AMERICAN Journal of Language, Literacy and Learning in STEM Education
Volume 01, Issue 9, 2023 ISSN (E): 2993-2769

IN THE TREATMENT OF CARDIOVASCULAR DISEASES IN MEDICINE, DRUGS CALLED CARDIAC GLYCOSIDES ARE USED

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Annotation: The text provides information about medicinal plants used in the treatment of heart diseases, their morphology, and methods of preparing infusions from them. Key words: medicinal lemon balm, medicinal valerian, common hawthorn, motherwort, hypotensive, spasmolytic, hypertension, hypotension, cardiac activity. Medicinal lemon balm - Melissa officinalis Lamiaceae. Plant description: Medicinal lemon balm belongs to the Lamiaceae family, it is a fragrant plant with a lemon scent, a perennial herb covered with many years of downy hair. The stem is sturdy, square, reaches a height of up to 120 cm. The leaves are opposite, serrated, with a length of up to 4 cm. The fruit is a three-seeded nutlet. The plant begins vegetative growth in early spring. It blooms in June to August. Medicinal lemon balm grows in shrubs, forests, and along riverbanks. Usage: The plant is harvested during the flowering period when the flowers are fully open. Lemon balm has soothing properties. Infusions of lemon balm are used as a cardiac tonic, diuretic, antipyretic, and analgesic. According to Ibn Sina, the plant "strengthens the heart, invigorates, aids in digestion, and provides assistance when hiccups occur." The analysis is based on global scientific views published in the International Scientific Journal 2023 Vol1 Issue 4 IF (Impact Factor) 8.2 / 2023, which can be found at https://academics.uz/index.php/awsit. (https://academics.uz/index.php/awsit) Lemon balm's green leaves, when applied as a poultice to areas where blood circulation is frequently disturbed, help improve blood circulation. Uzbek Medicinal valerian - Valeriana officinalis.

Description of the plant:

Medicinal Valerian is a perennial herb belonging to the Valerianaceae family. It can grow up to 2 meters tall, with straight, cylindrical, non-branched stems. The leaves are ovate, toothed, not lobed, with a hollow petiole. The flowers are small, gathered in dense, cymose inflorescences. The corolla of the flower is funnel-shaped, five-lobed, with a white or pinkish color. The fruit is a small nut-like capsule with a pointed tip. It blooms in May and August.

Usage:

Preparations made from it are used as a sedative for the nervous system and as a cardiac tonic. Medicinal products derived from this plant form the basis for remedies such as valocordin, corvalol, and others. Tribulus terrestris - Common names: puncture vine, Caltrop

Description of the plant:

Tribulus terrestris is an annual plant belonging to the Zygophyllaceae family. It lies on the ground

and can grow up to 1 to 3 meters long. The plant starts with a branched and slightly hairy stem from the base. The leaves are arranged oppositely, 5-7 pairs of pinnate leaflets. The flowers are yellow, star-shaped, and 5 (sometimes 2-4) in a cluster. The fruit is a dry capsule, containing 2-4 sharp spines. It blooms from May to June, and the fruit ripens from June to July.

Usage:

Medicinal preparations from this plant are considered to be anti-atherosclerotic, reducing cholesterol levels and having diuretic properties. They are used to counteract atherosclerosis and help reduce cholesterol levels. The Tribusponin preparation is used in the treatment of atherosclerosis (both general and coronary), as well as for the treatment of cardiac sclerosis. It is produced in tablet form containing a combination of tribusponins, steroids, and saponins derived from plants. The hormonal preparation synthesized from diosgenin obtained from plants is used as a sedative.

Ziziphora pedicellata Pazij - Common name: pennyroyal

Description of the plant:

Pennyroyal belongs to the Lamiaceae family, and is a perennial herbaceous plant. It reaches a height of 20-40 cm. The leaves are serrated or finely serrated. The flowers are gathered in dense whorls. The flowers are zygomorphic, complex, with two genders. The fruit is a capsule divided into four nutlets.

Usage:

The aerial part of the plant is considered medicinal. In medicine, it is used as a hypotensive, spasmolytic, and diuretic. Infusions and decoctions of pennyroyal are recommended in folk medicine for indigestion, heart diseases, and when blood pressure rises. In addition to medical applications, it is widely used in perfumery and as a flavoring agent.

Conclusion:

Medicinal plants, if used correctly, hold significant importance in human life. Medicinal plants are vital in treating humans and animals, preventing diseases, as well as being essential in the food, beverage, and cosmetic industries. There are approximately 10-12 thousand species of medicinal plants identified on Earth, with over 1000 species having been chemically, pharmacologically, and industrially tested. In Uzbekistan, there are over 700 known species of medicinal plants, with around 120 being used in scientific and traditional medicine, both in their natural state and after industrial processing. Currently, about 40-47% of medicinal substances used in medicine are obtained from plant sources. Various parts of medicinal plants, including roots, rhizomes, leaves, stems, fruits, seeds, bulbs, bark, flowers, buds, and resins, are utilized for their therapeutic properties.

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