

The Place of Camouflage in Folk Medicine (in The Example of the Surkhan Oasis)

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Abstract: The article provides information about the widespread use of the medicinal plant chamomile in folk medicine, its medicinal properties, and its importance in pharmacy and medicine.

Keywords: chamomile, chamomile tea, colds, tincture, bath, rheumatism

Introduction

The nature of Uzbekistan is distinguished by its unique beauty, sunshine, soil and water. That is why its plant world is extremely rich, one of which is medicinal chamomile, one of the most important plants widely used in medicine. Chamomile flowers are widely used in pharmacy and various medicines are obtained. At the same time, medicinal chamomile is widely used in folk medicine to treat many diseases. Therefore, chamomile is of great importance in the development of pharmacy, medicine and folk medicine.

Chamomile is an annual herbaceous medicinal plant belonging to the Asteraceae family, with more than 50 species. It is mainly found in Europe, Southern Siberia, the Caucasus and Central Asia. In many countries, including Tashkent and Namangan regions of Uzbekistan, the medicinal M. Recutito (Chittigul) species is grown on farms where medicinal crops are grown. The root system is not clearly visible. The taproot is poorly branched. The height of the medicinal chamomile is 50-60 cm in irrigated areas, and 45-55 cm in dry areas. The stem is mostly branched, forming one or more upright stems. It branches from the top. The leaves are alternate, sessile, 2.5 cm long, each divided into 2 or 3 thin, pinnately dissected lobes. The inflorescence (basket) consists of white ligular seed flowers. The flowers are white, yellow, fragrant. It blooms in June-July[1]. The fruit consists of oblong brown-green seeds 0.8-1.2 mm long. The weight of 1000 seeds is 0.26-0.53 g. The flowers in the basket contain 0.2-0.8% essential oil, coumarins, flavonoids, carotene, glycosides, coumarins, carotene, vitamin C, protein, astringent, bitter and mucilaginous substances, and other substances. Chamomile reproduces from seeds.

Materials and methods

The main factor for good germination of chamomile seeds is the soft top layer of soil, which must be moist and above +5°C for germination. Chamomile is sown in a vegetable planter with a row spacing of 60x60 cm. The seeds are very small and for uniform sowing, they are mixed with sand or manure. The seeds are easily blown away by the wind, so the sown area is lightly rolled over with a roller. 2-2.5 kg of seeds are used per hectare. The seeds germinate in 8-10 days. The seeds are transplanted after they have sprouted and formed 2-3 leaves. They are watered up to 10-12 times during the growing season. After germination and until flowering, the plants are fed with 30-40 kg of nitrogen, phosphorus and potassium fertilizers per hectare [2].

Chamomile grass begins to bloom 30-40 days after germination. If the plant is cared for in a timely manner, it is possible to harvest 10-12 centners of chamomile flowers per hectare.

Chamomile is called "babuna" in Persian, and the Arabs call it "babunaj" according to their pronunciation. There are various varieties of it, and varieties that grow semi-wild in gardens grow on the banks of ditches and in uncultivated lands.

Chamomile (*Chamomilla recutita*) is one of the plants that has been widely used in folk medicine since ancient times. Its medicinal properties are mainly characterized by its soothing, analgesic, anti-inflammatory and antimicrobial effects. In naturally rich regions such as the Surkhan oasis, the special importance of these plants is even higher and they are used as one of the effective means of folk medicine. When talking about the role of chamomile in the Surkhan oasis, its medical benefits and its role among the population, the importance of this plant in the treatment of various diseases is highlighted.

Chamomile is a plant belonging to the Asteraceae family, which blooms mainly in the summer. Its flowers contain flavonoids, tannins, essential oils, alkaloids, terpenoids, saponins and other biologically active substances. These substances give the plant soothing, anti-inflammatory and pain-relieving properties. Chamomile also has antioxidant properties, which protect the body from free radicals[3].

Results and discussion

Surkhan Oasis is a region located in the southeast of Uzbekistan, characterized by its rich nature. The climate and soil conditions here are ideal for plants and herbs. Chamomile is widespread in the flora of the Surkhan Oasis, especially playing an important role in the daily life of the rural population. In this region, chamomile is used mainly for the following purposes:

1. As a sedative

The calming effect of chamomile is widely used among the residents of the Surkhan Oasis. Its tea effectively helps to eliminate neurosis, insomnia, irritability and stress. The use of this plant is especially recommended for children and adults.

2. Anti-inflammatory agent

The anti-inflammatory properties of chamomile are used in the Surkhan Oasis for acute and chronic diseases, including diseases of the gastrointestinal tract, inflammation of the nose and throat. Infusions and oils of the plant are also used for skin inflammation, wounds and ulcers.

3. Treatment of intestinal and stomach problems

Many villagers in the Surkhon oasis have problems with the gastrointestinal system. Chamomile tea, in particular, soothes the mucous membranes of the stomach, improves digestion and reduces intestinal gases. Chamomile also has a mild laxative effect, which helps to combat constipation.

4. For healthy skin and hair

Chamomile is also used in hair and skin care. Its extract helps to regenerate the skin, eliminates skin problems such as inflammation and acne. It is used as a skin conditioner and tonic.

5. Antimicrobial effect

The antimicrobial and antifungal properties of chamomile are used not only to treat diseases, but also to prevent them. In the Surkhon oasis, these properties are especially useful for common diseases, such as respiratory infections and skin diseases.

In the Surkhan Oasis, chamomile is used in various forms for medicinal purposes:

- Tea — Tea made from chamomile calms the nervous system, improves sleep, and improves general well-being.

- **Tinctures and extracts** — A tincture or extract is prepared from the dried flowers of chamomile and is used to relieve inflammation and pain.
- **Oils and greases** — Chamomile essential oil is used in skin care and as an anti-inflammatory.

They make hair dye from the flower. This color turns chestnut-colored hair into auburn hair, and auburn hair into a golden hair, making it extremely transparent and shiny.

Chamomile, a plant with healing properties, is distinguished by its ability to normalize the skin and sleep, as well as other unique medicinal properties. Below we will talk about the healing properties of chamomile.

Gargling with chamomile tincture is effective in preventing and treating sore throats or colds. To do this, take 4 tablespoons of dried chamomile flowers, pour half a liter of water, let it sit for 45 minutes. Then strain and gargle the mouth with this tincture 4-5 times a day.

Chamomile is also used to maintain kidney health and cleanse it of various toxic substances. To do this, mix 1 tablespoon of pumpkin and flax seeds, coltsfoot, chamomile flowers and steep in 0.5 liters of boiling water for 30-40 minutes. Then strain and divide the finished tincture into 4 parts. Drink 1 hour before meals for 5 days [4.19-20].

Some people complain about poor night's sleep. If sleep does not come, folk remedies, along with medications, give a positive effect. For this, 1 teaspoon of chervil (chereda) herb, 0.5 teaspoon of chamomile flowers, 1 tablespoon of oat stalks are taken and mixed. And 200 ml. of boiling water is added to it, and it is left for half an hour. After straining, 100 milligrams are taken 2 times after meals - in the morning and in the evening [5.18].

Chamomile flowers are effective in treating stomach aches, stomach and intestinal diseases when taken as a decoction. It cleanses the human body of excess internal bacteria. Chamomile can also be used as a bath: boil 500 grams of chamomile flowers in 3 liters of water for 10 minutes, let it sit for 30-40 minutes, strain it, put it in a bathtub filled with water, and take a bath in it. It is effective in cases of nervousness, vasoconstriction, and rheumatism. It also prevents wounds, injuries, and inflammation[6].

My leaves soften food and make it digest faster, strengthen the brain and nerves, increase milk and sweat. I relieve brain and headache pain, stop nasal discharge. I drive away gout, eliminate inflammation, treat shortness of breath, and cure jaundice. I am useful for the respiratory tract and liver. I dissolve gallstones, crush kidney stones and expel them[7]. I eliminate phlegm and intestinal colic. Chewing my leaves and flesh cures burning in the mouth, and washing the eyes with my water when cooked relieves pain. My smoke drives away insects. The amount of my consumption is up to 15 grams. My root is stronger, and it is recommended to eat up to 5 grams of it. If it is eaten with wine and honey, it increases male potency[8].

The place and importance of medicinal plants in medicine are evidence of their increasing importance. It is no coincidence that the demand and need for medicinal plants currently pose a number of issues that need to be resolved before the state agencies that grow and prepare them[9].

Conclusion

The role of chamomile in folk medicine is very large, especially in such naturally rich regions as the Surkhan oasis. Chamomile, with its effective properties in the treatment of various diseases, is not only a gift of nature, but also gaining a place in modern medicine. Its soothing, anti-inflammatory, analgesic and antimicrobial effects are especially appreciated and used in folk medicine. Given the natural resources of the Surkhan oasis, chamomile and other plants play an important role in improving public health.

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