



Hyssop Plant And Medical Properties

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Abstract: *About the biology of hyssop plant, distribution areas, their types, importance in folk medicine, chemical composition, treatment against diseases, mainly the above-ground part is used in modern medicine and medicine, pharmaceutical industry as a remedy for thousands of pains and can be used in diseases. Information about the herbal decoction and tinctures is provided.*

Keywords: *Hyssop, spice, tincture, gingivitis, aldehydes, oleanolic, apical, compress, hypotension, flatulence.*

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The root of the hyssop is woody, the stem is short branched, tetrahedral, short growth-like, almost hairless. The stem is woody, 45 to 70 cm long, the leaves are lanceolate, opposite on the stem, whole leaf. 2 to 4 cm long and 4 cm to 9 mm wide. There are 3-7 lobes in the axils of the leaves. The flowers are purple, blue, white, or pink in small two-lipped, apical spike-like inflorescences. Hyssop blooms from June to October. The fragrance of the plant attracts bees to the garden: any type of hyssop is a honey plant. Hyssop seeds ripened in the second half of August remain viable for three to four years. The plant remains green even with the onset of winter. Hyssop is a required spice and universal tool in cooking.

Healing properties of hyssop. Humanity has known the beneficial properties of hyssop since ancient times and has been using it for a long time. The plant contains a large amount of vitamins: A, B, C, E, K, D and PP. Hyssop leaves and roots are rich in iron, copper, manganese, potassium, selenium, chlorine, silicon, fluorine, tungsten and boron. Hyssop also contains tannins, bitterness, aldehydes, oleanolic and ursolic acids, flavonoids, alcohols and essential oils. Healing hyssop. Weeds have always attracted the attention of healers for their medicinal or poisonous properties. Aesop is no exception. Its benefits are huge.

How to use this plant? A cooled decoction of the leaves is used as an anti-inflammatory agent for gum disease, stomatitis, and mouth ulcers. Compresses moistened with decoction are used to treat wounds, skin burns or eczema. In the treatment of skin wounds, powders and ointments are mainly used.



The plant is useful for the following diseases:

- bronchial asthma;
- indigestion;
- rheumatism.

In case of high temperature and cough, not only dry, but also freshly cut herbaceous leaves and stems are used for boiling. Take 1 tablespoon of the product. Put it in 1 glass of water and put it on a slow fire. Bring it to a boil, after boiling for 5-10 minutes, remove it and filter it. Cool it and add a tablespoon of honey and eat it. Contraindications to the use of hyssop

Before use, it should be noted that hyssop has a number of contraindications (harmful properties). Not recommended for people with high stomach acid; Long-term use of infusion with hypotension, nephritis and nephrosis can cause side effects; Hyssop decoction helps to reduce and stop lactation, so pregnant women and lactating women are strictly forbidden to take it; The essential oils contained in the plant have a negative effect on the body of people suffering from epilepsy and neuropathy; The use of hyssop in the form of infusion should be stopped in case of diarrhea and indigestion; Children and adolescents should take the infusion with caution, because it has a strong effect on the oils that make up the plant; Dosage forms of hyssop

Hyssop is often used in medicine in the form of tinctures, decoctions, teas and infusions. Decoctions are usually used to treat respiratory diseases and relieve inflammation. Winding helps fight urinary tract infections. Tinctures - for diseases of the gastrointestinal tract, they are especially useful externally for colitis and swelling, as well as for the treatment of hematomas, wounds and other skin lesions. Infusions are used to wash the throat and mouth with inflammation of the mucous membranes and stomatitis, to wash the eyes with conjunctivitis. It also improves appetite. Tea is good for coughs, sore throats and colds. In addition, this tool improves digestion, lowers blood pressure, calms the nervous system and reduces fever. Decoction of hyssop. Place 100 grams of

dried, chopped grass and hyssop flowers in a liter of boiling water, then boil the composition for about five minutes. Weigh the finished product and mix it with 150 grams of sugar. You can drink no more than 100 ml of tincture per day, it is recommended to divide this dose into three to four doses; Hyssop infusion. Pour 20 grams of dried plant into a thermos, then pour a liter of boiling water there. After half an hour, the product will be ready, pour it out of the thermos and then strain it. The infusion should be taken three times a day. In this case, one dose should be half a glass;

Tincture of hyssop. Mix dry white wine (1 liter) with 100 grams of dried herbs. Soak the product for three weeks in a cool, forced, dark place, shaking the container daily. Take a teaspoonful of the strained tincture three times a day.

Traditional medicine recipes based on hyssop

1. Bronchial asthma and suffocation can be prevented with the help of infusion, for this, take 4 tablespoons of grass, grind it well, put it in a thermos, pour 1 liter of water and leave it for 1 hour. Then pull. You need to take 1 tablespoon hot 30 minutes before meals. The course of treatment is 1 month.
2. With diseases of the gastrointestinal tract, hyperhidrosis, you can drink such a tincture, for which you need a teaspoon of small flowers, leave for 2 hours, take 3 times a day. If you have conjunctivitis, it is good to wash your eyes with this tincture.
3. Tinnitus and shortness of breath can be treated with powdered leaves, don't forget to add honey. You need to take 1 tablespoon of infusion. Drink water 3 times a day.
4. If a person is often worried about respiratory diseases, you can use this recipe - take 2 teaspoons of dried leaves, pour 1 cup of boiling water, leave for 20 minutes. Take half a glass twice a day. In cases of bronchitis, you need to take a teaspoon of hyssop, pour 200 ml of boiling water, leave for 15 minutes. Drink 2 times a day.
5. You can beat a cold with this recipe: mix hyssop with mint, pour 200 ml of boiling water, insist, take 1 cup 2 times a day.
6. Collecting sage and hyssop helps to get rid of laryngitis and pharyngitis, for this you need to mix everything well, pour a glass of boiling water, insist and drink. Take twice a day for a week.
7. A recipe based on hyssop and white wine helps to get rid of flatulence and colitis, leave for a month, shake.
8. In case of loss of appetite, it is necessary to take a decoction of hyssop grass, for this you need two tablespoons of chopped grass, leave for an hour, drain.
9. Rinse the mouth with gingivitis, stomatitis, you need an infusion of hyssop, it requires 120 ml of alcohol, 20 grams of grass, insist for a week and strain. Take a teaspoon of tincture, dilute it in water, rinse your mouth with it.

Hyssop in cooking

In hyssop, the non-woody part of the leaves and branches is used as a spice. Hyssop is bitter, and has a slightly bitter taste and a distinct smell, which makes it an important component of many dishes and not only improves its quality, but also enriches them with useful substances.



In home cooking, fresh leaves and tops of branches with flowers are used to add to minced meat and soups. This spice is often used to stuff sausages and eggs. Hyssop is an excellent product for cooking such as roast pork and beef.

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