

## MEDICINAL PLANTS WITH SEDATIVE PROPERTIES

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**Annotation:** This article provides information about medicinal plants, their types, their use, and medicinal plants that have calming properties.

**Key words:** Medicinal plants, medicinal plants with sedative properties, chamomile, lion's tail, hawthorn.

Medicinal plants are plants used for the treatment of humans and animals, for the prevention of diseases, as well as in the food, perfumery and cosmetic industries. There are 1000 species of medicinal plants on earth. Of these, about 120 plant species that grow in natural conditions and are cultivated in Uzbekistan are used in scientific and folk medicine. Currently, about 40-47% of medicines used in medicine are obtained from raw plant materials. Flavanoids contained in medicinal plants are natural compounds that are a product of benzo-pyrone (chromone) and a phenyl propane skeleton consisting of C6-C2-C3 carbon atoms. The compounds in this group were named flavanoids because the first flavonoids isolated from plants were yellow in color (from Latin flavrum-yellow). Flavanoids are important in plant life. Flavanoids are involved in the formation of plant flowers, which, in turn, attract insects and help pollinate the flowers in time. It increases the resistance of plants to diseases, for example, if fungi fall on the leaves of pea plants, the flavonoid fisetin is produced in the plant leaves. A healthy pea leaf does not contain the flavonoid fisetin. There are other opinions that flavonoids take an active part in the oxidation and reduction process in plant tissues. The accumulation of some flavonoids in plant tissues largely depends on the type, generation, and family of this plant. . Of course, water, air, sunlight, mineral composition of the earth and many other factors influence the accumulation of flavonoids when the plant is moved from its homeland to other lands and other conditions.

Therefore, depending on the geographical location of the specific flavonoid-containing plant, it is allowed to use it for medicine only after analysis. In studying and applying it to medicine from a number of scientific research institutes in Uzbekistan, for example: scientists of the laboratory of coumarin and flavonoid chemistry at the Institute of Chemistry of Plant Substances under the FA of Uzbekistan, scientists of the Institute of Bioorganic Chemistry, scientists of the Problem Laboratory of Chemistry

of Natural Compounds of TashSU, Tashkent Pharmaceutical Institute scientists, as well as Russian, Ukrainian, and Georgian scientists contributed. Medicinal plants and products containing flavonoids are divided into the following groups according to their physiological effects:

1. Medicinal plants containing medicinal substances with vitamin P properties:

Japanese saffron

2. Medicinal plants that have sedative properties and are used in cardiovascular diseases: hawthorn species, lion's tail species, Baikal blueberry;

3. Medicinal plants with vitamin K-preserving and blood-stopping properties: bitter taron, peach, leafy taron, bird's eye;

4. Plants containing flavanoids, which have laxative properties and are used in gastrointestinal diseases: boznoch, dastarbosh, ittikanak;

5. Medicinal plants containing anthocyanins and diuretics: tricolor violet, sedge. Japanese saffron.

For product preparation: the fruit is harvested when it is ripe. The bud is collected to get rutin.

Use: nastoyka made from its fruit is used to treat purulent and trophic wounds, burns.

Hawthorn.

To prepare the product: the flower clusters of the plant are collected in May and June, dried in the shade. After the fruit is well ripened, it is collected with its bundles, then it is cleaned from the bundles. Dry in the sun or in cool drying areas.

Usage: drugs are used in heart diseases.

Lion's tail.

For preparation of the product: it consists of stems, leaves and flowers of the plant cut from the upper part of the stem to a length of 30-40 cm when the plant is in bloom.

Uses: Dandelion preparations are mainly used as a sedative, like valerian, to treat hypertension, nervous excitement and some heart conditions.

Baikal blueberry.

To prepare the product: when the plant blooms, it is harvested from the top of the ground at a height of 10-12 cm and dried in a cool place.

Use: as a medicine to stop bleeding from internal organs, in obstetrics and gynecological practice, in the treatment of hemorrhoids.

Peach.

To prepare the product: when the plant blooms, its upper part is harvested and dried in a cool place.

Uses: constipation, stopping bleeding from internal organs and treating hemorrhoids.

**Conclusion:**

We realized how important the plants containing sedatives are among the medicinal plants, that most of the medicinal plants contain sedatives, thereby curing many diseases.

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