



MYSTERIOUS SAFFRON PLANT AND ITS MEDICINAL PROPERTIES

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ABSTRACT

This article discusses the practical significance of the saffron plant. Information was also given about the saffron plant, its systematic place, practical significance and diseases, which were approved in antiquity.

KEYWORDS

Spice sultan, aromatic compound, saffron oil, zotilam, ketones and aldehydes, safranal.

INTRODUCTION

Effective use of the raw material base of medicinal plants, wide use of medicinal plants in the prevention and treatment of diseases, organization of deep processing and value added chain by supporting business entities establishing cultural plantations of medicinal plants in order to create regions licorice,

saffron, kaurak, lavender, stevia, chamomile, namatak, ravoch, mavrak, dalachoy, tograyhon, boymadaran, deer grass, kovul, peppermint and other medicinal plants specializing in the area of production. From 2022 to 2026, new medicinal plant plantations will be established on an area of 36,000 hectares.



Figure 1. Saffron plantation in the Republic of Uzbekistan

The table decoration of ancient peoples, the sultan of spices, the saffron plant of incomparable smell and taste, representative of the family of monocotyledonous plants (Iridaceae), is from an unknown species of the Mediterranean Sea. is assumed to have originated.

Saffron - *Crocus sativus* plant has three sets of homologous chromosomes (24 chromosomes) and because each set of chromosomes has a unique shape and size, it can be propagated from seed. it's not. Saffron is propagated vegetatively through bulbs.

Since ancient times, doctors have been using saffron plant as a sedative and pain reliever. Our great ancestor, Ibn Sina, said about saffron: "It is an astringent and a solvent. Because of the features of twisting and glues, it is also maturing. Its heat is moderate and unclogs: It corrects the smell and strengthens the internal organs. Drinking saffron makes the color beautiful, the eyes clear, and the heart strong. It facilitates the passage of phlegm and strengthens the respiratory organs." It is possible to activate mental activity, reduce sweating, improve appetite, improve digestion and accelerate

metabolism by adding herbal spices to daily food. Drinking saffron tea on a regular basis helps to cleanse the liver and kidneys, improve their performance, and reduce swelling in the liver area. We can even witness the dissolution of stones in the kidneys and gall bladder with the help of medicine prepared by mixing saffron water with honey. Regular intake of tincture made from saffron plant reduces and stops headaches, heart and liver colic. As it accelerates the production of serotonin hormone in the body, it creates a happy mood and relieves heart palpitations and anxiety. It helps to get out of the state of stress, suppresses various dreams and fears and temptations in the brain. Due to the presence of crocetin and glycoside crocein, which are the most important biologically active substances in saffron, it is quickly absorbed and unclogs the brain and blood vessels, dissolves frozen blood, as a result, blood pressure moderates, general body blood circulation improves, and fresh blood and oxygen reach the brain. it becomes easier to go. Since saffron contains digentibiose ester of crocin caratinoid crocetin, its fragrance is indescribable. For this reason, it is effective to smell saffron on a patient with zotiljam disease. A patient who smells saffron calms down and goes to sleep peacefully. With the help of saffron oil, it is possible to clean and smooth the respiratory tract, to improve the performance of the respiratory system. Another important substance that gives saffron its aroma is 2-hydroxy-4,4,6-trimethyl-2,5-cyclohexadien-1-one, which gives saffron a hay-like smell when dried.

will give. As a result, saffron has its own unique taste and gives flavor to food. Spicy glucoside picrocrocin ensures the spicy taste of the spice made from saffron. A-crocin carotenoid pigment and a-crocin can be used to give boiled and steamed rice a bright color along with a unique taste. Saffron tea is recommended for alleviating melancholy, depression, and fear. Saffron provides effective antispasmodic, diuretic and anti-inflammatory benefits. Saffron can also be used to relieve chronic diseases such as dry bronchitis, measles, and whooping cough. The antimutagenic property of saffron prevents the development of cancerous tumors and helps to keep them at the same level. This characteristic compound - kaempferol - is found in saffron petals.

The saffron aroma-active compounds contained in saffron raise human mood, improve memory, increase enthusiasm for learning, and protect brain cells from oxidative stress. Since ancient times, saffron has been mixed with hot milk and drunk, which in turn promotes the growth of brain tissue, improves memory and has a positive effect on vision. Boiling saffron in water and pouring it on the head little by little will induce sleep. Saffron contains about 28 volatile and aromatic compounds dominated by ketones and aldehydes, and its positive effects on the visual system have also been studied. Prevents age-related disorders, restores lost tension in the visual system, damaged photoreceptor cells. Stops eye sores and provides anti-aging benefits.

People of old age can prevent cataracts if they take saffron regularly.

CONCLUSION

In conclusion, it can be said that saffron *Crocus sativus*, the king of spices and medicinal plants, has been helping people with various diseases for centuries. Today, at the initiative of our president, this unique plant is transplanted to large plantations and is widely used to restore the health of the population of our country.

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