

## CALENDULA OFFICINALIS

MEKHRINIGOR RUSTAMOVA IBROKHIMJON KIZI

Student of Zootechnics faculty of Fergana state University

MAKHLIYO MAMAJONOVA MOSINJON KIZI

Student of Zootechnics faculty of Fergana state University

SHAKHZODA VAKHOBOVA AVAZJON KIZI

Student of Zootechnics faculty of Fergana state University

### ABSTRACT:

**This article provides information on the structure, distribution, composition, medicinal properties of the plant *Calendula officinalis* (calendula) and its use in medicine and folk medicine, as well as against various diseases.**

**KEYWORDS:** *Calendula* *Officinalis*, marigolds, *Asteraceae*, hypertension, arethmia, streptococcus, staphylococcus.

### INTRODUCTION:

Medicinal marigolds (*calendula*) - a plant that grows to a height of 60 cm, belongs to the family *Asteraceae*. Stems ribbed thick, erect, branched, light green, slightly yellowish, glandular, sticky feathers. The leaves are simple, arranged on the stem, elongated or oval, with hairs, respectively. The leaves are alternate, the bottom elongated, cut. The flowers are golden yellow or orange, collected in a large (4–7 cm in diameter) apical basket. Fifteen species belong to the category of *calendula*. In addition to medicinal *calendula*, field *calendula* - *Calendula arvensis* is a promising source of medicines. It blooms in June and October. The fruit is bitter. In the wild, *calendula officinalis* is distributed in Mediterranean countries, in the Middle East to Iran. *Calendula* is grown as an ornamental and medicinal plant in many countries of Western and Eastern Europe (Germany, Austria, Hungary, Poland), including Ukraine, as well as

in the United States, Central Asia and the Caucasus. Yellow and orange varieties of *calendula* are now widely grown in many European countries, propagated only by seeds. Yellow varieties have a high content of carotenoids and flavonoids and are characterized by high pharmacological activity. In folk medicine, the beneficial properties of *calendula* are widely used to treat various diseases. With its help, along with other medications, you can restore your health after serious illnesses.

The plant contains the following biologically active substances:

- essential oils - eliminates and prevents the development of pathogens;
- flavonoids - stimulate bile production, improve the healing of gastric ulcers, relieve smooth muscle spasms, detoxify and eliminate harmful substances from the body, prevent tumors, relieve inflammation;
- cupmarins - help to get rid of various inflammations;
- carotenoids (*calendars*) - pigment synthesis that stimulates vitamin A;
- triterpenoids - a group of elements that provide anti-inflammatory properties of the flower, lower cholesterol levels, improve the transmission of nerve impulses; tannins;
- sterols are cholesterol-like alcohols that pass through the digestive system, are absorbed instead, thereby reducing the amount of cholesterol in the body.

Medicinal marigolds contain many elements. Zinc - helps to strengthen the immune system, selenium - prevents the formation of atypical cells, improves the cardiovascular system, strengthens the immune system.

Molybdenum - prevents the formation of caries, captures fluoride. Copper - helps eliminate inflammation. Calendula contains elements such as potassium, calcium, iron and magnesium.

Medicinal properties of calendula. It has antiseptic, anti-inflammatory and analgesic effects. With its help, you can act on various systems of the body. For treatment are taken mainly flower baskets of plants. Often remove the juice and use the leaves and roots. Calendula treats diseases of the upper respiratory tract and oral cavity. This is due to the bactericidal effect of the plant. Calendula destroys streptococci and staphylococci. Calendula tincture, its diluted form, or calendula flower oil is used to rinse the mouth and throat. These drugs affect the throat, acute respiratory viral infections, influenza, colds. Stimulating faster recovery from bacterial and viral infections. In addition, calendula tincture is suitable for food intake for diseases of the respiratory tract and oral cavity. The use of calendula flowers is indicated for bronchitis. You can take it several times a day. The effect fills the compress with a tincture of marigolds. Calendula helps to eliminate various inflammatory processes in the skin, heals wounds, soothes. To do this, you can prepare the following mixture: Take half a cup of calendula flowers, half a cup of boiled water and Vaseline. Then, pour boiling water over the flowers, let stand for two hours, then strain the broth and add Vaseline to it. This mixture can promote problem areas of the skin. With many cardiovascular diseases, calendula helps to improve the general condition of the body and has no side effects.

Calendula is used to treat the following problems with the cardiovascular system. They are Treatment of tachycardia, arrhythmia, atherosclerosis, hypertension, shortness of breath, and diseases of the gastrointestinal tract. Calendula helps to relieve bleeding and various inflammatory processes in the genitals. Used in cervical erosion, pain and menopause (to combat mood swings).

Russian pharmacologist, academician A.P. Nelyubin wrote in his 1852 book, Pharmacography, that calendula was "a remedy with special healing powers." He noted that in folk medicine calendula is "used for chronic vomiting, atrial pain, sclerosis, skin cancer; malignant, genital, lichen and scab wounds." In many countries, calendula is known in folk medicine as a diaphoretic, expectorant, diuretic. . In Belarusian folk medicine, tincture of calendula inflorescences is used in liver disease, diathesis in children, uterine bleeding, and hematuria to prevent pregnancy after injuries. In traditional Lithuanian medicine, calendula is known as an anti-cancer agent.

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