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9940 572 462



6381 907 438



ijirset@gmail.com



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Use of Medicinal Plants in Medicine of the Past Years

Khujamberdieva Yokutoy Rakhimovna

Andijan State Medical Institute, Andijan, Uzbekistan

The relevance of the use of medicinal plants has increased immeasurably in recent decades. This is due to the fact that even today we are witnessing therapeutic failures and complications. At the same time, due to the increased life expectancy of people, the number of people with comorbidities that require the simultaneous prescription of a number of drugs is increasing. It is not uncommon for substances to influence each other. This circumstance should be considered especially at persons of advanced and senile age. With a rational combination of medicinal plants, therapeutic possibilities expand. It is advisable to use medicinal plants in the primary prevention of a number of diseases, maintenance or course therapy in their secondary prevention.

KEYWORDS: medicinal plants, pharmacognosy, raw materials, drug, biologically active substances

The advantage of medicinal plants is their low toxicity and the possibility of long-term use without significant side effects. Wide therapeutic possibilities are the use of vegetables, berries and fruits. Their medicinal value is sometimes irreplaceable.

However, preparations created on the basis of chemical synthesis should not be opposed to herbal remedies; both are equally important for medical practice. Each drug, regardless of its receipt, takes its place in the treatment process, has its own character of pharmacological efficacy, the optimal range of indications for use. For example, antibiotics, hormonal drugs and psychotropic substances are indispensable in intensive care, and, on the contrary, in case of functional disorders, mild forms of pathology, medicinal plants should be preferred for maintenance therapy. Practitioners should have basic information about the modern scientific interpretation of traditional approaches to the treatment of medicinal plants, taking into account ecological, pathogenetic principles and determining their place in complex treatment.

The use of medicinal plants in medicine of the past. Information about the use of the healing properties of plants can be found in the monuments of ancient culture - Sanskrit, European, Chinese, Greek, Latin. On the use of medicinal plants "The book of preparation of medicines for all parts of the body." The records made on papyrus contained recipes that the ancient Egyptians used to treat many diseases. The Egyptians borrowed information about the healing properties of certain plants from the Babylonians and Assyrians. The ancient Egyptians used various ointments, lotions, potions of a rather complex composition. Fragrant oils, balms, resins were widely used. The healing properties of aloe, plantain, juniper and many other plants were known. In the ancient library of the Assyrian king Assurbanipal in Nineveh (c. 660 BC), clay tablets written in cuneiform also contain descriptions of medicinal plants, indicating the diseases for which they are used and the method of their use.

In ancient Chinese medicine, references to many human diseases can be found. Chinese physicians gave a great place in drug therapy to ginseng and antlers of deer and deer. The first Chinese book on medicinal herbs was written in 2600 BC. The then-famous physician Li Shi-zhen (1522-1596) in his work "Fundamentals of Pharmacology" characterized more than 1,500 remedies from medicinal plants. This book has not lost its significance to this day, translated into many languages of the world.

In ancient India, medicine had a religious-caste character. Doctors believed that most diseases come from spoilage of the "juices of the body."

For treatment, bloodletting, emetics, etc. were recommended. Ancient Indian doctors used about 750 medicines, most of which were of plant origin. Many Indian plants (especially spices) were imported into the Roman Empire at one time. Some of the Indian plants (chilibuha, rauwolfia) have long been included in European medical practice.

Pharmacognosy is a science that studies medicinal plants, medicinal raw materials of plant and partially animal origin, as well as products of primary processing of plants and animals. The Greek term "pharmakon" - simultaneously means two opposites of one remedy - medicine and poison, is included in the name of science along with the word "gnosis" - knowledge.

Medicinal plants serve as a source of medicinal plant raw materials. Medicinal plant materials are dried, often freshly harvested medicinal plants (or parts thereof) used for the preparation of a medicinal product.

Medicinal animal raw materials are animals or their dried organs and secretions used as sources of raw materials for the preparation of a medicinal product (leeches, deer antlers, red deer or spotted deer, cattle bile) and their processing products are more often used: lanolin, waste products of bees etc.

Prospects for the use of medicinal plants in modern medicine. At the beginning of the 20th century, medicinal plants accounted for 80% of all used medicinal products, but then synthetic, antibiotic and hormonal preparations significantly replaced them. In modern scientific medicine, their ratio has stabilized.

In the world market, every third medicinal product is a herbal preparation.

The range of medicinal plant materials is determined by the State Register of Medicinal Products approved for use in medical practice and for industrial production. In total, the register contains more than 3,000 items, including about 300 types of herbal medicinal raw materials, over 700 drugs, in the production of which herbal medicinal raw materials or substances from plants are used. This also includes standards for biologically active substances (biologically active substances).

Herbal preparations are used mainly for the treatment of cardiovascular diseases, as well as choleric, laxative, expectorant, gastric, sedative, tonic, photosensitizing and other means. Increasing use in chemotherapy of tumor diseases, which is due to the high specific biological activity, combined with a complex effect on the entire body.

Classification of medicinal plants by therapeutic effect:

acting on the central nervous system, soothing and analgesic, ganglioblocking, curariform, antispasmodic; acting on the cardiovascular system; hypotensive and antirhythmic action; anti-sclerotic action; diuretic and anti-edematous action; anti-inflammatory and antiulcer; choleric, astringent, fixing and laxative effect; expectorant, oral action; stimulating the muscles of the uterus, hemostatic action; photosensitizing, antimicrobial, antiviral, antiparasitic, antihelminthic, antitumor activity.

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