

HERBAL PLANTS AS A RAW MATERIALS FOR PREPARING EFFECTIVE AND HARMLESS MEDICINES

Abduganiyeva Farangiz Vafoqul Qizi

Pharmaceutical Institute of Education and Research 4nd year student 401st group's student, Tashkent city Republic of Uzbekistan E-mail:abduganiyevafarangiz366@gmail.com tel:+998997464856

Abstract: *Plants have been and continue to be valuable natural treasures, providing an important source of nutrients and therapeutic agents. The researches and utilization of herbal medicine in the treatment of diseases increases every day. Herbal plants provide major source of molecules with medicinal properties due to presence of natural compounds.*

Keywords. *Herbal medicine, extracts, morphine, aspirin, Phytomedicine, herbal plants as a raw material, natural, harmful.*

Abstrakt. *O'simliklar ozuqa moddalari va davolovchi vositalarning muhim manbai bo'lgan qimmatli tabiiy boylik bo'lib kelgan va shunday bo'lib qoladi. Kasalliklarni davolashda o'simlik dori vositalarini tadqiq qilish va ulardan foydalanish kundan-kunga ortib bormoqda. Dorivor o'simliklari tabiiy birikmalar mavjudligi sababli dorivor xususiyatlarga ega molekulalarning asosiy manbai hisoblanadi.*

Kalit so'zlar. *O'simlik dori-darmonlari, ekstraktlar, morfin, aspirin, Fitomeditsina, o'simlik o'simliklari xom ashyo sifatida, tabiiy, zararli.*

Абстракт: *Растения были и остаются ценным природным сокровищем, важным источником питательных веществ и лечебных средств. Исследования и использование фитотерапии для лечения заболеваний увеличиваются с каждым днем. Травяные растения являются основным источником молекул с лечебными свойствами благодаря наличию природных соединений.*

Ключевые слова. *Фитотерапия, экстракты, морфин, аспирин, фитомедицина, травяные растения в качестве сырья, натуральные, вредные.*

The aim of all efforts would be to improve the overall awareness of the possibilities of choice in prevention and treatment and can judge the effectiveness of the use of medicinal herbs and herbal preparations.

Herbal medicine, also called botanical medicine or Phytomedicine, are the remedies and made from plants to prevent and treat an illness or to achieve good health. Herbal drug preparations are the basis for finished herbal products and many include comminuted or powdered herbal materials, or extracts, tinctures and fatty oils, expressed juices and





processed exudates or herbal materials. They are produced with the aid of extraction, distillation, expression, fractionation, purification, concentration, fermentation or other physical or biological process.

Drug discovery from herbal plants has evolved to include numerous fields of inquiry and various methods of analysis. According to World Health Organization (WHO) data, about 80% of world population are using products based on medicinal herbs. As already mentioned, herbal plants have been an extremely important source for the discovery of many drugs.

Morphine, which was the first purely natural product to be isolated, was introduced in pharmacotherapy in 1826 (Merck). The first semisynthetic pure substance of aspirin, salicylic acid-based, was isolated from the bark of *Salix alba* willow and was produced in 1899 (Bayer). This was followed by the isolation of active compounds from old herbal drugs, such as digoxin, codeine, pilocarpine, quinine, and many others, some of which are still in use today.

Many herbal remedies, emerged after extensive scientific tests of “well-known” medicinal plants, were introduced in the therapy. Silymarin, extracted from the seeds of *Silbum marianum* is used as a hepatoprotective, Paclitaxel from the bark of *Taxus brevifolia* in the treatment of lung, ovarian, and breast cancer, and Artemisinin from *Artemisia annua* herb to combat multiple-resistant malaria.

Herbal medicines are those with active ingredients made from plant parts, such as leaves, roots or flowers. But being “natural” does not necessarily mean they are safe for humans to take. Just like conventional medicines, herbal medicines will have an effect on the body, and can be potentially harmful if not used correctly.

Comprehensive development of science and technology, able to produce high-quality herbal medicines, is greatly improved in recent decades. The acceptance of herbal medicine as a natural and gentle alternative to synthetic drugs is very high in public in development countries and, from a global perspective, unit sales of herbal medicines is constantly growing. However, we will still face many problems in this areas.

A comprehensive approach to these problems, the state of the field of medicinal and herbal medicines, can be repaired. A better education of people is involved in the collection and cultivation of medicinal plants on the necessity of obtaining plant raw material of high quality.

Conclusion. Natural products discovered so far have played a vital role in improving the human health and have been the drugs of choice despite facing a tough competition from compounds obtained by chemical procedures, due to their safety and efficacy. The most striking feature of natural products in connection to their long-lasting importance in drug discovery is their structural diversity that is still largely untapped.





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