

METHODS OF TREATING DISEASES THROUGH MEDICINAL PLANTS, WHICH ARE USED IN FOLK MEDICINE.

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FerSU teacher, M.A.Abdurahimova

FerSU dotsent Yuldashova Muattarxon Pulatovna

Annotation

this article analyzes the methods of treating colds and stomach diseases on a scientific basis, using medicinal plants that are widely used in folk medicine. Information is provided about the healing properties of medicinal plants, methods of their correct application, preparation and consumption. Also highlighted are the mistakes made in folk medicine and the connection with modern medicine.

Keywords

medicinal plants, folk medicine, colds, stomach, healing herbs, Phytotherapy, natural treatment.

INTRODUCTION

Nature acts as a natural hospital for Man. Our ancestors have been treating various diseases through natural herbs for centuries. In particular, medicinal plants were of great importance in colds and diseases of the gastrointestinal system. Folk medicine has not lost its importance even today, but is expanding further on a scientific basis under the name of Phytotherapy. Diseases of colds and methods of treatment in folk medicine, colds are one of the most common diseases in a person's life. It can occur from mild to severe and dangerous conditions. In increased cases, colds have a viral nature and occur as a result of a decrease in the body's defense system. Therefore, people have long used folk remedies against this disease.

REVIEW OF THE LITERATURE

Although currently there are drugs and vaccines against viral diseases, many residents also resort to natural and traditional methods. In the works of Ibn Sina, plants such as onions, garlic, cumin, honey, cauliflower are recommended against colds. They are still being used in medical Phytotherapy today. Research methodology. Causes of colds, occurrence of colds by the body; weakened immunity; transmission of viruses; Moisture and wind effects. Clinical signs, nasal termination;

RESULT AND DISCUSSION

Temperature rise; sore throat; cough; muscle pain and feeling of illness.



Methods of treatment in folk medicine. A mixture of hot herbal teas, cumin, pepper, lemon, honey and ginger. Opens the airways, fights viruses. Inhalation (inhalation with steam) eucalyptus, archabarg, mint – helps to cleanse the respiratory tract. Honey and lemon. Honey strengthens the immune system, while Lemon has an anti-viral effect with vitamin C. Garlic and onion. It has a natural antibacterial effect.

Destroys microbes. Licorice (licorice) is an effective remedy for coughing. It is used in pharyngitis, bronchitis. Gauze compresses and a warm bath will help the body warm up and relax the muscles. Scientific observations asosida. So recent studies show that natural remedies in folk medicine shorten the period of colds and quickly restore the body. But in severe cases, it is necessary to see a doctor. Conclusions and suggestions folk remedies can be effective in combating colds. Through the use of natural plants, it is possible to increase immunity, cleanse the respiratory tract and bring the organism to a general stable state. But each method should be used depending on the individual case, in harmony with medical advice. Suggestions: scientific study of effective methods in folk medicine; Teaching folk medicine culture in schools and colleges; Extensive use of Phytotherapy in medical prophylaxis.

Features of colds colds colds (ORVI, flu) – a viral disease, which in most cases is accompanied by symptoms such as increased body temperature, sore throat, cough and runny nose. Natural methods in folk medicine, the following plants are used in cultivation: Honey and lemon – increase immunity. Zirevar (chabrets) – relieves cough, opens the airways. Raspberry (cattle) – has a sweaty effect, lowers fever. Itburin (shipovnik) – a source of vitamin C, strengthens the immune system. Preparation of decoction application in an enema: 1 tablespoon of dried herbs is infused in 1 glass of boiling water and drunk 2-3 times a day. A mixture of honey and lemon is taken at the rate of 1 teaspoon before meals. Treatment methods for stomach diseases and folk medicine It is characterized by stomach problems, stomach diseases – gastritis, yazva, unnecessary acidity and digestive problems. The main medicinal plants used Saline (chamomile) - reduces inflammation, has a healing effect. Calendula-restores the gastric mucosa. Dudar

(tisyachelistnik) – improves digestion, against heartburn. Gulibuna (myata) – helps digestion, reduces spasms. Method of use decoction preparation: brew 1-2 teaspoons of herbs in 200 ml of water for 10-15 minutes. Drink 2-3 times a day before or after appetite. Biological properties and mechanism of action of plants. Honey is a natural antibacterial agent. Raspberry-reduces fever due to salicylic acid. Itburin-a high amount of vitamin C. Calendula-antiseptic, accelerates regeneration. The brine is antiallergic and spasmolytic in nature. Myata-has an anti-inflammatory and calming effect.

CONCLUSION

Medicinal plants in folk medicine serve as an addition to modern medicine. They are inexpensive, natural and, in some cases, high in efficiency. However, when using any cocaine, specialist advice is required. The correct use of plants studied on a scientific basis will be an important factor in strengthening public health.

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