

DISTRIBUTION AND MEDICINAL PROPERTIES OF THE ROSEMARY PLANT

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Abstract: Rosemary (*Rosmarinus officinalis* L.) is also a plant rich in essential oil, it belongs to the family of labiates (labiateae), and grows up to 2 meters in height. It is native to the countries around the Mediterranean Sea. It has been cultivated in Europe and Africa for a long time. The plant has been cultivated for more than 2 thousand years, and is currently cultivated and used in large areas as the main essential oil plant in Spain, France, Algeria, Tunisia, Yugoslavia and India. Main applications: pharmacology, food industry, perfumery, culinary industry, Rosemary is very useful for nutritional and health care. Its leaves and essential oils contain many beneficial substances.

Keywords: essential oils, rosemary, medicinal, inflammation, dose, preparation, culinary, anti-inflammatory.

The rosemary plant has straight stems and can reach a height of 1.5-2 meters. Its leaves are narrow, long and small, green on the upper side and gray or silvery on the lower side. In summer, rosemary produces small, blue or purple flowers.

The main use of this plant is widely used in the culinary field. Rosemary is added to various dishes with its aroma and pungent taste, especially meat and fish dishes, as well as salads and sauces. In addition, rosemary is also known for its health benefits. It is believed to reduce inflammation in the body, improve digestion and have antibacterial properties.

Rosemary grows in warm climates, but it can also be grown indoors, especially in containers or pots. The processing of this plant is mainly used for its leaves and its unique essential oils.

Rosemary contains essential oils, which are often used internally or externally. However, caution is required when dosing rosemary, as excessive use can cause side effects in some people (for example, stomach upset, allergic reactions). Therefore, it is recommended to consult a specialist before using it for medical purposes.

Now it has been determined that this plant can be cultivated and used in Uzbekistan. Rosemary is a shrub that is adaptable to heat and cold in irrigated gray soil. The leaves are oblong, blunt-pointed, the underside of the leaf is covered with coarse hairs. The leaves are 3-3.5 cm long, 1.5-2 mm thick, and are arranged in clusters of 5-6. The flowers have a short panicle, the petals are blue-violet, 5-8 flowers are arranged in a panicle, a ball-shaped cluster on the stem. The fruit is a nut. Essential oils are contained in all parts of the rosemary plant (especially in young stems and flowers, its content is up to 1.2%). Since the essential oil contains 50% pinene, camphene, cineole, borneol and camphor, they are used in the perfumery industry, in the preparation of medicinal and insecticidal preparations. Tinctures and alcohol solutions (nastoyka) made from the above-ground leaves and young stems of the plant have a positive effect in the treatment of headaches, gastrointestinal diseases, colds, and some diseases in women. At the same time, they also have the property of refreshing the body and giving strength. Due to the unique aroma and taste of its leaves, rosemary is also used as a spice in cooking meat products and for their long-term preservation. When added to confectionery products, it gives a unique taste and aroma. Considering that the plant does not shed its leaves even in winter and emits a unique aroma, it is grown as an ornamental shrub in parks and avenues, courtyards and recreation areas.



The following nutritional and health benefits can be cited:

1. **Vitamins and Minerals:** Rosemary contains essential vitamins and minerals such as vitamin A, C, B6 (pyridoxine), folate (folic acid), iron, calcium, magnesium, and potassium. These substances play an important role in supporting health, helping to strengthen the immune system, and improving overall well-being.

2. **Essential Oils:** Rosemary essential oils, in particular, have antioxidant properties. They help neutralize free radicals in the body, as well as reduce inflammation. Rosemary essential oil also has anti-bacterial and anti-microbial properties, which makes it possible to use it as a natural disinfectant.

3. **Digestive Support:** Rosemary helps improve the digestive and intestinal system. It stimulates digestion, as well as reduces stomach pain and bloating. It naturally supports healthy digestive function.

4. **Anti-inflammatory properties:** Rosemary has anti-inflammatory properties, which help reduce inflammation. This property is especially useful in relieving pain associated with arthritis or other inflammatory diseases.

5. **Antioxidant properties:** Rosemary contains powerful antioxidants such as polyphenols and flavonoids. These substances help repair damaged cells in the body and slow down the aging process.

In addition to its culinary uses, rosemary is also often used in aromatherapy and herbal medicine.

The main medicinal properties of rosemary are:

Anti-inflammatory: The rosemary plant has strong anti-inflammatory properties. It helps reduce inflammation in the body and relieves pain in conditions such as arthritis.

Improves digestion: Rosemary has a beneficial effect on the gastrointestinal system. It improves digestion, reduces stomach pain, eliminates bloating and helps relieve gas. It can also help stimulate the appetite.

Cardiovascular benefits: Rosemary improves blood circulation, which is good for the heart and blood vessels. It lowers blood pressure and improves the elasticity of blood vessels. At the same time, it can help lower cholesterol levels.

Antioxidant effects: Rosemary contains powerful antioxidants that neutralize free radicals. This property helps in slowing down the aging process and in cell regeneration.

Reduces stress and anxiety: Rosemary is used as a natural stress reliever. It calms the nervous system and improves mood. When used in aromatherapy, rosemary is useful in relieving nervous tension.

Boosts immunity: Rosemary strengthens the immune system and protects the body against various infections. The essential oils and antioxidants it contains increase the body's ability to repair itself.

Treats headaches and migraines: Rosemary is used to relieve headaches and migraines. It can be effective when massaged into the head or drunk as an infusion.

Antibacterial properties: Rosemary has strong antibacterial and antifungal properties. It can be effective in treating infections, including fungal and bacterial diseases of the skin.

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