ZA`FARON (CROCUS SATIVUS) O`SIMLIGINI ISHLATILISH SOHASI

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Annotatsiya: *Za`faron (Crocus sativus) o`simligini amaliy ahamiyatini o`rganish haqida yoritilgan. Shuningdek, za`faron o`simligini morfologiyasi va ishlatilish sohalari haqida ma`lumotlar berib o`tilgan.*

Kalit so`zlar: *Crocus sativus, fitopatogen, antioksidant, sitigmasterol, zeaksantin.*

Ziravolar shohi deb atalmish za'faron (Crocus sativus) – sapsarguldoshlarga mansub ko‘p yillik o‘tsimon tuganak piyozli o‘simlik. Yovvoyi holda uchramaydi. Hindiston, Pokiston, Xitoy, Janubiy Yevropa, Ozarbayjonda katta maydonlarda ekiladi. Piyozining diametri 1-2 santimetrdan 4-5sm gacha bo‘ladi. Bargi 5-15 ta, och sariq rangda; eni 2 mm, tuksiz. Guli 1-4 ta, gultoji oqish, pastki qismi (tashqi tomondan) binafsha rang, uzunligi 2-4 sm. Changchilari gulqo‘rg‘ondan qisqa. Ko‘sagi cho‘ziq, eni 6-7 mm. Ushbu o‘simlikning tarkibidagi moddalar (krokin, kroketin, mangikrotsin, campeste-rin, stigmasterol, b-sitosterol, urular, oleik, palmitik, palmitoleik, oleik, linoleik va linolenik kislotalar, fitoen, fitofluen, b-karotin, likopen, zeaksantin, pikrokrotsin va safranal), ularning aksariyati katta farmakologik ahamiyatga ega [3, 4]. Eng aniq o'smalarga qarshi va antioksidant faollik za'faron, ko'p to'yinmagan diterpen tarkibiga bog'liq krokin, bu ham stigmalarning to'q sariq rangiga javob beradi [1, 2, 4]. Bundan tashqari, ko'p yillik aseksual ko'payish za'faronning turli fitopatogenlarga chidamliligini pasayishiga olib keladi, bu ko'chat materialining yuqori darajada ifloslanishiga sabab bo'ladi. Za‘faron gulining ustunchalaridan olingan mahsulot pazandachilik va farmatsevtikada ishlatiladi. Gul barglaridan esa choy tayyorlashda foydalanish mumkin. Za faron ziravor sifatida ishlatilgan. Abu Ali ibn Sino — asarida 900 ga yaqin o‘simlikning shifobaxsh xususiyatlari va ularni ishlatish usullari to‘g‘risida ma'lumot keltirib, Za'faronning 100 ortiq kasalliklarni davolashda foydalanilishini qayd etgan. Oziq-ovqat sanoatida – qandolat mahsulotlari, keks, pirog, turli bulochka va turli kremlar, muzqaymoq tayyorlashda keng qo‘llaniladi. Zafaron qo‘shilgan oziq-ovqat mahsulotlari bir necha kun o‘z sifatini yo‘qotmaydi. Za‘faronning dorivor xususiyatlari haqida miloddan avvalgi 2600 yilda yozib qoldirilgan. Xitoyning tabobatga doir kitoblarida, Misr papiruslarida yozib qoldirilgan. Qadimgi Rimda za faron yordamida ko`z kasalligi – kataraktani davolashgan va zaharlanishga zid vosita sifatida qo`llashgan. Ibn Sino za‘farondan sil kasalligini davolashda foydalanganligi haqida ma‘lumot qoldirgan. Buyuk hakimning ta‘kidlashicha, za‘faron (damlamasini) ichish insonni yoshartiradi, rangni tiniqlashtirib, ko`zni ravshan qiladi, yurakni quvvatlantiradi [5]. Za'faron qadimdan dorivor o‘simlik sifatida foydalanib

kelingan. Zamonaviy tibbiyotda u ko‘zga tomiziladigan dori tayyorlashda va umumiy quvvatlantiruvchi turli dori-darmonlar tayyorlashda ishlatiladi [6].

Xulosa

Xulosa qilib shuni aytish mumkinki, ziravorlar sultoni va dorivor o`simliklar ko`rki bo`lgan za`faron (crocus sativus) qadimdan barcha sohalarda qo`llanib kelingan. Bugungi kunga kelib prezidentimiz tashabbusi bilan noyob o`simlik sifatida katta plantatsiyalarga ko`chirib o`tkazilmoqda.

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