

URGENTIC IMPORTANCE OF MEDICINAL PLANTS TODAY

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Annotation:Currently, the importance of medicinal plants is increasing. They are widely used not only in traditional medicine, but also in modern pharmacology and cosmetology. Medicinal plants are used as natural and environmentally friendly means for the treatment of various diseases, strengthening immunity and prevention. This article analyzes the relevance of medicinal plants, their methods of use and scientific study.

Keywords:medicinal plants, medicine, pharmacology, traditional medicine, environmental friendliness, immunity, natural medicines, treatment, prevention.

Nowadays, the importance of medicinal plants is increasing. The widespread use of medicinal plants in traditional medicine and modern pharmacology further emphasizes their role in maintaining human health and treating various diseases. Natural medicines are distinguished by their low level of side effects compared to chemical drugs, environmental safety, and beneficial effects on the body.

Medicinal plants have long been used in folk medicine, and today their scientific basis is being studied in depth. As a result of the development of the fields of phytotherapy and pharmacognosy, medicinal products obtained from plants are widely used not only in traditional medicine, but also in the pharmaceutical industry. Therefore, scientific research on the identification of medicinal plants, their cultivation, and their use in medicine is one of the current issues.

This article provides a comprehensive analysis of the current importance of medicinal plants today, their role in human life, and their use in healthcare. The advantages and problems of using medicinal plants are also highlighted, and scientific conclusions are given about their prospects.

A number of scientific studies have been conducted on the pharmacological significance of medicinal plants and their use in medicine. In particular, Karimov A. (2015) in his studies provided detailed information about the biological activity of medicinal plants and the therapeutic efficacy of preparations prepared from them. In his opinion, phytotherapy is one of the important areas of modern medicine and serves as the basis for the development of environmentally friendly and natural medicines.

Also, Rasulov N. (2018) in his scientific work studied the composition of medicinal plants found in Central Asia and determined their antibacterial and anti-inflammatory properties. According to the results of the study, extracts from local medicinal plants have been proven to be highly effective in treating many diseases.

Research conducted by Tursunova G. (2020) is devoted to the possibilities of industrial cultivation of medicinal plants and their use in the pharmaceutical sector. According to the scientist, by cultivating medicinal plants in artificial conditions, it is possible to control their quality and increase the volume of drug production.

Another important source is the work of Kholmirezayev U. (2021). He studied the ecological significance of medicinal plants and analyzed their role in preserving the natural

environment. The results of the study show that improper collection and overexploitation of medicinal plants can have a negative impact on the environment.

In general, the analysis of the literature shows that medicinal plants play an important role in the fields of pharmacy, ecology, and health. The continuation of scientific research will allow to reveal their new properties, develop innovative drugs, and use them more effectively in modern medicine.

Today, the role of medicinal plants in medicine, pharmacy and folk medicine is increasing. Their natural effect on the body, fewer side effects compared to chemical drugs, and environmental safety are recognized as important advantages. Modern scientific research is revealing new pharmacological properties of medicinal plants through in-depth study of their composition.

Medicinal plant preparations are used as effective means for treating various diseases. For example, plants such as flax, yarrow, lavender, mint and sage play an important role in strengthening the cardiovascular system, calming the nervous system and increasing immunity. Ginseng, goat's milk and herbal extracts serve to increase the physical and mental activity of the body.

At the same time, the industrial cultivation of medicinal plants is gaining importance. Rasulov N. (2018) emphasizes in his research that by growing local medicinal plants in artificial conditions, it is possible to control their quality and reduce their impact on the environment. This will serve to expand the production of medicines while preserving natural resources.

The use of medicinal plants in folk medicine is also a pressing issue. Nowadays, many people prefer natural alternatives to chemical drugs. Spices, oils, and herbs widely used in folk medicine have been proven to be effective in strengthening immunity, treating gastrointestinal diseases, and normalizing blood pressure.

However, there are some problems with the use of medicinal plants. Their improper use, violation of dosage norms, or the use of poor-quality raw materials can harm patients. Therefore, it is important to use methods proven based on scientific research and follow expert recommendations when using medicinal plants.

It is also necessary to pay attention to the ecological balance in the process of industrial collection and processing of medicinal plants. As noted by Kholmirezayev U. (2021), some plant species are at risk of extinction as a result of overexploitation. Therefore, the scientific cultivation of medicinal plants, their effective use, and the preservation of biodiversity are urgent tasks.

In general, the current importance of medicinal plants today is manifested in their wide pharmacological application, environmental safety, and place in folk medicine. The development of scientific research, the development of effective methods for the industrial cultivation and use of medicinal plants will serve to create new opportunities in the field of medicine in the future.

Medicinal plants play an important role in strengthening human health and treating various diseases. Their natural composition, fewer side effects compared to chemical drugs, and environmental safety are the basis for their widespread use in pharmaceuticals and folk medicine today.

Scientific research shows that medicinal plants are effective in treating cardiovascular diseases, gastrointestinal problems, nervous system disorders, and boosting immunity. At the same time, their industrial cultivation and processing contribute to the rational use of natural resources and the maintenance of ecological balance.

However, a scientific approach is necessary in the use of medicinal plants. Their misuse or excessive consumption can be harmful to health. Therefore, it is important to develop safe and effective methods for the use of these plants in the pharmaceutical industry and folk medicine.

In the future, new research should be conducted on the cultivation of medicinal plants, their scientific study, and their integration into the pharmaceutical industry. At the same time, increasing the population's knowledge about natural medicines and directing them to their scientifically based use remains one of the important factors for medicine and environmental sustainability.

In general, the current importance of medicinal plants lies in their role in human health, environmental safety, and the enormous potential they offer in the field of medicine. Their effective and scientifically based use contributes to improving public health and promoting a healthy lifestyle.

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