

MEDICAL PROPERTIES AND ETHNOBOTANICAL INFORMATION OF DANDELION TARAXACUM BICORNE DAHLST.

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Annotation: *In recent years, the rise in the number of diseases has increased the demand for medicines. As a result, problems arise in the production of various drugs in the pharmaceutical world. But it can also be said that nowadays the use of medicinal plants is also increasing, which leads to a decrease in the use of synthetic drugs by the population. The reason for this is that artificial medicines have many harmful effects, while natural medicinal plants have no harmful effects and are cheaper. The article presents research results and ethnobotanical data of Taraxacum bicornе Dahlst. - medicinal dandelion in the Bukhara region. At the same time, the habitats of medicinal dandelion in the region, the chemical composition, the use of the plant by the local population, and its healing properties were described.*

Key words: *Region, region, healing, medicine, tincture, time, method, remedy.*

INTRODUCTION

The use of plants with beneficial properties has been known since ancient times. In particular, the use of medicinal plants is associated with the name of the great physician Abu Ali ibn Sina. Ibn Sina, in his book "The Laws of Medicine," provided information about approximately 1000 types of medicinal plants and recommended the use of some of them as food [1]. During his life, Ibn Sina used more than 450 medicinal plants found in the Bukhara region to treat patients. In Uzbekistan, scientific research on medicinal plants can be seen in their works by K. Khozhimatov and O.K. Khozhimatov [2;3]. Scientific research by scientists on the study of medicinal plants is associated with the use of these plants in folk medicine and modern medicine. Not only the medicinal properties of medicinal plants in the study area are covered, but also information about their use as food.

Object and methods of research: Taraxacum bicornе - Asteraceae is a perennial herbaceous plant 10-30 cm tall, belonging to the family, the root system is taproot. The main root is relatively thick, usually erect, less branched; the root pharynx is hairy, less smooth. All leaves are collected into a ball 10-25 cm long and 1.5-5 cm wide. There are several flower stalks. They are leafless, smooth, hollow. All flowers are lanceolate, bisexual, yellow. Roots, stems and leaves usually have a white milky sap [6]. The fruits are light brown or brownish pistachios, the expanded part of which is 3-4 mm long, and the upper half is covered with sharp ridges with papules of simple coarse hairs. Blooms in March-June; pistachios ripen about a month after flowering. Taraxacum bicornе roots contain triterpene compounds, P-sitosterol, sigmasterol, inulin (up to

24%), choline, nicotinic acid, nicotinamide, resins, waxes, rubber (up to 3%) and fatty acids containing oleanol glycerides, palmitic, linoleic, lemon balm and serotinic acid, oil is isolated. *Taraxacum bicorne* roots contain a lot of inulin, especially in autumn. Repeated flowering and fruiting are often observed during the summer. As a result of scientific research conducted in 2019-2023, more than 700 herbarium specimens were collected in the Bukhara region. The collected herbarium specimens were identified on the basis of scientific sources "Flora of Uzbekistan" [4], "Identifier of Plants of Central Asia" [5]. Based on herbarium specimens of plants collected as a result of research and ethnobotanical data collected by local residents, not only the medicinal properties of *Taraxacum bicorne*, but also its nutritional properties in local cuisine were identified.

Results of research and discussion: Galenic preparations obtained from fresh *Taraxacum bicorne* roots are used to stimulate appetite and improve digestion, including improving the secretory activity of the gastrointestinal tract, increasing the secretion of bile and digestive glands. In addition, preparations from dandelion roots are used both alone and in mixture with other laxatives for cholecystitis, hepatocholecystitis, anacid gastritis caused by pathology of the hepatobiliary system and chronic constipation. Thick *Taraxacum bicorne* extract is used in the preparation of tablets; in addition, the root of the plant is included in appetite stimulants, stomach and diuretics [6; 7]. To prepare *Taraxacum bicorne* root tincture, place 10 g (1 tablespoon) of dry roots in an enamel container, add 200 ml (1 glass) of hot boiled water, cover with a lid and heat in boiling water (water bath) for 15 minutes, stirring frequently. The mixture is then cooled for 45 minutes, then filtered and the remaining mass is squeezed out. The resulting tincture is diluted with boiled water and brought to the original volume of 200 ml. Stored in a cool place for up to 2 days. The resulting tincture is drunk 1/3 glass 3-4 times a day 15 minutes before meals as a bitter and laxative.

Taraxacum bicorne is used in folk medicine as a means of accelerating digestion; a decoction of the roots and leaves is used in the treatment of kidney diseases, as a laxative, as a laxative, and as a diuretic. *Taraxacum bicorne* tincture is useful for liver flu, gall bladder and stomach inflammation. Gargling with this tincture is effective for toothache and sore throat [6]. The juice extracted from the leaves of the plant helps in the treatment of anemia, impotence and diseases of the chest organs. In early spring, *Taraxacum bicorne* is collected from the roots and tops of the plant for the preparation of medicines. The collected plant root is washed with cold water, dried in the open air, and then dried in a single layer. The leaves of the plant are dried in a protected place with air exchange. To prepare *Taraxacum bicorne* tincture at home, pour a glass of boiling water into a container with a closed neck, place a teaspoon of crushed tops or roots of the plant on top and leave for an hour. Then the resulting mixture is filtered through cheesecloth and drunk 50 g 3-4 times a day 30 minutes before meals.

Summary. In recent years, the rise in the number of diseases has increased the demand for medicines. As a result, problems arise in the production of various drugs in the pharmaceutical world. However, it can also be said that the use of medicinal plants is increasing every year, which leads to a decrease in the use of synthetic drugs by the population. Of particular importance in this regard are medicinal plants used in folk medicine. As a result of the analysis of wild species of medicinal plants in the Bukhara region, it was established that some of the species existing in the region have been used by the local population for various purposes since ancient times. Collection of ethnobotanical data on the proper use of medicinal plants is an urgent task today.

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