bitter, slightly crunchy taste.

Geographical distribution: Ukraine, Belarus, Moldova, the Baltic States, the European part of Russia and the forest-forest-desert regions of Western Siberia, the Caucasus, Central Asia and Kazakhstan. It is distributed in the south-western part of Uzbekistan in the mountain range, including Sherabad, Baysun and Bobotag. Preparation: When the plant is in bloom, it is harvested 15-20 cm above the ground. The shade is dried on the ground and the leaves and flowers are crushed and separated from the stem. The finished product is prepared tincture with boiling water. Fill 1 cup boiling water two teaspoons dried field. After 10 minutes you can drink cold or hot. Chemical composition: The product contains 10-12.8% of additives, 0.1-0.4% of anthracene derivatives (hypericin and others), flavonoids (hyperoside, rutin, quercetrin, quercetin, etc.), 0.1-0.33 Contains% essential oil, 55 mg% carotene, 1151.8 mg% vitamin C and up to 10% resin. Drugs: tincture, tincture, liquid extract, bactericidal drug novoimanin, peflavit (catechins are produced in Bulgaria in tablet form, have a vitamin P effect). Novoimanin is a dark brown powder, which is 0.5— It is used as a 1% solution and powder and as an ointment for the treatment of simple, purulent wounds, burns, scabs and other purulent processes. Uses: Has anti-wrinkle, antiseptic and wound healing properties. In medicine, it is used in the treatment of diseases of the gastrointestinal tract (colitis, diarrhea), oral cavity (gingivitis and stomatitis), as well as second and third degree burns, as well as for rinsing the mouth. The above-ground part of the plant has a bactericidal effect. The Hypericum L. is a yellow, star-shaped plant that has been used as a medicinal herb for hundreds of years. Hypericum L.oil is widely used to cleanse the skin. Its decoction can also be used to treat depression and a number of ailments.

Useful features:

- calms the nerves and helps prevent psychological disorders;
- Helps to relieve stress, improve sleep disorders caused by stress, relieves insomnia;
- Helps to restore skin cells, removes blemishes from the face and skin;
- fights germs and bacteria in the body and eliminates various inflammations in the body;
- helps to normalize the digestive system and increase appetite;
- normalizes thyroid hormones;
- The field also acts as a natural painkiller. Relieves muscle pain;
- prevents the growth of cancer cells;
- promotes rapid secretion of sputum in colds and flu;
- Helps reduce headaches and fever.

Not recommended in the following cases:

- Pregnant and pregnant women;
- people suffering from attention deficit hyperactivity disorder, hyperactivity, schizophrenia, as well as people with Alzheimer's (memory loss);
- People taking antidepressants, blood thinners, asthma medications;
- You should stop drinking tea two weeks before the anesthetic surgery.



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Drinking tea over and over can cause headaches, dizziness, weakness, nausea, dry mouth, and skin rashes

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