

THE HEALING PROPERTIES OF THE MEDICINAL PLANT BASIL THAT YOU KNOW AND DON'T KNOW.

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Organize medicines from nature, He has already created what man is looking for "(Abu Ali ibn Sina)

The flora of Uzbekistan is very rich and colorful. The steppes and steppes, mountains and hills, plains and river deltas sit side by side to create a spectacular view. This may seem inconceivable, but in fact, the number of plants in the mountains of Uzbekistan is several times higher than the neighboring regions of Central Asia.

There are more than six thousand different plants in the rich plant world of the country, including medicinal plants. Such herbs are environmentally friendly and are used as raw materials for the production of food, aromatic and pharmaceutical products.

Complex processing of plant materials is carried out in accordance with all modern regulations, within which extraction, purification, concentration, standardization are carried out in accordance with all international quality standards of production.

One of the most common medicinal plants in Uzbekistan is basil.

Wild plants can be found on the plains and in the mountains, and can also be purchased at markets and pharmacies.[1,2,3,4,5]

The locals know in advance about the miraculous power of such plants. They are consumed, added as a spice to food, made into tea, used as medicine, and also used in cosmetology. Each product contains natural minerals, vitamins and biologically active substances.[6,7,8,9,]

Healing properties of basil

Basil can rightly be called a source of home remedies. If it grows in the window of your room in the flower bed, you can be considered protected from infections and various colds. Due to its anti-viral, anti-infective and anti-microbial properties, it is recognized as a natural antibiotic agent.[10,11,12,13,14]

This natural remedy kills 99% of the germs present in the human oral cavity. It is a tried and tested tool to fight caries, a stone that has accumulated in the teeth. Its decoction and tincture also strengthen the gums.[15]

Due to its beneficial and healing substances, it treats various headaches in humans. It doesn't matter if the headache is the result of a migraine, high blood pressure, or a cold.[16,17]

Basil tincture gives a nice expected result when leaving a cough, especially in coccyx. Basil is also a good tool in the treatment of various diseases of the lungs and respiratory tract in humans. It is even used in the treatment of tuberculosis.

The healing substances contained in basil are a means of eliminating bad cholesterol. Therefore, it is recommended to include this plant in the diet for people with heart disease.[18,19,20,21,22]

With the help of basil can also fight kidney stones. Its ingredients have diuretic properties, and studies have shown that it dissolves stones that form in the kidneys. The analgesic property of the plant eliminates kidney pain.[23,24]

Boiled tincture of basil leaves is drunk with gastritis, colitis, flatulence (at rest of the abdomen), and it gives good results.[25]

It calms the nervous system, eliminates depression, strengthens the immune system. Scientific studies have shown that consumption of basil stops the growth of malignant tumors and the development of AIDS.[26,27,28]

This wonderful plant also stays in the treatment of the effects of radiation exposure. Regular consumption of it even serves as a vaccine against smallpox.

Basil (*Ocimum*) Green mass contains 0.3% of essential oil (70% of the essential oil is eugenol, used in perfumery, food industry and medicine). Seeds are sown in greenhouses and greenhouses in early spring, planted as seedlings in the field. Height 25-40 cm, inflorescence 2-lipped, flowering in May-October, sown as a seedling. Depending on the color of the leaves and the shape of the plant is divided into varieties such as white basil, soup basil, sada basil, black basil, pilgrim basil. They have more than 300 varieties.[29,30]

Chemical composition

The surface of the plant contains 1-1.5% of essential oil, up to 6% of aromatic substances, glycosides, saponins, minerals, ascorbic acid, sugar, binders, protein, vitamin P, provitamin A and camphor.[31]

Basil is an ancient plant. Its name also means fragrant. We all love this cocktail. Poets dedicated lions to him. Another type of basil is also grown in our country. All types of basil are consumed in various dishes and salads.

For therapeutic purposes, all its parts are used roots, trunks, branches and leaves. Widely used in folk medicine. Tincture of cocaine as an antitussive agent in gastritis, colitis, pyelitis, cochlear, neurosis, headache, bronchial asthma, intestinal and liver disorders, abdominal rest, loss of appetite, hypotension, kidney and bladder colds, general colds and flu, as well as lactation is consumed in mothers to improve the secretion of breast milk. The tincture of the leaves is used as a gargle in angina and stomatitis, rinsing the mouth. It is recommended to drink as an anti-malarial agent.

Decoction of basil plant is recommended to gargle the head of the mouth as a means of relieving pain in toothache, stomatitis, angina, to soak the gauze in the decoction as an ointment for various wounds that are difficult to heal. Freshly chopped basil leaf juice is recommended for ear infections, eczema and difficult to heal wounds.

Use of basil...

It is widely used in all parts of Amaldayhon, from the root to the leaves. In cooking, its leaves are a wonderful spice. It is also used in the canning industry.

The plant is a source of camphor, eugenol, essential oil. These products are used in the food industry, as a flavoring agent in the manufacture of cosmetics. It is also a raw material from which fragrant vanilla is extracted.

The benefits of basil

Undoubtedly, the benefits of basil for the human body are endless, as it has many types and large amounts of nutrients and unparalleled healing properties. It is used in the prevention and treatment of various diseases. Basil is also great for general strengthening of the body, it restores strength. It is consumed fresh, dried, boiled and infused. When dried, it loses many of its beneficial properties, so it is preferable to consume its freshly cut leaves.[32]

Properties of basil:

* A means of relieving spasms of smooth muscle organs (gastrointestinal tract, genitals, blood vessels).

* A plant that kills various germs and viruses.

* Wound healing agent.

* A natural medicinal plant that promotes overall health.

* A useful tool against colds.

The positive effects of basil on human health

The beneficial healing vitamins present in large amounts in basil serve as the basis in the treatment of urinary tract infections in both men and women. Drinking tea made from freshly chopped basil leaves is a great way to increase the amount of milk in nursing mothers. In addition, basil improves blood circulation in all organs of the human body, strengthens human health.

In diseases of the kidneys

Basil is an excellent diuretic, expelling excess uric acid, which dissolves small stones that form cocci and reduces pain. In addition, its regular consumption has a positive effect on the functioning of the urinary tract in humans.

Benefits of basil in nervous and cardiovascular diseases

Rayhon also has a positive effect on the activity of the nervous system. It reduces nervousness and anxiety in a person, eliminates fatigue, reduces the negative effects of nervousness in the human body. Consumption of this plant is also good for headaches, reducing pain in the heart. Minerals in the plant significantly improve the activity of human heart tissue and normalize blood pressure. The iron in plant leaves saturates the body with oxygen and boosts immunity.

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