



The relevance of the meaning of plantain in folk medicine

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ABSTRACT

This article provides information about the significance and harmful properties of the Plantain in folk medicine.

The plant (*Plantago Major*) is a perennial herbaceous plant with a short and thick rhizome belonging to the plant family. 260 types of wheelbarrows are known. There are 6 species in Uzbekistan, 4 of which are used as medicinal plants. The leaves are located in the form of a ball at the root throat, belt, broadly ovate or elliptical, lanceolate or ribbon-shaped. Flowers form simple spikes at the ends of stems and branches.

Keywords:

Plantain, medicine, vitamins.

Plantain preparations have properties that remove sputum, leave mucus, bactericidal and anti-inflammatory. Tincture and decoction prepared from plantain leaves are used in the treatment of bronchitis, bronchial asthma, whooping cough and tuberculosis. Sarkhila leaf water is useful for chronic gastritis with low acidity of the stomach, as well as for peptic ulcer of the stomach and duodenum. Such water improves the secretion of gastric juice, increases hemoglobin in the blood, lowers cholesterol. In addition, plantain preparations are used to treat cholecystitis, inflammation of the kidneys, jaundice, dermatitis, to stop bleeding from the uterus, cysts, stomach. If the leaf is applied to wounds, it promotes their healing. An expectorant from plantain is prepared as follows: pour 1 tablespoon of the plant with 1 cup of boiling water and let it brew for 15 minutes. Then strain and drink 2 tablespoons 2-3 times a day. For gastrointestinal diseases, pour 25 g of leaves with 1 cup of boiling water and let it brew for 1 hour. Strain and drink 1 tablespoon 3-4 times. With gastritis caused by

low acidity of the stomach, a decoction is prepared from the seeds of the leaves: 2 tablespoons of the seeds are placed in 1 cup of boiling water and boiled for 10 minutes over low heat. Strain and drink 1 tablespoon once a day.

Conclusion:

At present, we can find cures for diseases using medicinal plants that grow wisely in our nature. Roots and seeds are a cure for many diseases. They grow in our nature and are considered rare, used to stop bleeding from the stomach.

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