

THE IMPORTANCE OF THE SAFFRON (SAFFRON) PLANT IN THE NATIONAL ECONOMY

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Annotation

Saffron has been considered an invaluable medicinal and fragrant spice cocaine in folk medicine, and the beneficial properties of its plant for human health have long been known. To date, information about the healing properties of the plant and methods of their use has been studied in the world of science.

Keywords: saffron, cocaine, cultivation, plant, medicinal, medicine, useful, power, content.

The pollen (rilsa) of ECMA saffron (*Crocus sativus* - saffron posevnoy) is considered the main raw material and is used in medicine as a medicinal product, in the food industry as a spice that gives color, aroma and taste to various products. The plant of saffron has long been used in folk medicine as a medicinal remedy (Figure 1).



Figure 1. ECMA saffron (*Crocus sativus*)

Saffron is considered an invaluable medicinal and fragrant spice cocaine in folk medicine, and the beneficial properties of the saffron plant for human health have been cited by Oriental thinker scientists Abu Rayhon Beruniy (1974), Abu Ali ibn Sina (1994) in their works.

Abu Ali ibn Sina, in his work "Al-law", gives information about the healing properties of about 900 plants and the methods of their use. The work records the use of saffron in the treatment of more than

100 diseases. According to Abu Ali ibn Sina, saffron is a twister and solvent, and also has an ethylating property since it is a twisting and gluing property. Since its heat is moderate, it is used in the treatment of various blockages or thrombi in the vein. Strengthens the internal organs, makes the skin color of the body beautiful, clear the eyes and enhances the activity of the heart. Sputum also facilitates migration, bringing the function of the respiratory organs to a close.

Also, the plant of the saffron, that is, the pollen, when infused, smoothes the skin of the body, has the property of causing redness and flaking on the skin, opening up the beautiful. smoothes swelling and scarring. It has a positive effect on the organs of the eye, increases the vision of the eye, stops all sorts of secretions that flow from the eye. Increases heart strength, calms and sleeps if the patient is smelled in pneumonia. Saffron oil in particular cleans the airways, makes breathing smoother and enhances the activity of the respiratory organs. Strengthens the capacity of the liver and stomach. According to Jolinus (Galen), the temperature of the saffron plant is stronger in its nature, and the oil has a warming property. Saffron retains all the naturalness in the body and prevents weakness. Increases internal organ capacity. If saffron is consumed more than normal, it will cause headaches, bring sleep, slow down perception, or make you feel nauseous. Also:

- the decoction lowers blood pressure;
- a large dose triggers the uterus or a small dose shortens
- the head becomes heavier if people with hot clients use a lot.

The saffron plant contains compounds of carotenoids (crotsin, picrorcroxin), flavonoids, essential oils (saffrononal), vitamins V, V2, fat, nitrogenous substances, sugars, potassium and calcium. In official medicine, saffron is used as a mild invigorator, women moderate menstrual processes, postpartum pain reliever, hepatitis, prevention of bloody constipation, and an ointment made from it is used for ovarian colds, hemorrhoids, gravity disorders of the vascular system, eye diseases.

An aqueous solution of the plant has a calming, analgesic, diarrhea, urinary antispasmodic, antiseptic property, in addition, it is widely used in diseases of the liver, stomach and heart disease. Saffron solution is used in stenocardia, heart functional diseases, blood diseases (leukemia), as a means of strengthening the function of the genitals.

As a result of a scientific study in subsequent years on the chemical and pharmaceutical properties of this plant, the presence of substances that can be used in cancer diseases in the composition of the plant's Seeder. Saffron has long been used in the preparation of food products. Due to the presence in the flower columns of the plant of more than 50 percent coloring substance crotsin or polychrome, 2.7 percent fat, 0.32 percent essential oil, as well as vitamins V, V2, nitrogen substances, sugars, potassium and calcium compounds, the food products in which it is added will not lose its quality for several days. In terms of saffron content, it is characteristic that its small amount, that is, 6-7 drops (solution in alcohol), has the property of giving color, taste to 1 liter or 1 kg of feed. The plant was used naturally or formally in their preparation, as it had a unique aroma, giving the dish a bright color and taste.

Confectionery products are widely used in the preparation of cookies, cakes, pies, various buns, various creams, ice cream. Butter is also used in coloring cheeses, giving aromas to refreshing drinks, and even making tea and coffee of good quality and taste.

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