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THE USE OF MEDICINAL PLANTS BY THE KYRGYZ OF THE SOUTHWESTERN PART OF THE FERGHANA VALLEY

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ИСПОЛЬЗОВАНИЕ ЛЕКАРСТВЕННЫХ РАСТЕНИЙ КИРГИЗАМИ ЮГО-ЗАПАДНОЙ ЧАСТИ ФЕРГАНСКОЙ ДОЛИНЫ

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Abstract. This article notes that the use of flora as medicine by Kyrgyz people in the South-Western region of the Fergana valley has its own characteristics, despite their influence as a result of the relationship of Kyrgyz people with other peoples. It is also proved by scientists that the traditional folk treatment of the Kyrgyz belongs to the ancient period. The author provided the collected field materials that the South-Western Kyrgyz of the Ferghana valley knew perfectly well that medicinal plants contain biologically active substances useful for human health and how they well assimilated ways to purify the body from many diseases. Given useful information about what medicinal properties of the flora is in various parts of plants in different sizes, and in some parts is not available and about how to make drugs the South-West of the Kyrgyz Fergana valley.

Аннотация. Использование лекарственных растений киргизами юго-западной части Ферганской долины имеет свои особенности. Традиционное народное лечение киргизов относится к древнему периоду. Приведены собранные полевые материалы, которые показывают, что киргизы юго-западной части Ферганской долины прекрасно знали о том, что лекарственные растения содержат биологически активные вещества, полезные для здоровья человека. Систематизирована информация о том, какие лечебные свойства есть в различных частях растений некоторых видов, произрастающих на изученной территории.

Keywords: flora, fauna, nature, medicine, Fergana valley, Kyrgyz people.

Ключевые слова: флора, фауна, природа, медицина, Ферганская долина, киргизы.

Kyrgyz people living in the South-West of the Ferghana valley, deeply aware of the properties of the surrounding flora, used and used them in various fields of activity, including as medicines. Medieval thinker, linguist-encyclopedist M. Kashkari "divan lugati-T Turk" [1] and in the works of J. Balasagyn "Kuttuu Bilim" [2] on lexicographic and historical-traditional values, you can find information about how our ancestors used plants as medicines.

Similar data are given in the autobiographical, historical and ethnographic work of Zahir al-DIN Muhammad Babur "Babur Nameh" about the history, life, crafts, flora and fauna of the Central Asian peoples of the late XV-early XVI centuries [3, 5].

People living in the South-Western part of the Ferghana valley suffered from the following diseases: malaria, tuberculosis, fever, dental diseases (scurvy), colds (scrofula), infectious eye diseases (trachoma), tuberculosis, fever, food diseases, typhoid fever (typhoid fever), typhoid fever

(typhoid fever), rubella (measles), skin diseases, etc. Of course, there were cases when accidents occurred due to various accidents. Among infectious diseases, diarrhea, typhoid fever, typhoid fever, chickenpox, diarrhea, rubella, anthrax, whooping cough are widespread. Measures have been taken to prevent and treat such diseases [4-6].

The Kyrgyz people living in the South-West of the Ferghana valley are located in the valleys, on the slopes of mountain ranges. This area is rich in a variety of plants that need to be used as food, household products, tools, clothing, and medicines. Medicinal effects of medicinal plants are found in their roots, stems, leaves, buds, group flowers, fruits, seeds, and bark [5].

In the Leylek district, Kyrgyz people in the late XIX-early XX century collected medicinal plants mainly from seven bridges, Golden cradle, mills, Shoovazs. On high-altitude pastures, glaciers melt only in the summer, and medicinal plants become overgrown with mold in the summer. The Kyrgyz tried to collect medicinal herbs before the cattle went to pastures.

The Kyrgyz people were well aware that medicinal plants contain biologically active substances that are useful for human health, and they have well mastered the methods of cleaning these substances and diseases from the body. This is reported by IA "24.kg". A. Altymyshev:..in medical practice, the properties of natural medicines are gaining more and more confidence," he notes [6]. folk doctors knew that medicinal properties accumulate in different parts of the plant: in buds, leaves, flowers or fruits, bark, stems or roots, and in different quantities.

The Kyrgyz people took care of medicinal plants. When they are collected, the rhizomes do not germinate, because if the roots of the medicinal herb germinate, they will not germinate next year. Even when collecting flowers, they did not break or leave the branches intact. They were well versed in cleaning, drying, and storing plants. The flowers were cut by hand, the leaves were cut off when the plant was just beginning to bloom, in the summer, until the leaves dried out. In most cases, they are collected by hand, and sometimes cut with a knife or other cutting tools.

Medicinal herbs are collected during the ripening and flowering of plants, the fruits are picked by hand when they are fully ripe. Deeply studied the medicinal properties of plants. A. Altymyshev: "collecting and drying particularly juicy fruits is somewhat more difficult. Fruits collected in the daytime and in the heat of the sun, if they are not collected sooner or later, quickly die and lose their healing properties. He also noted that although the fruits were frozen during manual harvesting, they were picked very carefully" [6]. And the roots of plants, bulbs of mountain bulbs, in the fall, when the grass of the plant dried up or in early spring, the stems and leaves did not grow, and sometimes in winter they were dug out if absolutely necessary. Medicinal plants are collected after drying of leaves, flowers, hairs, bark in the afternoon, in the dry season or after rain, or after morning dew until noon, after lunch until late penetration, and the roots are well dug out both in the dew and during the rain.

The Kyrgyz tried to quickly dry the collected plants, especially flowers, leaves and herbs from impurities. After all, with rapid drying, the active substances of the plant do not spoil. For good preservation of medicinal properties and high quality of the plant, fast drying is necessary.

When drying in an unlit room, it is necessary to mix the medicinal plants frequently when the buds dry, so that they do not extinguish the flowering and leaves. Well-dried flowers and leaves are crushed with the palms of your hands and turned into powder. Mold smells bad of mold and rot if it has dried well. Sometimes, when the plants were too dry, they were kept 1-2 days in a humid room.

Before drying, the plants are sorted, and sometimes removed after drying, other herbs, damaged parts of the plant, soil, sand, stones are removed.

Some medicinal plants that were ready to be dried were crushed before preparing medicines, placed in two-layer aromatic bags, wooden containers, and stored in a dark, cool place. Some very

fragrant plants (coconut, mint flavor) were stored in a separate room so that their smell did not pass to other herbs. Dried dill, dog nose, etc. b. the fruits of plants quickly deteriorated, they were often checked. Leaves, flowers, herbs are stored up to 1-2 years, bark, roots up to 2-5 years. Poisonous plants do not accumulate.

Kyrgyz people in the South-West of the Ferghana valley treated sick people with medicinal herbs and folk remedies in the following order:

Rubella (*urtica*) is a disease of the joints (joint rheumatism), lower back pain, headaches, stomach ulcers, cardiac lupus erythematosus (rheumatism in the heart), etc. it is used to treat diseases. Kyrgyz people boil nettle, cauterize the tincture several times and sweat in hot weather so that the skin on the back and joints does not burn. Tea is drunk on the instructions of folk doctors (doctors) for the treatment of ulcers of the heart and esophagus [7].

Mountain *arnebia* is a perennial medicinal plant, reaching 20-30 cm in height, widely distributed on rocky mountain slopes, rocky cliffs. The eyes are like spines, the leaves are hairy, the roots are thick, vertical and rough. Kyrgyz people used mountain Endic root as a medicine. In August, they dug up the roots of the mountain. The roots of this plant are not washed in water and dried in the shade for 15 days. Dried and crushed ermine roots put in 1 pinch of milk, boil for 15 minutes, drink an empty stomach 1 time in 2 days. It was used as a medicine for coughs, food diseases (bronchitis, sore throat and sputum), colds, flu. Currently, Kyrgyz people living in the territory of the Leylek district prepare tincture of mountain arnebia for disease (vitiligo) in 100 grams of ethyl alcohol, placing it in a dark place for 40 days. Also, the mountainarnebia was widely used by women as a means of beauty.

Golden root (*Rhodiola rosea* L.) is an annual plant 20-30 cm tall that grows in high-altitude rocky areas with glaciers. It grows in February-March, reproduces and reproduces. Matures in late August. As the name suggests, the root of this plant is Golden. Kyrgyz people dug up the roots of this medicinal herb (*Aurea radix* are brown, give it a flavor), dried in the shade for 20 days, strung on a patch, used for peptic ulcer (ulcer), stomach ulcer, intestinal diseases, nervous diseases, blood transfusions from the inside, female menstruation and PSA (Ala) disease (vitiligo). When the sweat perspired, the *Aurea radix* vessel was boiled like tea. Gold vessels sweat a sick person, relax the neck and open the mood. If you have a cold of the lungs, put 1 pinch of *Aurea radix* in 1 Cup of milk, boil it until it blushes, and drink it 3 times a day. Currently, people living in the South-Western zone of the Ferghana valley consume 100 grams of dried *Aurea radix* vessel in 1 liter of water, 0.5 liters, slowly boil, cool, add 100 grams of alcohol, drink one tablespoon 1 time a day and treat gastrointestinal diseases.

Wormwood (*Artemisia*) — up to 1 m in length. It looks like an annual sagebrush. Stem with leaves. The drug is ready for use from May to July. Helminths, medicines for skin diseases. Twice a day, 4 tablespoons were drunk 0.5 liters of dried Wormwood (*Artemisia*) — growth berries to 0.5 liters of water 2 times. Young children were added juice, ayran, because the taste was bitter. In the scientific work of the great linguist-encyclopedist of the middle ages, thinker Mahmut Kashkari “Divanu lugati-T Turk” you can see the expression of the high medicinal properties of the Wormwood (*Artemisia*) herb in the proverb “In a wormwood place, no one dies” [8]. Since Wormwood-growth have many benefits for human health, they can't say anything Wormwood (*Artemisia*) don't die on earth. In addition to Wormwood (*Artemisia*) animals, Wormwood (*Artemisia*) animals are also mentioned in the stomach, stomach, and stomach, not in the thin stomach.

Life is a cure for skin diseases such as eyes (rabies). Since rabies is one of the most contagious diseases, Kyrgyzstan was considered separately in order to avoid contracting rabies and infecting other people. Also, in the South-West of the Ferghana valley, Kyrgyz people collected and collected

woolen items during mating to protect them from casual visitors. The Wormwood-growth taste was bitter, and people said: "...bitter sadness chewed the grass, twisted the eyelids without response Well" [9].

In the works of modern poets, Wormwood (*Artemisia*) is designated as a plant with healing properties:

Wormwood (*Artemisia*),
Crow's claw, tersken
It will be difficult.
Red rose, Sereni,
Helenium, erbazyn.
Is an animal know,
The root is drug.

South-Western Kyrgyz of the Ferghana valley skillfully use the above-mentioned medicinal herbs for various diseases, information about the influence of medicinal plants on the human body, ways and differences of medicines, methods and secrets of interpretation from generation to generation. It is worth remembering that you need to prescribe natural medicines. There is no doubt that these natural remedies are less harmful than modern pharmaceutical products.

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