

The Medicinal Properties of the Trophy (*Helianthus Tuberosus*) Plant

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Abstract: *The Jerusalem artichoke plant is widely used in medicine for its roots. That is why it is highly valued as a valuable raw material in the pharmaceutical industry. The article contains information about the healing properties of this plant, which diseases are useful in our medicine.*

Keywords: *Homeland - North America. It was brought to Europe at the beginning of the 17th century. Spread in Russia in the 18th century. It is grown as a silage crop in Uzbekistan. The stem looks like a sunflower. The name "Topinambur" is related to the name of a tribe of Brazilian Indians called "tupinamba". The plant is native to North America, where it grows wild.*

This is a perennial root-fruit plant belonging to the family of complex flowers.

In the middle of the 20th century, Jerusalem artichoke was planted in hunting farms to feed wild animals, and as an ornamental plant in city parks and recreation areas. Until recently, this plant was planted in almost every household. It has beautiful yellow flowers that are hardy and easy to care for. But its buds, which are not only tasty, but also useful, are considered valuable.

The plant is also called "earth pear" because of its juiciness. In the markets of Uzbekistan, the tubers of the plant appear in autumn. Jerusalem artichoke is rich in vitamins, fiber, inulin, pectin and fructose, as well as mineral salts of iron, calcium, potassium, magnesium, copper, phosphorus, zinc and silicon. The inulin contained in the knot regulates the amount of sugar in the blood and has a beneficial effect on the pancreas. It protects the liver and increases bile secretion. It slows down the formation of stones and sand in the liver and gall bladder.

Helps to lose weight. The reason for this is that tubers normalize carbohydrate and fat metabolism, and lower cholesterol levels in the blood.

They have a diuretic and anti-inflammatory effect. They recommend it as a means of removing excess salt from the body. It has a good effect on swelling, gout, and osteochondrosis. Jerusalem artichoke is recommended for hypertension, atherosclerosis, tachycardia, angina pectoris and cardiovascular diseases.

Increases immunity. The high content of ascorbic acid in Jerusalem artichoke root helps to activate the body's defenses.

In addition, tubers are rich in phosphorus and arginine, which increase endurance and resistance to physical exertion.

It should be used with caution in people prone to flatulence. If it is consumed regularly, it is very useful in the prevention of salt accumulation in the organs, type 2 diabetes, gastrointestinal diseases, anemia, atherosclerosis, stone formation in the kidney and urinary tract, and nerve diseases. will come.

Yernok leaves and potatoes can be used fresh or dried. 50 g of freshly picked potatoes. if cleaned and consumed 3 times a day 30 minutes before meals without adding anything to it, the amount of sugar in the blood will decrease. Making a salad from the leaves is very important not only in the treatment of diabetes, but also in the treatment of hypertension and pancreatic diseases.

Add 3 pieces of freshly picked corn kernels to 1 liter of water and boil it like fruit juice for 10-15 minutes. If you want to use dried potatoes of yernok, take 3 tablespoons of 1-2 liters of water and boil for 1 hour. It is recommended to drink 1 liter per day warm or chilled. Such a decoction not only reduces the amount of sugar in the blood, but also lowers blood pressure. Improves the functioning of the pancreas, increases the amount of hemoglobin in the blood Dried artichoke tincture



Tea brewed from dried Jerusalem artichoke leaves and branches increases energy. In particular, if you add 5 pieces of blackcurrant fruits, 3-4 pieces of mint and pour boiling water over it, it will turn into a ready-made medicinal tea. Add a teaspoon of green tea if you like. This tincture quickly relieves fatigue, lowers blood pressure, lowers blood sugar, and most importantly, increases your energy by increasing hemoglobin.

Tincture made from Jerusalem artichoke leaves is very useful. To do this, before preparing the juice, dry Jerusalem artichoke branches and leaves in a shady place. Then put 15-30 grams of dried Jerusalem artichoke in a thermos, pour 1 liter of water over it and let it soak for 1 hour. When the tincture is ready, drink it instead of water. It energizes you, whets your appetite and flushes out unwanted substances from the blood. You can also drink such a tincture with honey or jam for 30 days.

If you take 2 tablespoons of Jerusalem artichoke juice on an empty stomach in the morning and drink it with an equal amount of clean water, you will get rid of boils.

This juice is also used in the treatment of headaches and polyarthritis due to increased blood pressure. For this, it is recommended to drink 0.5 glasses of juice 3 times a day.

If you add Jerusalem artichoke to salads instead of side dishes, you will immediately notice a change in your figure. Always make sure it is freshly mined when you use it. That's the only way you'll get results quickly.

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