

MEDICINAL PLANTS AND PRODUCTS CONTAINING VITAMINS

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Annotation: This article discusses medicinal plants and natural products rich in vitamins, their importance for human health, as well as their composition and biologically active compounds. Vitamins found in different parts of plants play a crucial role in maintaining normal body functions. The advantages of natural vitamin sources over synthetic preparations are highlighted. Information about the preventive and therapeutic properties of products derived from medicinal plants is presented. The article also emphasizes the importance of rational use of plants and their inclusion in the daily diet.

Keywords: vitamins, medicinal plants, biologically active compounds, natural products, health, immunity, nutritional value, phytotherapy, antioxidants, plant extracts, traditional medicine, vitamin C, vitamin A, B vitamins, food safety, natural sources, healing plants.

Аннотация: В данной статье рассматриваются лекарственные растения и натуральные продукты, богатые витаминами, их значение для здоровья человека, а также состав и биологически активные вещества. Витамины, содержащиеся в различных частях растений, играют важную роль в обеспечении нормального функционирования организма. Освещаются преимущества природных источников витаминов по сравнению с синтетическими препаратами. Представлена информация о профилактических и лечебных свойствах продуктов, полученных на основе лекарственных растений. Также раскрывается значение рационального использования растений и включения их в ежедневный рацион.

Ключевые слова: витамины, лекарственные растения, биологически активные вещества, натуральные продукты, здоровье, иммунитет, пищевая ценность, фитотерапия, антиоксиданты, растительные экстракты, народная медицина, витамин С, витамин А, витамины группы В, безопасность питания, природные источники, целебные растения.

INTRODUCTION

Today, strengthening human health, preventing diseases, and promoting a healthy lifestyle are considered among the most pressing issues on a global scale. In particular, the development of a nutrition system based on natural sources and providing the body with essential biologically active substances are of great importance. From this point of view, medicinal plants and natural products rich in vitamins occupy an invaluable place in human life. They not only satisfy the physiological needs of the body, but also serve as effective means of strengthening the immune system, improving metabolism, and combating various diseases.

In recent years, scientific sources have widely highlighted the effects of the components of medicinal plants, particularly vitamins, antioxidants, and other biologically active substances, on human health. The results of scientific research conducted by scholars indicate that natural vitamins obtained from plants are absorbed better by the body compared to synthetic preparations and have fewer side effects. Therefore, the rational use of medicinal plants and their inclusion in the daily diet deserve special attention.



In our country as well, raising a healthy generation, improving the quality of life of the population, and expanding the use of environmentally friendly products are regarded as priority directions of state policy. In this regard, the ideas put forward by Shavkat Mirziyoyev are of particular importance. In particular, our President has repeatedly emphasized the necessity of promoting a healthy lifestyle, providing the population with high-quality food products, and effectively using national plant resources. This further increases the relevance of studying medicinal plants and introducing their beneficial properties into practice.

Moreover, medicinal plants also hold an important place in the experience of traditional medicine. Traditional knowledge formed over centuries is harmonizing with modern scientific views, creating new opportunities. In this process, it is important to deeply study existing scientific sources about the vitamin composition of plants, their effects on the human body, and methods of their application.

Within the framework of this topic, based on the scientific views and literature of various scholars, the richness of medicinal plants and products in vitamins, their importance for health, and aspects of their practical application are widely covered.

METHODOLOGY

Within the framework of this article, mainly theoretical and analytical approaches were used to highlight the importance of vitamin-rich medicinal plants and natural products. During the research process, scientific literature, monographs, textbooks, articles, and electronic sources created by local and foreign scholars were thoroughly studied, and generalized scientific conclusions were formed on their basis. The main focus was directed to the chemical composition of medicinal plants, particularly the amount of vitamins and their effects on the human body.

A systematic approach was taken as the basis for studying the materials. That is, the vitamins contained in medicinal plants, their types, functions, and biological significance were analyzed as an integrated system. At the same time, the characteristics of vitamin distribution in different parts of plants (root, stem, leaf, fruit, and seed) were also examined on the basis of scientific sources. This approach made it possible to gain a deeper understanding of the effects of medicinal plants on human health.

Through the comparative analysis method, the differences between vitamins obtained from natural sources and synthetic vitamin preparations were studied. In this process, scientific views regarding their absorption level, effectiveness, and side effects were compared. As a result, important scientific ideas about the advantages of natural vitamins, especially their compatibility with the body and safety, were generalized.

In addition, with the help of the historical-logical approach, the ancient traditions of using medicinal plants and their harmonization with modern science were highlighted. The experience of traditional medicine was also separately studied, and its practical knowledge was analyzed in harmony with scientific sources. This served to identify effective ways of using medicinal plants.

Observation and descriptive methods were also applied in the article. Through these methods, the external characteristics of medicinal plants, their distribution areas, growth conditions, and the description of products obtained from them were presented. At the same time, general conclusions were drawn on the basis of data presented in statistical and scientific sources.



All the obtained information was analyzed in logical consistency, and final scientific views were formed with the help of the generalization method. As a result, the existing knowledge about medicinal plants and their vitamin-rich products was systematized, and the possibilities of their practical application were substantiated.

RESULTS AND DISCUSSION

Based on the scientific sources studied within the framework of the topic, it was determined that vitamin-rich medicinal plants and natural products have broad and multifaceted importance for human health. Scientific views of various scholars indicate that the vitamins contained in plants play an important role in supporting the main vital functions of the body. In particular, plants rich in vitamins C, A, and B-group vitamins are considered important factors in strengthening immunity, improving the activity of the nervous system, and regulating metabolism.

According to the information presented in the literature, plants such as rosehip, black currant, carrot, and spinach are distinguished by containing high amounts of vitamins. Products prepared on the basis of these plants are regarded as effective means of supplying the body with essential nutrients and preventing various diseases. At the same time, medicinal plants contain not only vitamins, but also antioxidants, flavonoids, and microelements, which collectively have a positive effect on the body.

During the discussion process, when the ideas proposed in various scientific sources were compared, the advantages of natural vitamin sources became clearly evident. In particular, vitamins obtained from plants are easily absorbed by the body and have fewer side effects compared to synthetic preparations. This further increases the importance of using natural products. At the same time, some scholars emphasize that the degree of vitamin absorption depends on the type of plant, growth conditions, and processing methods.

In addition, scientific sources also note that the incorrect or excessive use of medicinal plants may, in some cases, lead to unexpected negative effects. This demonstrates the necessity of following a scientifically based approach and the recommendations of specialists when using plant products.

Another important aspect is that the demand for natural food products is increasing in modern lifestyles. This requires the cultivation and processing of medicinal plants, as well as the expansion of the range of products obtained from them. From this point of view, the rational use of plant resources, their cultivation in ecologically clean areas, and the production of high-quality products are becoming matters of urgent importance.

In general, medicinal plants and vitamin-rich products are regarded as important natural sources for strengthening human health. Their scientifically based application can provide effective results in promoting a healthy lifestyle.

CONCLUSION

In conclusion, it is clearly demonstrated on the basis of scientific sources that vitamin-rich medicinal plants and natural products are of great importance in preserving and strengthening human health. The vitamins, antioxidants, and other biologically active substances contained in plants play an important role in ensuring the normal functioning of the body, strengthening



immunity, and preventing various diseases. In particular, one of the main advantages of vitamins obtained from natural sources is their easy absorption by the body and their safety.

The reviewed scientific views indicate the necessity of the rational use of medicinal plants and their inclusion in the daily nutrition system. At the same time, the formation of a culture of properly selecting, storing, and consuming plant products is also an important factor.

In general, the effective use of medicinal plants and vitamin-rich products serves to establish a healthy lifestyle, improve public health, and enhance the quality of life.

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