

MEDICAL PROPERTIES OF LAVENDER PLANT

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Abstract:	Keywords:
Lavender flowers, widely used in traditional medical systems and folk medicine, are a promising object for pharmacognostic and pharmacological research. At present, Andijan State University researchers conduct extensive research on the raw material of the medicinal plant - lavender officinalis flowers. The results obtained in the care and adaptation of lavender to the climate of Uzbekistan can be used to develop this type of raw material.	Lavender plant, Lavender flowers, essential oil, medicinal, lavender tincture, soothing, antiseptic, spice

Introduction

Widely used in traditional medicine systems and folk medicine in various regions, Lavender flowers are a promising object for in-depth pharmacognostic and pharmacological research. It is still used in some countries only as a raw material for obtaining essential oils. Undoubtedly, the introduction of medicinal products obtained from this raw material into medical practice can be of great interest. In the last 10 years of the last century, there has been a great interest in natural medicines and medical prophylactics. Essential oil plants, which have been used for centuries not only as perfumes and spices, but also as medicinal products, should be included in the famous research objects. Among these medicinal plants, special attention should be paid to medicinal lavender, which is widely used.

Medicinal Lavender - *Lavandula angustifolia*

Mill. (= *L. officinalis* Ch., *L. spica* L.)

Section - Magnoliophyta

Class - Magnoliopsida

Subclass - Asteridae

Order (tribe) - Lamiales

Family - Lamiaceae

Family - Lavanduloideae Brig.

Category - *Lavandula* L.

The natural habitat of medicinal lavender is from the Canary Islands to Arabia and the East Indies. Currently, this plant has been cultivated in many countries, including Russia, England, USA, France, Italy, Spain, Portugal, Morocco, India, Australia, and South America. If in 1923, essential oil was obtained only from wild lavender, by 1956, 90% of essential oils were obtained from cultivated lavender. [2]

Lavender officinalis is an evergreen shrub with a height of 30-100 cm. The root system is strong, woody. Stems are erect, spreading, strongly branched. The leaves are oblong, entire or toothed, folded inward along the edge, opposite on the stem. The length of the two-sided symmetrical flower is 2-6 cm, the width is 2-6 mm. It produces 6-10 spike-like flowers that bloom at the tip. Sepals are 5-jointed, short tube-like, 3-5 mm long. Petals are purple, blue-

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violet, pink. They are placed one after the other in opposite balls. The fruit consists of seeds wrapped in a cup. The seeds are 2.5 mm long, oblong-oval in shape, smooth, dense and dry dark brown. Medicinal lavender is a phytophilous, sun-loving plant. It can grow in different soils. It is a very hardy xerophytic species that grows well in light, sandy-loam, siliceous-lime soils with moderate humus and dryness. It can tolerate a pH of 5.5 to 8. Soils with high humidity inhibit its growth and are prone to root diseases (rot). Flowering lasts 30-35 days, corresponding to May-June. First the lower stems bloom, then the upper stems. The width of the bush depends on the feeding area. For raw materials, the area planted with lavender is harvested after 50% flowering. The flower is cut at 10-12 cm and sent for processing. Due to the low level of oil extraction losses, raw materials can be processed both withered and dried. Productivity is 2.5-3.5 tons per hectare. Lavender is propagated by seeds or cuttings. In natural conditions, the life span is 25-30 years, and in industrial cultivation it is much less. It is rejuvenated 2-3 times in industrial plantations during its life. The plant is frost-resistant to -20°C. [2.5]

Lavender has been grown for industry since the 18th century. Initially, it was grown in gardens and farms for medicinal purposes. In 1720, lavender was cultivated in the medicinal garden of Astrakhan. In the 25th years of the 20th century, it began to be cultivated in large areas in Europe. Cultivation of lavender in the Republic of Uzbekistan has not been put into practice. Narrow-leaved lavender is native to the French and Spanish coasts of the Mediterranean Sea, and is cultivated throughout Europe, North Africa, and North America. The main region of lavender cultivation in Russia is Crimea. In this zone, culture is grown in the foothills, southern coast and steppe regions of Crimea. Lavender is a simple plant and can grow in gravel, slate and carbonate soils. when grown on insufficiently fertile land, lavender produces very high yields. [3,6,7]

In Crimea, according to 2014 data, lavender occupies 2.1 thousand hectares, of which 60% of plantations are over 10 years old. It should be noted that in the 1980s, the area under lavender was 4.5 thousand hectares. The main places of lavender cultivation in Crimea are Bakhchisarai, Belogorsk, Black Sea and Simferopol. In recent years, there has been a trend to renew and expand lavender plantations. The reason for this is that lavender is a highly profitable crop, and even taking into account the high cost of pure-bred planting material, planting a plantation pays for itself in 3-4 years of its operation. It should be noted that the high productivity of the plantation lasts 20-25 years. It requires minimal costs to care for it. [7]

Lavender as an aromatic plant has been used by people for various purposes throughout the ages, including medical practice. The ancient Greeks claimed that lavender was a powerful remedy for flatulence, dizziness, and various infectious diseases. 2,000 years ago, the Romans used lavender oil for purulent wounds, burns, stomach and respiratory tracts, and rheumatism. Reyes and Ibn Sino mentioned lavender in their scientific publications entitled "Compounds" and "Laws of Medicine". In Indian (Ayurveda) and Chinese (Zhud-Shi) medical systems, it has been used as an antispastic agent. [3.5]

According to legends, the ancient Romans added lavender to their baths for fragrance and cleanliness. Lavender essential oil has skin rejuvenating and burnt skin regenerating properties. It also has a beneficial effect on our hair, preventing breakage and getting rid of dandruff. The use of lavender oil is very common, and due to its many beneficial properties, the plant is used in the treatment of various diseases. Lavender flower can be called a natural fragrant souvenir. The reason is that it not only makes your home look beautiful, but also makes it fragrant. Lavender honey and tincture are very useful for human life. Queen Elizabeth I also loved lavender. Lavender tea relieved him of severe migraines. Her royal table was never without lavender jam, and bakers even invented recipes for lavender cookies. In France, Italy and Spain, lavender is added to salads, sauces and soups. They cook together with vegetables and meat. In China, it is added to green tea and other drinks as a flavor. In Bulgarian folk medicine, a tincture made from lavender flowers was used to treat migraines, neurasthenia, and diseases of the stomach and intestines. Lavender oil is applied to joint pains and rheumatism. In Austrian folk medicine, lavender leaves picked during flowering have been used as a sedative. In Polish medicine, lavender tincture was used for ear colds and a chamomile mixture for primary bronchitis. French and Mediterranean healers used lavender tincture as a sedative, diuretic, and pain reliever. In Iranian and Arab medicine, it has been used as a stomachic and diuretic, sedative, anticonvulsant, especially in neuropathic headaches and migraines. [6]

Pharmacological research shows that it has sedative, anticonvulsant, antispasmodic and skin inflammation properties. Medicinal lavender and lavender oil are used as official medicinal products in India, USA, France, Germany, Great Britain, and Italy. "Altaleks" (Lek). "Amol" (Roland), "Nervoflux" (Rhone-Poulenc Rorer), "Pax +" (Arkopharma), "Antimigrol" (Al Natural B.V.), "Herbal Collection 22" (Salus-Haus Dr O.GmbH) , " Migball - nail "(Alkaloid a.d. Ckople) drugs contain essential oils.[1]

The main product of narrow-leaved lavender flower processing is essential oil, which is used in the production of perfumery and cosmetic products (perfume, cologne, soap, cream, ointment, etc.), medicine, household chemicals, paint and liquor industry. . The value of essential oil is in its components, mainly linalyl acetate (40-50%) and linalool (30-40%). [7]

In conclusion, it can be said that it is necessary to cultivate the medicinal lavender in order to use it in medical practice and establish its use in the pharmacology of Uzbekistan.

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