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The Significant Significance of the Medicinal Plant in Zizyphus in Lowering Blood Pressure

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ABSTRACT

Currently, the demand for medicinal plants in Zizyphus is increasing. Even now, in folk medicine, the decoction and tincture of the fruits and leaves of Zizyphus are used as a tonic, diuretic, emollient and expectorant agent for the chest, respiratory tract, lungs, kidneys, liver, brain. It is widely used in medical practice for the treatment of intestinal diseases and anemia, asthma, smallpox and other similar diseases. In this scientific article, it is explained in detail that the Zizyphus plant has good results when it is used together with medicines to lower blood pressure.

INTRODUCTION

In the southern regions of the republics of Central Asia, on rocky and gravelly slopes, hills and other places up to 1500 m above sea level, the wild *Zizyphus* medicinal plant grows. *Zizyphus* is a medicinal plant that has been widely used in folk medicine for the treatment of various diseases since ancient times. The main pharmacological effect of *Zizyphus* fruit is clearly manifested in the treatment of blood pressure disease. Especially, the cholinolytic properties of *Zizyphus* medicinal plant block the cholinoreceptors in the blood vessels, preventing the impulse from reaching the blood vessels, dilating the blood vessels and lowering the blood pressure. At the same time, many tests show that it protects the body from free radicals, increases the strength of blood vessels and prevents atherosclerosis by dissolving cholesterol. Many scientists have noted in their research work that the *Zizyphus* medicinal plant normalizes the metabolism, has a positive effect on the activity of the gastric glands, improves the immune system, and reduces inflammatory processes.

A small amount of *Zizyphus* fruit causes constipation, but if you eat a lot of it, it can lead to constipation due to poor digestion. Its fruit is useful for chest and lung pain. It softens the chest, relieves expectoration, stops coughing, has a good effect on sore throat and bronchitis, and intestinal ulcers. Therefore, fruit decoction is recommended for mouth ulcers, liver, kidney and bladder pain.It is considered a valuable species from the economic point of view compared to other species of the common *Zizyphus* family. It is on the basis of this type that people's selection

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in China has created many interesting varieties over thousands of years. *Zizyphus* fruit was believed to have pain-relieving, sedative, blood pressure-lowering and diuretic properties at that time, and was used in the treatment of diseases for this purpose. In *Zizyphus*, a decoction of its leaves was used to treat asthma and lung diseases. This medicinal plant contains 40-65% sugar, 11% protein, fiber, fat, additives, and organic acids. In addition, the "meaty" part of the chickpea contains potassium and phosphorus salts, vitamins B1, B2, PP, E. Therefore, it is widely used in medicine, as it contains many healing elements. This plant was used as a medicine in earlier times, especially before the time of our great-grandfather Abu Ali ibn Sina. Abu Ali ibn Sina and his contemporaries considered the fruit of *Zizyphus* to be cold. Its fruit is especially effective as a laxative. Therefore, it has been found to be a good remedy for diarrhea.

Literature review: *Zizyphus* leaf decoction is widely used in Korea to treat hypertension. When 63 patients with hypertension were given a decoction of leaves in clinical conditions, 27 (42%) were completely cured, and 29 (46%) were significantly improved. In the treatment of hypertension, the bark of the *Zizyphus* tree has also given good results. In European countries, the fruit of *Zizyphus* was used as an emollient for respiratory diseases and other diseases. Meanwhile, E.T. According to Berdiev, M. Kh., Khakimova, G. B. Makhmudova, it has been confirmed in scientific medicine that the fruit of *Zizyphus* is an incomparable tool for the treatment of blood pressure. Hypertension is very rare among people in countries where *Zizyphus* fruit is regularly consumed. Modern medicine recommends patients with blood pressure to eat 4-5 pieces of *Zizyphus* fruit 3 times a day after meals. That's why B.Kh. Hamzaaliev recommended including this fruit together with other drugs in the treatment complex for hypertension. Doctor O.Ya. Kravchenko came to the same conclusion. He observed 223 patients: for 6 years, he ordered the patients to eat the fruit of the plum tree. Abu Ali Ibn Sina recommended adding *Zizyphus* fruit to fatty foods, according to the Arab physician Massikh, *Zizyphus* fruit helps asthma and prevents atherosclerosis is being used. Despite the good results obtained in clinical conditions and experiments, it has not been widely introduced into medicine until now.

The purpose of the research: to study and apply in practice the property of *Zizyphus* aimed at lowering blood pressure.

Research methodology: Research materials show that in medical practice, 44 patients with blood pressure were treated with *Zizyphus* fruit, and the results were very good: 38 of 44 patients had a much better condition after 3-4 days. the pain and insomnia disappeared, the mood improved. He recommended to eat 4-5 pieces of chilon fruit 3 times a day after meals. In addition, a paste made from *Zizyphus* fruit powder mixed with honey is a cure for wounds. ladi At the same time, the medicinal properties of *Zizyphus* tincture are considered high. Preparation of medicinal tincture of *Zizyphus*: put a glass of boiling water and 20 g of crushed fruit in a container with a tight lid and let it brew for 1 hour. Then it is floated through gauze. Drink two tablespoons three times a day half an hour before meals.

Conclusion: Thus, the above information explains that *Zizyphus* folk medicine is one of the medicinal plants widely used in traditional medicine, waiting to be tested and introduced into scientific medicine. Due to the fact that the healing of the disease was checked in clinical conditions, this plant fruit has given sufficient effect in medical practice when it is used together with medicines. For this reason, it is recommended to use the medicinal plant *Zizyphus* in medicine.

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