

Effective Methods of Using the Medicinal Plant, Plantago Major, In Modern Medicine

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Received: 2024, 15, Dec

Accepted: 2025, 21, Jan

Published: 2025, 10, Feb

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Annotation: Today, the concept of integrating modern medicine and traditional medicine is gaining popularity in a number of countries, and it is believed that integrative medicine may be the medicine of the future. There is a lot of evidence to support such opinions, and we can also take as an example the emergence of new diseases as a result of the negative effects of chemical drugs. It is known that traditional medicine, with its unique traditions, is used to ensure the health of the population, provide medical and sanitary assistance, in particular, in the prevention of chronic diseases, and in their treatment, it is recommended to use medicinal plants that have passed many tests in practice in terms of quality, safety and effectiveness. Among such plants, Zubtutum is a very useful medicinal plant.

Keywords: Integration, zubtutum, medical sanitation, bargizub, gastritis, enteritis, enterocolitis, carotene, gastritis, enteritis, enterocolitis.

ENTRANCE

In recent years, the republic has been implementing consistent reforms in the field of medicinal plant protection, rational use of natural resources, establishment of plantations for the cultivation of medicinal plants and their processing. In many of our regions, unused vacant land is being used to cultivate medicinal plants suitable for this climate. Currently, many new diseases are emerging in our society, especially with climate change, allergic, oncological and various skin diseases are on the rise.

In particular, starting from June 1, 2022, the gradual inclusion of medicinal plants with proven effectiveness in the standards and protocols for providing medical care. In this regard, in order to ensure the widespread use of newly created and manufactured medicines in medical practice by the Ministry of Health, clinical protocols, diagnostic and treatment standards will be revised every six months; our President has instructed to submit a proposal to organize departments focused on teaching medicinal plants and folk medicine in all state medical educational institutions within three months. Resolution of the President of the Republic of Uzbekistan, No. PQ-251 dated 20.05.2022

REFERENCE ANALYSIS

The result of June 1, 2002. Inclusion of gradual medical care standards and protocols proved medicinal plants. At the same time, clinical protocols, diagnostics and disease treatment standards will be revised every six months to ensure that medicine is widely used by the Ministry of Health. The decision of the President, No PP-251 for 20.05.2022.

"On measures to protect, cultural cultivation, culture and use of existing resources on April 10 2020" On measures to protect the growing medicinal plants of the Republic of Uzbekistan "Wild" was done. Decision with the Ministry of Agriculture of the Republic of Uzbekistan, Ministry of Innovation Development, State Committee for Forestry Development, Development of Medicinal Plants from May 1 2020, the State Agency for the Ministry of Health, The storage, primary or deep processing cluses (hereinafter - medicinal plants) were approved by proposals for specialization in the regions on medicinal plants. At the same time, many scientists have worked on the basis of various methods in the study of medicinal plants. E.T Berdiyev, E.T Ahmedov "Natural medicinal plants" Juraeva, M.A. Juraeva, M.A. Medicinal plants, medicinal plants.f.e, the spread of medicinal plants explored endemic types. Preparation of medicinal plants and preparation of them, according to patients, Zt. Pillabekova, A.Abmedov, M.Uulchiyeva, S.Azimboyev's recommendations. 'Wits for wiring preparation and application recommendations. Also drug authorization indicators Y.E.D.Tilnnereptic indicators. Organization of food products and beverages organized by food. M. Agropoizat, 2002.-19 pages. Nishonov Bukhtali Rakhmatillayevich, Atakhanov Shortjon Nuriddinovich is a healing production for plants 2023-58 pages.

RESEARCH METHODOLOGY

The results are observed in modern medicine for bronchitis, cass cough, asthma, and other respiratory diseases. The tincture is 20-30 minutes after meals, drinks 2-300 tablespoons 2-3 days 2-7 days a day. Zubtutum, hatat, wages from 100 g of emptying. 3 The thermos and 3 cups of boiling water are poured on the evening of 3 cups. In the morning, it sails 3-4 times a day 3-4 times a 20-30 minute from 1 to 150 ml. It is not recommended in a stomach ulcers with the excess of the stomach acidity. The organoleptic indicators were also inspected in a corrector method of medicinal drinks.

ANALYZES AND RESULTS

Zubtutum raw tincture copy the cough in upper respiratory astrology as a result of bronchitis, coughs and other respiratory diseases in week's respiration for 5-7 days There was a fact that it was in the opening of appetite and facilitating general weakness. *Zubtutum (Plantago)* is a series

of 1-2 times and many years of herbs belonging to the Family of Zubturus. 260 types are known. 6 species are found in Uzbekistan. It is used in 4 types as a medicinal plant. Medicine is mainly two types of flavles and types of basiziles.

E.T Berdiyev, E.T Akhmedov According to "natural medicinal plants", Zubtutum leaf and seed contains vitamin C and vitamin, carotene, mucous, and other mods. The tight tills made from the leaf is used in the treatment of gastrointestinal diseases, wounds, and the sludge of seeds is used as a weak Syrian surface. Carotene K. Carotene K. Carotene K. Carotene K. in the Zubtutum is usually spent on the body of human and animal. R-Carotene and Cryptoxantin are provitamin and become vitamin in the liver. R-Karotin is widely used in medicine; Carotene is used as a painting substance in the food industry. The drugs of carotene are used as an analgesic ointment in Avitaminosis, burning from its colloidal solutions and cold. Carotene is obtained from plants and synthesized in the microbiological industry. The surface of the ground is used with the leaf of the Zubtutum in medicine. The leaves are busy, busy short years, and the shadows are dried on the ground.



The surfiye is sent to pharmaceutical plants to hire from it without drying the plant and dried. The Zubtutum plant is an effective plant for about 50 diseases. For example, gastric diseases (gastritis, enteritis, enterocolitis), in a cough, cancer, in the oppressed, especially in the eyes of cancer, especially in the eye disease, are especially effective in diagnosis. Gastrointestinal diseases (gastritis, enteritis, enterocolitis, enterocolitis, enteric and twelve fuel bowels of large zubtutum's medicinal drugs (the newly collected used in the treatment of wound disease.

In addition, gastric juice is also used in cases where the acidity of gastroints is reduced. The top or surface top is treated with colitis that is difficult to recover with juice. Coughs, fever and other diseases are treated with the roasted seeds mixed from the seeds of zubtutum. Zubtutum is mixed with an equal amount of sugar and stored in a hot place in a hot place. Then 3-4 teaspoons of lungs and gastric cantric can39 daily on the mixture of this mixture. **Note**, Barginzubil is not recommended in a stomach ulcer, which is accompanied by stomach acidity.

Medicine is mainly two types of flavles and types of basiziles. Contains vitamin C and K, mucous, bitter and eliminating substances, citric acid. Bargizbub has the ability to move phlegm, abandon, abortion, paractericidal and inflammation. The tincture and bronchi, bronchial asthma, coughs and bronchitis, and bronchial asthma, coughs and bronchitis, and tuberculosis are used in the tinctures of Bargizub, Bronchi, Bronchi, and Tuberculosis.

CONCLUSION

In the above information, we can see that the medicinal plantings are given for many years and it is owned in modern medicine instead of it. Zubtutum raw tincture copy the cough in upper respiratory astrology as a result of bronchitis, coughs and other respiratory diseases in week's respiration for 5-7 days As soon as it was observed that it was effective in the opening of the appetite and that the overall weakness was concluded, it was reported to the patients. The zubtutum plant is also accounting for the promotion of the population to promote constant consumption of medicinal plant products between the population.

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