

## USEFUL PROPERTIES OF ACHILLEA PLANT AND ITS ROLE IN THE TREATMENT OF GASTROINTESTINAL DISEASES.

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### Annotation

Medicinal plants have been the main tool of medical treatment since ancient times. Even in modern medicine, 45% of medicinal preparations are extracted from plants. In phytotherapy, each plant in its own way has a number of effects, such as pain reliever, invigorating, calming, improving cardiac activity, hypotension and hypertension, anti-inflammatory, expectorant and diaphoretic. In particular, it is used effectively in gastrointestinal activity to stimulate appetite, digestion and constipation.

**Key words:** antidysenteric, asteraceae, gastritis.

## BO'YMADORON O'SIMLIGINING FOYDALI XUSUSIYATLARI VA OSHQOZON-ICHAK KASALLIKLARINI DAVOLASHDAGI O'RNI.

### Annotatsiya

Shifobaxsh o'simliklar qadimdan tibbiy muolajalarning asosiy quroli bo'lib kelgan. Zamonaviy tibbiyotda ham dori preparatlarining 45 foizi o'simliklardan ajratib olinadi. Fitoterapiyada har bir o'simlik o'ziga xos tarzda og'riqni qoldiruvchi, tetiklashtiruvchi, tinchlantiruvchi, yurak faoliyatini yaxshilovchi, gipotenziya va gipertenziya, yallig'lanishga qarshi, balg'am ko'chiruvchi va terlatuvchi kabi qator ta'sirlarga ega. Ayniqsa, oshqozon-ichak faoliyatida ishtaha ochish, ovqat hazm qilish va ich surishda samarali qo'llanib kelinmoqda

**Kalit so'zlar:** antidizenterik, asteraceae, gastrit.

The Achillea plant belongs to the asteraceae family and has various medicinal properties for human life. Its flowers, leaves and stems are anti-inflammatory, anti-dysenteric, anti-allergic, platelet-binding, antipyretic, antibacterial, spasmolytic, diuretic, urinary antiseptic, antimutagenic and used in the treatment of hyperpigmentation of the skin. Achillea millefolium (Achillea millefolium L.) is one of the most widely used medicinal plants in the world, primarily used for wounds, digestive problems, respiratory infections, and skin diseases. In traditional medicine, European, Central Asian and Far Eastern countries have used this plant for a long time as a wound treatment and hemostatic agent for uterine and intestinal bleeding; dysentery, diarrhea, inflammatory diseases of the bladder, ovaries; gastritis, stomach

and duodenum it is used in the treatment of gastric ulcer of the intestine. The chemical composition of common yarrow (*Achillea Millefolium*) includes biologically and chemically active substances, carotene, vitamins K and C, achillein and bentonicin alkaloids, up to 0.8% essential oil, matricarin isomer, millefin lactone, 0.31% choline, asparagine, tar, flavoring, bitter (proxamazulen-axillin) and other substances. The essential oil contains up to 1-4% of hamazulene (the main part is formed from prokhamazulen during the extraction of essential oil), thion, camphor, borneol, caryophyllene, up to 10% of cineol, formic, acetic and valerian acids.

The amount of potassium, calcium, copper and magnesium in the plant is relatively high. The role of mineral elements in the human body is very diverse. They are components of organs and tissues, part of cell and tissue fluids, as well as enzymes, participate in the molecular mechanism of muscle contraction, transmission of nerve impulses. Medicinal preparations of boimadaron products are used in the treatment of gastrointestinal diseases (gastric ulcer and gastritis and inflammation of the mucous membrane). Before treating gastritis, acute and chronic types are distinguished. Gastritis is characterized by inflammation of the stomach lining. The causes of gastritis can be exogenous factors: intake of poor-quality food with staphylococci, salmonella and other microbes, some drugs: non-steroidal anti-inflammatory drugs, glucocorticoids, antibiotics, etc. Endogenous factors: severe infectious diseases, autointoxication with burns and frostbite, etc.

In addition to antibiotics, tinctures of various plants are used in the treatment of gastritis. Including, the stem, leaves and fruit of the *Achillea* plant can be used to make tinctures. To do this, take a tablespoon of bojmadoran fruit and infuse it in 200 ml of water, leave the tincture for 20 minutes and drink 2-3 spoons 2-3 times a day. *Achillea* tincture is used in the treatment of chronic gastritis, diarrhea and other gastrointestinal diseases when prepared together with chamomile, aloe, and nematode plants.

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