

BASIL PLANT AND ITS MEDICAL IMPORTANCE

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Annotation: There are few people in our country who do not like the smell and taste of basil. People love it and eat it since ancient times. Basil was added to food and tea, and was also used as a medicinal plant. They plant it in the yard and enjoy its smell.

Women wear it in their ears. Of course, this is not in vain. In fact, it cleanses the air and the human body from germs and infections that are carriers of infectious diseases, and repels flies and mosquitoes from you. That is why raikhan is called the flower of paradise.

Key words: Basil, basil, decoction, tincture, lemongrass, black basil, eczema, medicinal herbs, allergies.

In our people, basil smells and tastes good. Blind people, the flower organization will reach.

Old Arabic in the language basil means "body" or "Persian plant." In the language of Isfaran, it means "permanent" or "joy." The basil was used by the side a very long time ago.

Asil on work take Abu Ali ibn Sina, who went to crush oil to take, ointment as hemorrhoids if applied benefits, "use it," says Ibn Si Sina. Basil says, om basil is productive if used, that is from basil's eye for grease prepared, the eye slowly benefits from the pain to be, correct consumption if done, the heart power increase is possible, water blood spitting to patients benefits what to do, chest milk increase, diarrhea stops, urine divorce increases, basil of seed with difficulty while urinating benefits to do saying past.

Basil Oshraykhan's name received type healing in the chapter incomparable to the features. His type of person's appetite opens, eats very well, digestion does, and helps increase the effect of absorption for members. Asil in the composition ether oils keeps this known to everyone. Therefore, it is chronic honey in diseases that prevents inflammation from being received, and

this, together with urine, is a way to treat diseases with recommendations to be done as possible in practice. From now on, outside basil whooping cough, measles complication to those who have relief. It is also in practice to give showing passed. Some in the nation use basil from the plant to prepare hot current tinctures for kidney, bladder, and urine road inflammation in diseases, high breath roads (that is, flu, angina, etc.), and yes, for malaria, forgiving and healing factors as usage is possible.

Basil again useful from the characteristics one, vinegar and less in quantity salt added mixture decoction of the tooth the pain leaving human mouth in the void some microbes to kill help gives. Basil of leaves juice ear suppuration treatment as application possible. Bulgarian in medicine treatment in practice basil tincture as expected Preparation: 2 teaspoons per glass chopped basil placed 100 or 200 ml of boiling water on top water is inserted and for a while This patient for daily norm is considered. Eczema and wounds in correction recommendation is being done.

Uzbek in the kitchen basil soup and spice It is also valued as a spice. In particular, basil with meaty, fatty to the ingredients taste in giving, vegetables and berries in canning used. Raykhan's again one wonderful from the characteristics one fruit their tails harmful insects from the influence care is considered.

Basil is again useful from the characteristics of the mixture of vinegar and less salt in quantity in the decoction of the tooth, the pain leaving the human mouth in the void, and some microbes to kill help. Basil leaf juice is a possible ear suppuration treatment as an application. Bulgarian medicine treatment in practice: basil tincture as expected Preparation: 2 teaspoons of chopped basil per glass. 100 or 200 ml of boiling water is placed on top, water is inserted, and for a while, this patient is considered a daily norm. Eczema and wounds in correction recommendation are being done.

Uzbek in the kitchen: basil soup and spice It is also valued as a spice. In particular, basil with meaty, fatty ingredients tastes good with vegetables and berries in canning. Raykhan's again one wonderful from the characteristics one fruit their tails harmful insects from the influence care is considered.

Basil leaves dry for winter preservation for the same plant to bloom and flourish in front of upper leaves fluttering when purchased. Add to cart is laid out, then him/her shelter, but enough air was in places dried.

In our people, basil was of interest from time immemorial. to foods, healer green as and fragrance scattered for use Basil planted from the courtyards always The fragrance is spreading. Of course, this useless Not really. He is the one who cleans the human body of contagious diseases from microbes and infections. That's why for it too paradise The flower is basil; they are respected.

Basil is various in disease treatment, as all of us know.

Throat when in pain : 4 spoons of dried and chopped basil leaves in 250 ml of water boiled for 20 minutes and 4 layers of cold gauze taken through sail, 2-3 times a day during warm weather without throat rinsed.

Pumpkins for colds : 2 tablespoons dried and chopped basil and 500 ml boiled leaves are inserted into the water and cooled. 4 layers of gauze from the filter are transferred. On top of the ointment fabric, immersed pumpkins are placed.

For headaches : basil and lemon from the grass, equal in quantity Take 200 ml of boiling water (1 teaspoon in total). 20 minutes in water 4 floors, gauze through sail 1 teaspoon honey with mixed This is a drink . Juice to calm down also has the feature .



The benefits and harms of basil for human health.

The benefits and harms of basil for humans are assessed differently. In fact, it is a very useful herb, regardless of the type of basil. However, as with any food, the main thing is not to overdo it. If you eat basil in excess, you can aggravate existing health problems. Therefore, you should be more careful with it.

What are the benefits of basil for the human body?

Before we talk about the benefits and harms of basil for the body, it is worth talking about the difference between purple and green leaves. They differ in taste. The green variety has a slightly sweet and refreshing taste. That is why it has become a traditional ingredient in many European dishes. But purple basil is coarse. It has a sharp taste with bitterness, which is why it has become an integral part of Asian and Caucasian cuisines.

The chemical composition of the herb is almost identical. However, studies show that the purple one offers more benefits due to the plant's higher anthocyanin content. These elements protect the body from the effects of free radicals. It has also been found that people who have problems with their muscles, joints, stomach, and intestines should consume this basil.

About the health benefits of basil for women and men:

-Storehouse of antioxidants: One of the most dangerous conditions in the body is stress. It occurs due to the influence of an unhealthy lifestyle and bad ecology. As the condition progresses, it leads to accelerated aging and chronic inflammation. If you want to prevent stress, you should often consume foods with antioxidants, which are rich in basil.

- **Effect on the digestive process.** Basil contains a large amount of fiber and essential oils, which have a positive effect on digestion, form a healthy intestinal microflora, and promote the spread of beneficial bacteria.

- **The benefits of essential oils** in basil. They are found in large quantities in basil and are rich in antioxidants, which enhance the protection of DNA structure from the effects of free radicals. For example, the plant contains orientin, flavonoids, and vicenians. These organic elements protect white blood cells and strengthen the immune system. In addition, they are responsible for maintaining the integrity of cellular DNA.

-**Restore normal sugar levels.** If you regularly consume basil, it has a beneficial effect on improving carbohydrate metabolism in the body. This plant increases the production of insulin, which is necessary for the proper absorption of glucose. At the same time, the elements contained in basil participate in the formation of enzymes in the gastrointestinal tract that break down and absorb carbohydrates. As a result, the consumption of this plant is considered a good prevention of diabetes.

-Positive effect on the heart. Organic substances found in green and purple basil leaves have a positive effect on triglyceride and cholesterol levels. At the same time, the herb contains a large amount of magnesium, which improves blood flow.

-The benefits and harms of basil for humans are due to its high value among nutritionists. This herb can be added to absolutely any dish. It perfectly reduces the level of salt. In this regard, basil leaves are used in various diets, as they help to lose weight. However, one should not overdo it by including it in the menu.

- Basil brings great benefits only with a balanced diet. It has a very low calorie content, so it is added to all kinds of salads. By consuming basil in this form, you can get rid of excess weight without harming your health. The herb is a natural sorbent. Therefore, the body is cleansed as naturally as possible. In addition, basil stimulates the gastrointestinal tract and normalizes digestion.

- To lose weight with basil, you don't have to look for some unique recipes where it plays a significant role. It also doesn't make sense to consume it without any additives.

- It is best to supplement them with already familiar dietary foods that you eat every day.

Harms and contraindications of consuming basil

It has already been said that basil, like any other product, should not be overused.

Despite its proven benefits, it can cause serious harm to the body:

Basil in any form, including seeds, decoctions, and leaves, contains a large amount of vitamin K. This element affects blood clotting processes, stimulating blood flow.

Therefore, basil is not recommended for people suffering from blood clotting problems. In addition, it should be consumed with special care during pregnancy. It should also be remembered that various extracts of this plant should not be used by patients with low blood pressure, as basil only increases hypotension.

- One of the benefits of basil is that it lowers blood sugar levels. Therefore, even for people who do not have any health problems, it is important not to add the herb to dishes in large quantities. Otherwise, hypoglycemia may occur.

-Of course, people who have been diagnosed with allergies to organic substances in basil should consume basil with caution. This usually applies to essential oils.

Tips for preserving the benefits of greens for a long time

If you want to get all the benefits that basil contains, you need to follow simple rules:

Many people grow basil themselves. There is nothing complicated about it. Previously, to get greens, you had to use seedlings. Seedlings should be planted two months before the summer months. This is usually done in early to mid-spring. The seedlings can be considered ready 30-60 days after the emergence of shoots. In addition, basil can be grown at home.

- Choose fresh basil sprigs for eating. Choose fragrant leaves that are a deep green or purple color. They should be free of any damage or blemishes.

- The best time to collect leaves is early in the morning, especially if you want to get a lot of grass. You should collect leaves regularly. This will help stimulate growth throughout the summer.

- Regularly remove branches that prevent new leaf growth. However, when harvesting greens, do not cut off the entire stem. Only remove the leaves.

- To store basil for a long time, simply blanch it in boiling water. Then, it can be packed in containers and placed in the refrigerator. There, it can be stored for up to three months.

- If you want dried leaves, spread the greens on paper and place them in the shade. The drying area should be ventilated. Usually a week is enough. Store dried basil in an airtight container at room temperature and in a dark place. In this state, the herb will retain all its beneficial properties for 5-6 months.

- Use whole basil leaves when cooking. Professional chefs believe that improperly chopped basil can significantly alter the flavor.

What foods does it go with?

Basil is particularly delicious and aromatic when combined with tomatoes, cheese, garlic, bell peppers, zucchini, and eggplant. It can also be used as an ingredient in fried eggs, omelets, and fish and lamb dishes.

- Harmonious combinations: obtained by combining basil with cream, nuts, citrus, cinnamon, honey, and vanilla. Often, dried or fresh herbs are even added to desserts. In general, everything depends on the personal taste of the cook. Do not give up experimenting.

Making basil tea.

Basil decoction helps in the fight against headaches, relieves fatigue, restores normal digestion, and relieves stomach upset. Also, the benefits and harms of basil for the female and male body are evaluated in the preparation of various diets. A decoction of this herb helps to suppress appetite and, as a result, lose extra pounds.

Both fresh and dried leaves are used to prepare the infusion. In the first case, about 50 grams of greens are enough. It is pre-washed and poured with one liter of boiling water. The tea is infused for about 20-25 minutes. It is not recommended to drink more than one cup of such tea per day.

Is it possible to recommend basil to children?

Yes, you can give your child basil. This spicy herb improves immunity and helps recover from injuries and operations, as it has an analgesic and sedative effect. However, for children under 7 years old, it is better not to give the herb in dishes with basil or add it in small portions.

What are the benefits of basil for women?

Basil leaves are low in calories. Greens are often considered indispensable when considering a low-calorie, versatile diet rich in healthy elements. In addition, basil is actively used in cosmetology. Essential oil from the leaves relieves inflammation and helps fight wrinkles.

The effect of basil on the male body.

Consuming basil helps increase blood circulation in the pelvic organs, which has a positive effect on strength and energy. In addition, consuming greens is recommended to improve sleep as well as help with nicotine withdrawal.

Delicious and healthy recipes with basil recipes that can be made with basil, which has medicinal properties .

Basil and tomato omelette555

A simple and healthy breakfast that you can prepare every morning. You will need 5-6 basil leaves, garlic, green onions, 4 eggs, and 2 tomatoes.

First, the tomatoes are cut and fried. Then chopped garlic and chopped herbs are added to the pan. After a minute, you can pour a beaten egg mixed with a tablespoon of water into everything. Cook over low heat for 5-7 minutes until cooked.

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Main ingredients: medium-sized eggplant, one bell pepper, 4 cloves of garlic, one onion, 100 grams of feta cheese, 500 grams of pasta, 100 grams of basil, tomato paste, and 2 tomatoes.

First, the eggplant is cut. Salt the cut parts so that the fruit does not become bitter, and leave them for 15-20 minutes. Fry the onion and garlic in a frying pan. When they become soft, add the eggplant and pepper. Add spices to taste and continue frying the mixture for another 5 minutes. After that, you can add tomato paste and chopped tomatoes.

All this is poured with a small amount of water and boiled. At the very end, basil is added.

The prepared pasta is mixed with the prepared vegetables and cheese. The dish can be considered ready to eat.

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