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Medicinal Properties of the Dog Grass - Cynodon Dactylon

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Abstract: The article provides a review of the literature on the healing properties of Cynodon dactylon (L.) Pers. Bermuda grass is a weed. Used in folk medicine of Central Asia, Bulgaria and Azerbaijan. It is rarely used in scientific medicine. It has anti-inflammatory, antioxidant, hypoglycemic, antiviral, immunomodulatory properties.

Keywords: Bermuda grass, Cynodon dactylon Pers., traditional medicine.

Bermuda grass (Cynodon dactylon (L.) Pers.) - a perennial rhizomatous weed classified as a weed. The leaves are ribbon-shaped, rough, with sharp edges. The inflorescence is a palmate panicle of 3-8 spike-shaped branches. The fruit is an elongated grayish-greenish grain. Blooms from June to late autumn. It reproduces mainly by rhizomes, partly by seeds. Underground rhizomes produce horizontal or oblique branches. Sprouts grow from these branches above the ground. In addition, rhizomes develop at the aboveground junctions of branches, and flowering stems grow from the axils of the leaves.

Cynodon dactylon, commonly known as Bermuda grass, is found throughout the world. Its homeland is Europe, Africa, Australia and most of Asia. Contrary to its common name, it is not native to Bermuda, where it is considered a highly invasive species. In Bermuda it is known as "crab grass" (also known as Digitaria sanguinalis). Встречается в европейской части юга, на Кавказе, юге Западной Сибири и в Средней Азии; Растет как сорняк на травянистых склонах, лугах, поймах рек, засушливых землях, обочинах дорог, полях и садах. Other names: Dhub, durwa grass, dubo, dog grass, dog tooth, Bahama grass, crab grass, devil grass, wheatgrass, Indian doab, arugampul, grama, wire grass and sedge grass, in Russian. - svinoroy palchatiy or palchatka.

The chemical composition of the plant is rich in carotenoids, vitamin B, organic acids, sucrose, fructans, malic acid salts, saponins and oils. The rhizome of the herb contains saponins, starch, triticin polysaccharide, luteolin, apigenin, p-coumaric acid. In addition, flavonoids - quercetin, kaempferol, rutin, catechin, myricetin; Isolated carotenoids - β-carotene, violaxanthin, zeaxanthin. Stilbenes were also identified.

In folk medicine, the irig plant is used for: upper respiratory tract infections, dysentery, rheumatism, urolithiasis and genitourinary diseases, impotence, hypertrophy and prostate adenoma, nosebleeds, diseases, bone fractures, donkey feed - allergic diseases, wounds, carbuncles, ulcers on the skin.

All parts of the plant have antioxidant properties. The rhizome of Cynodon dactylon is used in folk medicine in Bulgaria as a diuretic, laxative and expectorant. In “Ayurvedic” medicine, Cynodon dactylon is used to treat skin wounds, inflammation in arthritis.

Uzbek specialists have mastered the extraction of coffee from the roots of Cynodon dactylon. The plant may become a cure for cancer. This coffee variety was tested by the Academy of Sciences of Uzbekistan and confirmed as suitable for consumption.

Experimental studies have confirmed the presence of anti-inflammatory properties in the plant extract. Anti-arthritic properties were again determined. Fresh plant juice has immunomodulatory properties. I thank the presence of scopoletin extract Cynodon dactylon (L.) Pers. has a pronounced bronchodilator effect. Alcoholic extract of Cynodon dactylon (L.) Pers. has antiviral activity rhizome extract has healing properties.

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