



CHEMICAL COMPOSITION OF THE MARMARAK MEDICINAL PLANT (SALVIA OFFICINALIS) AND USE IN PEOPLE'S MEDICINE

Barno Ganievna Jumanova

Teacher of the department of pharmacology and folk medicine

Fergana Medical Institute of Public Health.

<https://doi.org/10.5281/zenodo.10389416>

Annotation: In this article, there are comments on the geographical distribution, botanical description, chemical composition and use in folk medicine of the Dorivor mavrak plant found in Uzbekistan.

Key words: medicinal Salvia, essential oils, inflammation, infertility, fragrance, enuresis, stimulants, phytoestrogens.

Аннотация: В данной статье даны комментарии к географическому распространению, ботаническому описанию, химическому составу и использованию в народной медицине растения шалфей лекарственный, обнаруженного в Узбекистане.

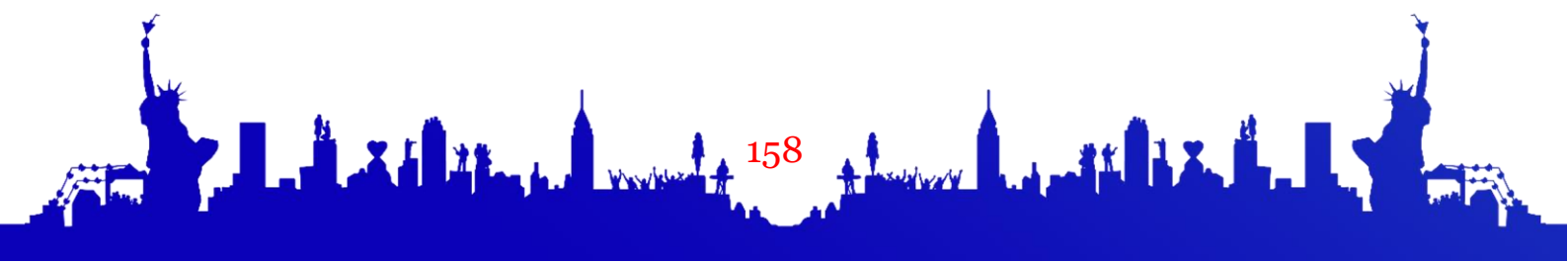
Ключевые слова: шалфей лекарственный, эфирные масла, воспаление, бесплодие, ароматизаторы, энурез, стимуляторы, фитоэстрогены.

Medicinal herb - *Salvia officinalis* – Sage lekarstvennyy

Botanical description: The medicinal plant belongs to the Lamiaceae family.

Perennial semi-shrub growing 20-50 cm tall. The stem is numerous, branched, multi-leafed, four-sided, the lower part is slightly woody. The leaves are simple, long-banded, the ones in the upper part of the stem are unbanded, and they are opposite on the stem. The flowers are short-stalked, small, and form spike-like circular inflorescences at the top of the stems and branches. The flower is curved, the calyx is two-lipped, sertuk, the corolla is two-lipped, blue-purple, the male node is two, the female node is four-lobed, located at the top. The fruit consists of 4 nuts. blooms in June-July.

It is grown in the Mediterranean countries in Moldova, Ukraine, Krasnodar, Crimea and Uzbekistan.





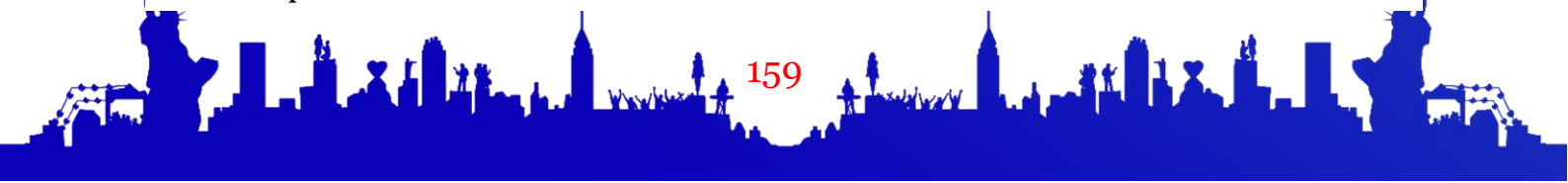
Salvia officinalis

Mavrak leaves are harvested by hand three times a year, starting from flowering. In the first and second harvest, only the leaves at the bottom of the stem are removed. In the third harvest, in September, all the leaves on the stem and the upper part of the stem - the tip are collected and dried in attics or air dryers.

Chemical composition. All parts of the plant contain essential oil. The leaves contain 0.5-2.5% ellr oil, alkaloids, flavoring substances, flavonoids, ursolic and oleanolic acids and other compounds.

Essential oils in medicinal marmarak consist of a mixture of organic substances, including all saturated and unsaturated compounds, aliphatic, cyclic and aromatic hydrocarbons, terpenes, alcohols, fatty acids, phenols, complex ethers, aldehydes, ketones, lactones and includes nitrogen and other organic substances containing sulfur. Oxygen-containing compounds and their esters give essential oils their fragrance. Sesquiterpenes are the high-boiling fraction of essential oils. The chemical composition of the essential oil varies depending on the age of the plant, the climate of the place of cultivation and the period of growth.

Use in medicine. Preparations of medicinal leaves are used as expectorants, disinfectants, and anti-inflammatory drugs for upper respiratory tract infections, mouth (stomatitis and gingivitis) and throat gargles. This herb is an antiseptic and anti-inflammatory agent, and due to the abundance of essential oil and camphor in its composition, it is used in the treatment of diseases of the respiratory tract and gums. The famous physician Hippocrates called marmarak a sacred plant.





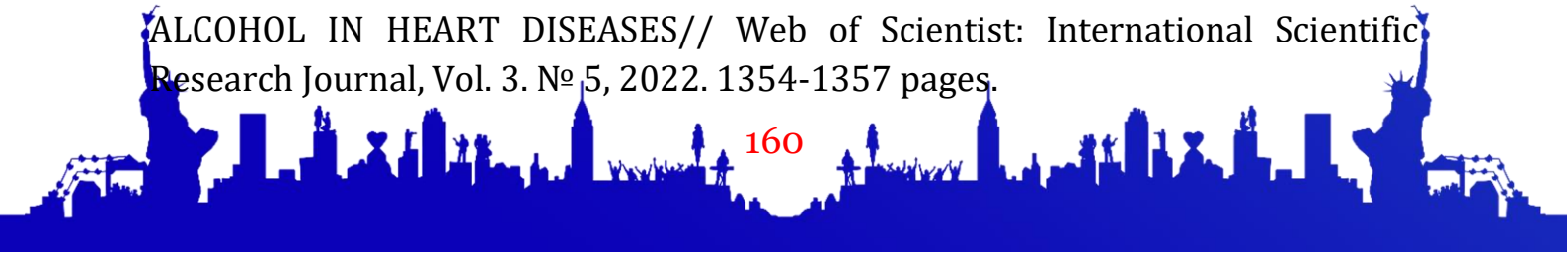
V1, PP, C drugs in the composition have an effective effect on the nervous system and metabolism, strengthening the walls of blood vessels. Marmarak plant is consumed as tea in Turkey. Turks call this tea "adachayi". The leaves of the plant are used to add flavor to various salads and fish dishes. The essential oil contained in marmarak is used in pharmaceutical practice to improve the smell and taste of liquid medicinal forms. In Bulgaria, marmarak plant products are used for gastritis, colitis, flatulence, liver and gall bladder diseases, and in Germany, marmarak products are used to treat the central nervous system. for sedation and night sweats, in Poland for nocturnal enuresis and hair loss, in Austria for stomach and intestinal diseases, for the treatment of laryngeal mucosa, in the USA to add it to soups and salads, and the Chinese to drink it as a tea as he rose.

In modern medicine, the products of the mavrak plant are widely used in infertility and childlessness. Mavrak's help in conceiving women is related to the phytoestrogens in the chemical composition of mavrak. So it helps in estrogen hormone deficiency in women. Even in climactic situations, estrogen hormones decrease in women, and in such cases, if women are treated with a mavrak plant, the balance of hormones will be normalized, and climactic situations will be alleviated by rejuvenating the female organism. Mavrak also treats various inflammatory diseases in the male organism, improves the quality of sperm and ensures the movement of spermatozoa towards the female ovaries.

From the information given above, it can be concluded that the medicinal plant Mavrak is used in medicine for various inflammatory diseases, infertility, psoriasis, stomach and liver diseases, angina, nocturnal enuresis, and the main composition is essential oil. can also be used as a flavoring agent.

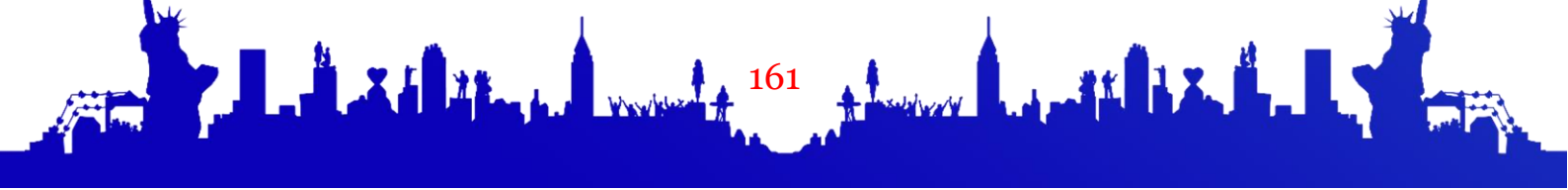
References:

1. Профессор И. Р .Асқаров. Табобат Қомуси. 98-150б.
2. Профессор.И.Р.Асқаров.Далилларга асосланган ҳалқ табобати усуллари. 200-270б.
3. Профессор И.Р.Асқаров. Фитотерапия. 150-200б.
4. Г.П.Малахов. Золотийе правила питания. Доценк; Сталкер Генеша 2007.
5. Khasanboeva N.A. //MEDICINAL PLANTS OF THE FERGANA REGION// International Journal of Medical Sciences And Clinical Research, 3(02), 1-4.
6. Khasanboeva N.A. //Fees in Folk and Modern Medicine// The Peerian Journal, Vol. 14. Jan 11, 2023. 14-17 pages.
7. Hasanbayeva Nafisakhon Abdullajonovna //NEGATIVE EFFECTS OF ALCOHOL IN HEART DISEASES// Web of Scientist: International Scientific Research Journal, Vol. 3. № 5, 2022. 1354-1357 pages.





8. Khasanboyeva Nafisakhon Abdullojonovna //IN THE CHRONOPHARMACOLOGY OF DRUGS AND MEDICINAL SUBSTANCES// Academia Globe: Inderscience Research. Volume 2, Issue 6, June, 2021. 225-228 pages.
9. ХАСАНБОЕВА НАФИСАХОН АБДУЛЛОЖОНОВНА //ЦЕЛЕБНЫЕ СВОЙСТВА ПРЕПАРАТОВ, ПОЛУЧЕННЫЕ ИЗ ПРОДУКТА ХВОИ// ИНТЕРНАУКА. 22-1 (198), 2021. 74-75 стр.
10. Hasanbayeva Nafisakhon Abdullajonovna //INTERACTION BETWEEN DRUG SUBSTANCES AND NUTRIENT PRODUCTS// International Journal of Advanced Research in ISSN: 2278-6252 Engineering and Applied Sciences. № 12, Том 10. 57-60.
11. Xasanboeva, N. & Raximova, X. (2023). B12 VITAMINI YETISHMOVCHILIGI VA UNI DAVOLASHDA QO'LLANILADIGAN DORI VOSITALARI . Евразийский журнал медицинских и естественных наук, 3(5), 267–273.
12. Хасанбоева, Н. А. (2021). ЦЕЛЕБНЫЕ СВОЙСТВА ПРЕПАРАТОВ, ПОЛУЧЕННЫЕ ИЗ ПРОДУКТА ХВОИ. Интернаука, 22, 76.
13. Рахимова Хуснидахон Абдукаримовна //КОРОНАВИРУС ИНФЕКЦИЯСИНИ ОЛДИНИ ОЛИШ ВА ДАВОЛАШДА ТАРКИБИДА “ВИТАМИН С” САҚЛАЙДИГАН ДОРИБОР ЎСИМЛИКЛАРДАН ФОЙДАЛАНИШНИНГ АХАМИЯТИ.//АКТУАЛЬНЫЕ ПРОБЛЕМЫ ДИАГНОСТИКИ И ЛЕЧЕНИЯ КОРОНАВИРУСНОЙ ИНФЕКЦИИ СБОРНИК ТЕЗИСОВ ФЕРГАНСКОГО МЕДИЦИНСКОГО ИНСТИТУТА ОБЩЕСТВЕННОГО ЗДОРОВЬЯ 30 .11.2022 // 131-137
14. Raximova Xusnidaxon Abdukarimovna //VIRUSLI GEPATIT B NI DAVOLASHNING SAMARALI USULLARI// «ИНТЕРНАУКА» Научный журнал. № 10(233). Март 2022 г. 15-17 стр
15. Raximova Xusnidaxon Abdukarimovna, Sotivoldiyev Ayubxon Baxromjon o'gli //L-TIROKSIN 50 BERLIN-XEMI DORI VOSITASINING ORGANIZMGA TASIRI// "ILM-FAN TARAQQIYOTIDA ZAMONAVIY METODLARNING QO'LLANISHI" RESPUBLIKA ILMIY-AMALIY ONLINE KONFERENSIYASI 2021. 27- NOYABR. 215-219
16. Raximova Xusnidaxon Abdukarimovna, Sotivoldiyev Ayubxon Baxromjon o'gli //GIPO TENZIV DORI VOSITALARI// "ILM-FAN TARAQQIYOTIDA ZAMONAVIY METODLARNING QO'LLANISHI" RESPUBLIKA ILMIY-AMALIY ONLINE KONFERENSIYA. 27- DEKABR 2021. 78-83
17. Рахимова Х.А //ЗНАЧЕНИЕ ЛЕКАРСТВЕННЫХ РАСТЕНИЙ, ИСПОЛЪЗУЕМЫХ В ЗДРАВООХРАНЕНИИ В УЗБЕКИСТАНЕ// PEDAGOGICAL





SCIENCES AND TEACHING METHODS. VOLUME BERLIN 11 DECEMBER 2021.
237-239

18. Raximova X.A. //BEMORLARGA DORI MODDALARINI TAYINLASHDA DORILARNING HAYOT UCHUN XAVFLI KOMBINATSIYALARINI BILISHNING AHAMIYATI// «ФАРМАКОЛОГИЯ ВА ФАРМАКОТЕРАПИЯНИНГ ДОЛЗАРБ МУАММОЛАРИ» Республика илмий-амалий анжумани материаллари. Урганч. 2021 йил 17 ноябрь 428-429

19. Rahimova Husnida Abdulkarimovna //Adverse Changes in the Cardiovascular System Observed when using a Combination of Antihypertensive Drugs// CENTRAL ASIAN JOURNAL OF MEDICAL AND NATURAL SCIENCES Volume: 03. Issue: 02. Mar-Apr 2022. 478-481

20. X.RAHIMOVA, Farg'ona jamoat salomatligi tibbiyot instituti Farmakognoziya fani o'qituvchisi// Dorivor o'simlik xususiyati // YOSHLAR OVOZI № 40 (16446) 2021-YIL 3-NOYABR, 12-13

21. Abdulkarimovna, R. X., Baxtiyorjonovna, A. M., & Ilshodovna, X. M. (2023). GELMINTLARNI ORGANIZIMGA TUSHISH YO'LLARI, ALOMATLARI VA XALQ TABOBATIDA DAVOLASH USULLARI. SCIENTIFIC APPROACH TO THE MODERN EDUCATION SYSTEM, 2(14), 267-272.

22. X.Рахимова //Наматакнинг дорилик хусусияти //Нефтчи овози 2021 10 ноябр 4.

23. Abdullojonovna, K. N. (2021). In the Chronopharmacology of Drugs and Medicinal Substances. Academicia Globe, 2(6), 225-228.

24. Nafisakhan Abdullojonovna Khasanboeva //VITAMIN B12 DEFICIENCY AND DRUGS USED IN ITS TREATMENT// SO'NGI ILMIY TADQIQOTLAR NAZARIYASI. Vol. 6 No. 10 (2023). 59-66.

25. Askarov, I.R., & Gulomova, N.S. (2023). CHEMICAL COMPOSITION OF SAMBUCUS NIGRA AND ITS ROLE IN FOLK MEDICINE. В INTERNATIONAL BULLETIN OF MEDICAL SCIENCES AND CLINICAL RESEARCH (Т. 3, Выпуск 12, сс. 16–20). Zenodo. <https://doi.org/10.5281/zenodo.10361541>

