

## THE EFFECTS OF PLANTAGO ON GASTROINTESTINAL DISEASES

*Nasriddinova Mexriniso Raxmatullayevna*

*Karshi Biology Department, Teacher*

*Xayrullayeva Muxlisa Shomirzayevna*

*Karshi Biology Department, Student*

### **Abstract**

Plantago species are widespread in Central Asia, inhabiting fields, roadsides, meadows, ditches, river banks, and as weeds in crops. Plantago, belonging to the Plantaginaceae family, boasts around 260 known species, with 6 found in Uzbekistan. Currently, 4 species are widely used as medicinal plants, making it one of the most prevalent healing herbs in the republic's flora. Plantago species are perennial herbs with short, thick rhizomes. The flower stalks are single or multiple, reaching heights of 10-70 cm. Leaves are petiolate, broadly ovate, elliptical, lanceolate, oblong, or narrowly lanceolate with sharp tips. Flowers are small, inconspicuous, and gathered in simple spikes. The fruit is an ovoid capsule containing brown seeds. Flowering and fruiting occur between May and September.

### **Traditional and Historical Uses**

Avicenna utilized Plantago leaves for treating difficult and malignant wounds, tumors, liver and kidney ailments, eye diseases, and as a hemostatic agent. In folk medicine, infusions prepared from the leaves are widely applied for respiratory and skin conditions, colitis, various wounds, burns, and enteritis.

### **Chemical Composition**

Plantago contains various substances, including acids (e.g., benzoic, caffeic, chlorogenic, p-coumaric, fumaric, salicylic, ursolic, vanillic, ascorbic), alkaloids, and amino acids (e.g., alanine, asparagine).

### **Medicinal Applications**

Plantago has been employed in traditional medicine for centuries to treat various ailments. Its leaves are used for lung and stomach cancer, and as an expectorant for respiratory diseases. Decoctions or sugar-roasted seeds are used to treat bloody diarrhea (especially in children), dysentery, hemoptysis, and other conditions.

A traditional remedy involves crushing fresh Plantago leaves and mixing them with an equal amount of sugar, then storing the mixture in a warm place for three weeks. The resulting syrup is administered 3-4 teaspoons daily to treat lung and stomach cancer. In conventional medicine, two species are primarily used: Plantago major (greater plantain) and Plantago lanceolata (ribwort plantain).

### **Plantago Major: Characteristics and Uses**

Plantago major is primarily wind-pollinated, flowering from the second ten days of May until September. Its seeds ripen in August and September, with a single plant capable of producing up to 15,000 seeds. The plant forms a rosette of leaves at the beginning of the season, followed by the development of one or more flower stalks reaching 30 cm in height. This species is widely utilized in both folk medicine and conventional medicine.

### **Conclusion**

Plantago, with its rich history and diverse medicinal applications, remains a valuable herb in both traditional and modern healthcare practices. Its effectiveness in treating gastrointestinal issues, respiratory ailments, and skin conditions, among others, highlights its potential as a natural therapeutic agent. Further research is warranted to explore its full medicinal potential and develop standardized treatment protocols.

### **Referencec**

1. I.R. Asqarov “tabobat qomusi “. Toshkent “Mumtoz so’z “ 2019 y 595 -bet
2. I.R. Asqarov “Sirli tabobat “. Toshkent “Fan va texnologiyalar nashiryoti matbaa uyi “ 2021y 69 b
3. [www.uzpharmagency.uz](http://www.uzpharmagency.uz)