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BLOOD PRESSURE MEDICINAL PLANTS

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ABSTRACT

In this article all about medicinal herbs are widely used in folk medicine due to their blood pressure effectiveness. It is also widely used in the pharmaceutical industry to obtain extracts from them.

KEYWORDS

Allium cera L, Herba leonuri, Folia Digitalis, Melissa officinalis L, Coriandrum sativum L.

INTRODUCTION

It is known that the science of medicine in our region has been developing since ancient times. This is because every plant that grows in our land has certain medicinal properties. Whether it grows in the mountains or on the plains, or in the desert, it has healing properties. In addition, leading scientists in the field of medicine were once famous all over the

world. Health is the result of the harmony of life with nature, and disease is the result of a life that contradicts the laws of life. Plants, which are an integral part of nature, nourish, dress, warm, purify and heal people. As mentioned above, the properties of medicinal plants have been known to people since ancient times and have been used in the treatment of various diseases. This is because they contain protein, carbohydrates (carbohydrates), fiber, vitamins,



mineral salts, physiologically active substances and many other elements that are necessary for the human body. It has been used in diseases related to blood pressure on the basis of data provided in the literature.

Allium cera L - the main ingredient contains essential oil, vitamins C, V1, carotene, phytoncides, flavonoids and other substances. The leaves contain vitamins C, V2, carotene, essential oil and organic acids. It is very useful in atherosclerosis and heart disease, especially if the diet is based on a lot of fat. Reduces cholesterol synthesis, thereby reducing the risk of developing cardiovascular disease. To do this, drink the tincture of onion in alcohol. To prepare the tincture from the pie, add 40 g of peeled and crushed pie to half a liter of alcohol and leave for 7 days. It is then filtered through a gauze.

Herba leonuri - the surface part, the plant contains flavonoids, additives up to 9%, alkaloids up to 0.4%, essential oil, vitamin C, carotene, iridoids, saponins, bitter substances, sugars and other substances. Rutin, quercetin, hyperoside, quercetin and others are isolated from the product's flavonoids.

Usage: Medicinal drugs of lion's tail are used as a sedative (like valerian drugs) for the treatment of hypertension, nervous excitability and some heart diseases (cardiac neurosis, cardiosclerosis). Medicinal drugs: Infusions, tinctures, liquid extracts. The product is included in the sedative tea collection and Zbrenko collection.

Folia Digitalis - all parts contain cardiac glycosides. The leaves of the red angishvonagul plant contain purpureaglycoside A, purpureaglycoside B, 0.25-0.3% digitoxin, gitoxin, 0.11% gitaloxin and other cardiac glycosides. Purpureaglycoside A is broken down by the enzyme A into glucose and digitoxin glycoside,

while digitoxin is broken down into three molecules digitoxose and digitoxigen aglyconium under the action of acid. Also, purpureaglycoside V is broken down into glucose and gitoxin glycoside, then 3 molecules into digitoxose and gitoxigenin aglycone.

Usage: This plant drugs are used in the treatment of grade II and III circulatory disorders, hypertension and atrial fibrillation as a result of heart failure and impaired cardiac compensation. Drugs made from the leaves have a cumulative effect, ie they accumulate in the body and then act. If they are consumed in large quantities, a person can be poisoned. Therefore, this plant preparations should be used alternately, along with other drugs that affect the heart.

Melissa officinalis L - has a light lemon scent, resembling a light lemon scent. The plant contains essential oil, vitamin C, flavonoids, flavorings and other substances. Abu Ali Ibn Sina used the lemon plant to improve heart function and digestion. That is why herbal medicines (essential oil, tinctures) are recommended in scientific medicine for the treatment of hypertension.

To prepare a tincture of the plant: pour 2 cups of boiling water into a mouthpiece, add 8 teaspoons of crushed leaves of the plant and infuse for 4 hours. Drink half a glass 4 times a day before meals. At the same time, the oil helps to lower blood pressure and is effective in heart attack disorders.

Coriandrum sativum L - its seeds are used in folk medicine for the treatment of various diseases, as a means of lowering blood pressure. In addition, tea with this plant seeds is drunk to quickly quench thirst and stop vomiting when the heart is pounding. It also stops dizziness, nosebleeds, and benefits from hot flashes. Blood stops spitting. Take 1 teaspoon of coriander seeds in 0.5 liters of water, boil for 5-7



minutes and add a teaspoon of black tea, cool to room temperature, strain and drink.

Zizuphus jujube Mill - the fruit contains sugar, organic acids, large amounts of vitamin C, nutrients, rutin, carotene and other substances. In Central Asian folk medicine, a tincture made from the fruit of this plant is used as a drug to reduce chest pain, asthma and blood pressure.

To prepare the tincture: 20 g of crushed fruit in 1 cup of boiling water in a mouthful and infuse for 1 hour. It is then filtered through a gauze. Drink 2 tablespoons 3 times a day for half an hour before a meal. Recently, the fruit of this plant has been found in experiments to have a blood-lowering, diuretic effect, and has been recommended for use in scientific medicine.

Dandelion (*Taraxacum officinale* Web) - the root of the thyme plant contains taraxacin bitter glycoside, taraxerol, taraxasterol and triterpene compounds, inulin and other substances. The leaves and stems contain arnidol and faradiol triterpene alcohols, vitamins C, V2, carotene and other compounds. It has long been used as a geñ in folk medicine. It is useful in appetite, improves digestion, jaundice and liver disease, diabetes, high blood pressure, anemia, impotence.

To prepare the tincture: take 1 tablespoon of leaves and flowers of the plant and pour 200g of boiling water. Infuse for 20 minutes, strain 2-4 tablespoons 3 times a day for half an hour before meals. To prepare from the root: it is thoroughly crushed. Put 1 tablespoon in 1 tablespoon of boiling water and simmer on low heat for 30 minutes. Then drink 2-3 tablespoons of decoction 3 times a day.

Sapsella bursa pastoris (L) Medie - contains organic acids, choline, acetylcholine, additives, tyramine,

vitamins C, K, inositol, carotene, saponin. In folk medicine, gastritis, peptic ulcer, diarrhea, fresh juice is recommended in joint pain, heart and genital diseases. Tincture and extract have antihypertensive properties.

The infusion is prepared as follows: take 2–3 tablespoons of fresh dried herbs, pour boiling water (200g) and infuse for 1 hour. Then drink 30–40 g 3–4 times a day.

Conclusion. In short, all of these medicinal herbs are widely used in folk medicine due to their blood pressure effectiveness. It is also widely used in the pharmaceutical industry to obtain extracts from them.

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