

**MEDICINAL PLANTS AND THEIR IMPORTANCE IN
HUMAN HEALTH**

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Annotation. *This article discusses the biological characteristics of medicinal plants, their beneficial substances, and their importance in traditional and modern medicine. The article also provides information about medicinal plants found in Uzbekistan and their healing properties. In addition, the importance of protecting medicinal plants and using them rationally is highlighted.*

Keywords: *medicinal plants, phytotherapy, traditional medicine, healing plants, biologically active substances, health.*

Аннотация. *В данной статье рассматриваются биологические особенности лекарственных растений, их полезные вещества, а также значение в народной и современной медицине. Также приведена информация о лекарственных растениях, произрастающих в Узбекистане, и их лечебных свойствах. Особое внимание уделено вопросам охраны лекарственных растений и их рационального использования.*

Ключевые слова: *лекарственные растения, фитотерапия, народная медицина, лечебные растения, биологически активные вещества, здоровье.*

Nature is considered an inseparable part of human life. Humans obtain most of their food, clothing, construction materials, and medicines from nature. Plants, in particular, play an important role in protecting human health and

treating various diseases. Medicinal plants contain biologically active substances beneficial to the human body, and these substances play an important role in preventing and treating various diseases. Alkaloids, essential oils, vitamins, glycosides, and flavonoids found in these plants improve the functions of the human body. Today, medicinal plants are widely used in modern medicine and the pharmaceutical industry. Many medicines are produced directly from plant raw materials. Therefore, phytotherapy, which means treatment with plants, is developing rapidly. Uzbekistan is also considered one of the countries rich in medicinal plants. Thousands of plant species grow in the mountains, deserts, and valleys of our republic, and most of them possess healing properties.

Medicinal plants are natural plants used to preserve human health and treat various diseases. They contain biologically active substances that positively affect body functions. The healing properties of medicinal plants depend on their chemical composition. They contain alkaloids, flavonoids, essential oils, glycosides, vitamins, and organic acids. In Uzbekistan, medicinal plants such as mint, chamomile, rosehip, plantain, and harmala are widespread. Mint improves stomach function and calms the nervous system. Chamomile has anti-inflammatory properties. Rosehip is rich in vitamin C and strengthens immunity.

Medicinal plants occupy an important place in modern medicine. Today, many pharmaceutical preparations are produced from plant raw materials. Phytotherapy is distinguished by its mild effect on the human body and its minimal side effects.

Medicinal plants are also important for the economy. They serve as one of the main raw materials for the pharmaceutical industry. In Uzbekistan, great attention is also being paid to the cultivation and processing of medicinal plants. At the same time, the reduction of some medicinal plants is causing

environmental problems. Therefore, the protection of medicinal plants and their rational use are considered among the most important tasks.

Medicinal plants have played an important role in human life since ancient times. People have long used natural plants to treat various diseases. Medicinal plants contain biologically active substances beneficial to the human body, which help improve body functions, strengthen immunity, and prevent diseases. Therefore, medicinal plants are widely used in both traditional and modern medicine.

The healing properties of medicinal plants depend on their chemical composition. They contain alkaloids, flavonoids, glycosides, essential oils, vitamins, and organic acids. These substances positively affect the human body. For example, essential oils fight against microbes, vitamins strengthen the body's immune system, and flavonoids improve the cardiovascular system. Therefore, infusions, decoctions, and medicines prepared from medicinal plants are considered effective remedies for treating many diseases.

Uzbekistan is considered one of the countries rich in medicinal plants. Thousands of plant species grow in the mountains, deserts, and valleys of our republic, and most of them possess medicinal properties. In particular, plants such as mint, chamomile, rosehip, plantain, and harmala are widely used in traditional medicine. Mint improves stomach function and calms the nervous system. Chamomile is useful for colds and inflammatory diseases. Rosehip fruit is rich in vitamin C and strengthens immunity. Plantain is used in the treatment of wounds and injuries.

Medicinal plants are also important in modern medicine. Today, many pharmaceutical preparations are produced directly from plant raw materials. Phytotherapy, which means treatment with plants, is widely developing in many countries because natural medicines have a milder effect on the body and are considered safer than some chemical drugs.

At the same time, medicinal plants are also used in cosmetology. Plant extracts are added to various creams, shampoos, and cosmetic products. Medicinal plants also have great economic importance. They serve as an important source of raw materials for the pharmaceutical industry. Today, great attention is being paid to the cultivation and processing of medicinal plants in Uzbekistan. Special plantations are being established, and export-oriented medicinal plants are being increased. This plays an important role in developing the national economy and creating new jobs.

Conclusion. In conclusion, medicinal plants are considered valuable natural resources that play an important role in preserving human health and treating various diseases. The biologically active substances contained in them play a significant role in strengthening the body and preventing diseases. Today, the demand for medicinal plants is steadily increasing. Therefore, it is important to study, cultivate, and protect them on a scientific basis. The preservation and rational use of medicinal plants are important factors in ensuring human health and ecological stability.

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