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## Protection And Effective Use Of Medicinal Plants

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### ABSTRACT

It is known that one tenth of the territory of the Commonwealth countries is forests. In them grow a large number of different medicinal plants. Therefore, the protection of forests is important to protect the medicinal plants that grow in them in the wild. The need to protect nature, the environment, the correct and rational use of natural resources (forests, water and water resources, underground resources, etc.), to preserve them for future generations is reflected in our basic law - the Constitution of the Republic.

### KEYWORDS

Rule, field, protection, nature, medicinal plants, medicine, forest, desert.

### INTRODUCTION

The territory of our country is very large, covering different climatic zones. That is why the flora of our country is rich in flora. Among them are many medicinal plants, which annually produce thousands of tons of medicinal plants and are used to treat and prevent diseases. No matter how much the natural resources of wild plants in our country are, there are limits to them. Just as there is no wealth on Earth in an infinite amount, so the resources of the plant world are not

infinite. Therefore, if the natural plant resources are not used properly, these "infinite resources" may eventually disappear from the face of the earth.

Academics E. M. Lavrenko and A. L. The Red Book, created at the initiative of the Takhtadjians, is very important in the preservation of endangered and endangered plants, including medicinal plants, in terms of their natural growth. The Red Book not only lists the endangered and endangered plants,

but also the measures to be taken to preserve and restore these plants in their natural growth and the reasons for their extinction.

### MATERIALS AND METHODS

The Red Book of the former Soviet Union includes 444 plants, and the Red Book of Uzbekistan includes 163 plants, including more than 20 medicinal plants. It is strictly forbidden to collect their raw materials for various purposes. Therefore, it is necessary to grow them on plantations, if necessary.

Among the medicinal plants of Uzbekistan are included in the "Red Book":

1. Figs (grown in the wild).
2. Pomegranate (growing in the wild).
3. Do not disturb.
4. Victor Spruce.
5. To do.
6. Types of solab.
7. Tilla color adonis et al.

It is known that it is important to establish nature reserves to keep the plants and animals that live in the area in their natural state.

In addition to the above-mentioned measures, in order to preserve the natural reserves of medicinal plants and to produce a certain amount of products from them each year, it is advisable to follow the following rules:

1. Medicinal plant products must be prepared, dried and stored in a timely, correct and required amount. This prevents the overgrowth of wild-growing medicinal plants from being later discarded as a result of mold and rot or worms.
2. Medicinal plant products should be harvested according to a scientifically based plan, with accurate identification

of growing areas and stocks, and periodic replacement of production sites. If these rules are followed, it is possible to preserve the place of growth of these medicinal plants in nature.

3. If the drug is prepared from the above-ground part of perennials (leaves, flowers, fruits), they should not be uprooted. If the underground organs (rhizome, root, stem) are dug up, the fruit should be harvested after ripening. Otherwise, these medicinal plants may not grow in the same place later.
4. Once medicinal plants that grow in the wild have been harvested for medicinal purposes (especially after the excavation of underground organs), great care must be taken to ensure that they grow again later. To do this, you can collect plant products from one place to several years, and strictly follow the rules of how many years to rest.
5. When it is necessary to make full use of complex and all parts of medicinal plants, it is necessary to prepare less of their raw materials. As a result, it will be possible to maintain their reserves in the place of natural growth. If the rhizome, root, stem, or bulb of a medicinal plant is a medicinal product, it is important to study the surface of these plants chemically and pharmacologically and recommend their use as subterranean organs in order to maintain the plant's natural habitat. This is also one of the main measures of protection of medicinal plants.
6. If more medicinal plants are planted on irrigated lands and their agro-techniques are created, it will be possible to preserve the stock of medicinal plants growing in the republic under natural conditions.

The above-mentioned measures for the preservation of the stock of medicinal plants in nature should be strictly followed by the leaders in charge of this work and require others to do the same. When all this work is done, medicinal plants, which are one of the riches of nature, will be preserved for a long time in places of natural growth and will serve man a lot.

Preparation of raw materials for medicinal plants 38-40% of medicines used in Uzbek medicine are herbal medicines. Some important drugs used in the treatment of some serious diseases (cardiac glycosides, a number of alkaloids, terpenes, saponins, steroids and phenolic compounds, and other biologically active substances) have not yet been synthesized. The only source of them for now is plants.

The countries of the Commonwealth are made up of very large different geographical areas. These areas include all climatic regions except the tropics: high mountains covered with permafrost, tundra, untouched taiga, forest, desert, semi-desert, desert and wet subtropics, and others. That is why their flora is so rich. It consists of more than 19,000 plant species. Among them are many medicinal plants. But at present, most of them are not yet fully used in medicine for the treatment of diseases.

No matter how large the stock of wild-growing medicinal plants, their collection must be properly organized and the preparation of products must be carried out in accordance with a strictly scientifically based plan in order to meet the growing amount of production and preserve the plants growing in natural conditions. The following measures are taken in the preparation of raw materials for medicinal plants:

1. Organization of preparation of medicinal plants.
2. Product assembly.
3. Dry the harvested product.
4. Standardize the collected product.
5. Placement of products in containers (packaging).
6. Shipment of products by vehicles.
7. Storage of medicinal products.

It is very important to organize the timely preparation of medicinal plant raw materials, which is usually carried out by the district central pharmacy (TMD - TsRA). The organization of the preparation of medicinal plants in the district is carried out by a senior pharmacist in TMD - a specialist in the position of pharmacognost, if there is no such position, then the deputy director of the pharmacy or any other specialist assigned to perform this task.

## RESULT AND DISCUSSION

The specialist in charge of organizing the preparation of medicinal plants in the district in TMD performs and organizes the following:

- to know the plan of preparation of medicinal plants in the district and to determine it in comparison with the quantity of medicinal products which can be collected in the district;
- Carry out relevant explanatory work among the population through the district newspaper and radio, which will provide full information about when, how, where to collect, dry, purchase price and where to deliver medicinal plants;
- to publish leaflets with full coverage of the same issues and hang them in public places;
- Organization of short-term training (explanation) for manufacturers of medicinal plants at the pharmacy;

- to determine the place and stock of medicinal plants;
- Determining the place of collection of medicinal products; when choosing a place where the medicinal product is collected, it should be taken into account that it is as far as possible from the place where the vehicle (car) goes and where the population lives. Because locals, schoolchildren and retirees who are unemployed are involved in the collection of medicinal products;
- organization of production of medicinal products;
- organization of drying of the collected medicinal product in the place of preparation. If it is not possible to dry the product at the place of collection, then immediately transport it to the place of drying and arrange drying.

Currently, medicinal plants are prepared in all regions. Previously, this work was well established in the regions, autonomous republics and regions of Ukraine, the Republic of Belarus, the Caucasus and the European part of Russia.

The following agencies are engaged in the preparation, processing and cultivation of medicinal plants in the Republic of Uzbekistan:

The Cabinet of Ministers of the Republic of Uzbekistan - the Main Department for the production of wild plant products of "Uzbekinvest" plans the production of medicinal plants in the country, determines and directs the amount of medicinal products and the harvested fields. The Department of the Republican Production Association "Pharmacy" of the Ministry of Health of the Republic of Uzbekistan and its regional offices produce a large number of various medicinal plant products. For example, corn is the

mother column (beard, popugi), tograyhon, boymodaron, bitter wormwood, namatak and others.

## CONCLUSION

The State Joint-Stock Company "Dori-Darmon" of the Republic of Uzbekistan annually produces about 60-70 tons of products from 21 species of medicinal plants. These include sagebrush, wormwood, sagebrush, sagebrush, sagebrush, sagebrush, small-flowered sagebrush, corn stalk, cornflower, and more. The Ministry of Agriculture and Water Resources and other relevant departments are also involved in the collection of medicinal plants. These agencies collect medicinal plant products that grow in the areas attached to them and hand them over to the relevant enterprises (pharmaceutical industry, pharmacy management, etc.).

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