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Medicinal Plants - Big Plantago (Planto Major)

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ABSTRACT

The article provides information about the botanical classification, composition, medicinal properties and collection procedures of the medicinal plant - the- Big Plantago

KEYWORDS

Phytotherapy , rhizome, simple corn, pectin, gastritis, bronchitis

INTRODUCTION

Nowadays , more attention is paid to the protection of medicinal plants, the rational use of natural resources, the establishment of plantations for the cultivation of medicinal plants, because phytotherapy or herbal treatment has been found to be one of the most ancient branches of medicine. The

beneficial properties of medicinal plants have been used by humans for centuries.

One of the most important medicinal plants for human health is the Planto major, which belongs to the Plantaginasease family. more than 150 species of this family have now been identified by botanists. They grow mainly in

temperate and subtropical zones of Eurasia, the African continent, and North and South America. In many countries, the locals have given the plant names such as Babka, Traveler, Sevenzilnik, Companion, Triputnik, Dorozhnik, Rannik, Poreznik shortly the characteristics of the plant.

MATERIALS AND METHODS

This medicinal plant grows in almost all regions of the country on roadsides, fields, arable lands, meadows, forest edges, ditches and abandoned wetlands. Although - Big Plantago grows well in all types of soils, it grows well only in fertile soils with sufficient moisture and gives high yields. Big Plantago is a perennial, short, and thick-rooted herbaceous plant. On the upper side of the rhizome (above the ground) grow long, banded root balls, and on the lower side (underground) grow many small roots. The rhizomes are broadly elliptical or broadly ovate, flat-edged and large. Flower axis one or more, hairless, height 10-45 cm. The flowers are collected in a simple spike, small and inconspicuous. The inflorescence is cut into 4 pieces, the inflorescence is light brown, 4 bo lacquered, paternal four, maternal node two-chambered, located above.

A Big Plantago is pollinated by wind. It blooms from the second decade of May to September. The seeds ripen in late August and September. Up to 15,000 seeds are sown in a single plant. Seedlings of Big Plantago are usually very small and can die quickly due to lack of moisture and abundance of weeds. At the beginning of the growing season, the plant forms a set of leaves on the surface and

then forms one or more inflorescences up to 50 cm in height.

The beneficial properties of the plant Planto major have been known for thousands of years and are a storehouse of nutrients. Big Plantago leaves contain up to 20% pectin, large amounts of vitamins (groups A, K, and C), organic acids (benzoic, salicylic, lilac, vanilla chlorogenic, neochlorogenic, caffeine, etc.) Contains steroids, flavanoids, saponins, yellow and bitter substances, polysaccharides and many macro and micronutrients.

The leaves of the great dandelion have wound healing, disinfecting, and anti-inflammatory properties. Infusions made from the leaves have an anti-allergic effect, improve gastrointestinal function, increase the secretion of gastric juice and increase the acidic environment in it, increase the secretion of bronchial glands. Big Plantago mixture is also used as an adjunct in the treatment of tuberculosis, whooping cough, bronchitis, chronic gastritis, peptic ulcer and duodenal ulcer. Big Plantago is part of many herbal medicines, which are also used to make cough teas. This plant has a calming effect, as well as a emollient and expectorant. Freshly cut Big Plantago leaves are usually used for wounds, bruises and burns. They are also used against acne, boils, rashes and insect bites.

In inflammation of the eyes, a mixture of dandelion is used to wash them. The plant has also been shown to reduce cholesterol levels in the human body and reduce the spread of aortic arteriomatosis. Big Plantago can be used as a moisturizer for skin and hair care. Compressors for medicinal baths and kalius are made from a mixture of zubtutum to get rid of cracks and stains on the soles of the feet.

Harvesting of the leaves of the medicinal plant *Plantago major* (*Plantago major*) should be carried out during its flowering period (May to August). It is recommended to cut with a fork or a knife, without damaging the leaves and flowers of the plant. Collection near large highways, railways, industrial plants and buildings is not recommended as this plant absorbs toxins and harmful substances perfectly. The collected leaves are clean, healthy, do not retain signs of disease and are not damaged by insects must be.

Collected plants are dried in the sun in a thin layer or in a well-ventilated, dry room, constantly turning and rotating. The leaves are dried until they turn brown-green. Drying is stopped as soon as the leaf veins are brittle. After the drying process, sort the raw materials; it is recommended to remove yellowed and damaged ones. Dried herbs should be stored in glass jars, paper bags or dry and moisture-proof containers. The flowers and leaves of *Plantago major* L., a perennial plant that grows wild and is grown by humans, are used as medicine and medicinal raw materials.

CONCLUSION

To recapitulate, the big plantago is a medicinal plant that has a positive effect on human health, it contains a large number of vitamins, organic acids, steroids, flavanoids, polysaccharides and many macro-and micronutrients. It is recommended to study the properties of this plant and to establish its production on a large scale as a medicinal raw material.

Due to the fact that the cultivation, care and harvesting of large dandelions is not a difficult

task and high yields, it is advisable to propagate this plant. and a lot of cultivation work is underway.

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