



THE IMPORTANCE OF SAFFRON MEDICINAL PLANT IN FOLK MEDICINE

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Abstract

This article discusses the saffron medicinal plant, its occurrence, history, pharmacological effects and role in folk medicine.

Keywords: saffron, medicinal purposes, flower formula, traditional medicine.

Saffron is obtained from the dry stigmas of the saffron saffron flower, the yeris family. Nowadays it is a food coloring and a spice, and in ancient times was used as an incense, a precious medicine, a dye and a fine seasoning for food.

Each of the vitamins and trace elements contained in the spice plays its own therapeutic role in improving the body and treating various diseases: magnesium, iron, selenium, manganese, copper, zinc, calcium, potassium - and that's not all. Vitamins that are most important for the smooth functioning of vital organs are also present: C, A, group B.



With the help of potassium, the work of the entire cardiovascular apparatus will be improved. It is not for nothing that saffron is included in the list of healthy foods for the heart.

The beneficial properties of saffron help to strengthen blood vessels, reduce blood pressure. The condition of patients at the initial stage of angina pectoris, hypertension, ischemia and atherosclerosis will be relieved. Thanks to saffron, the cells of the brain and the whole body are stimulated. A good spice and as an antiseptic and tonic. Saffron will effectively help with nervous disorders, relieve various types of pain. Healers advise taking a spice for menstrual irregularities, diseases of the genitourinary system.

Saffron is also very useful for sight. Especially with age-related changes. The spice reduces the level of fatty acids in cells and has an antioxidant effect.

There is evidence that the beneficial properties of saffron have a positive effect on cancer diseases. Taking saffron tincture slows down tumor growth by stopping malignant cells.

Saffron is a powerful aphrodisiac, thanks to its use, blood rushes to the reproductive organs, which contributes to sexual desire. No wonder he was so popular in the East, there, in the harems of the sultans, they knew a lot about love affairs.

A small dose of the spice will help relieve the hangover syndrome.

The kidneys and the bladder are cleansed - the sand is removed.

In addition, saffron is effective for:

Cold.

Menstrual pain.

Asthma.

Insomnia.

Depression.

Certain diseases of the gastrointestinal tract.

How to take saffron for health

For the treatment of most diseases, saffron is taken in the form of a water infusion.

I wrote below how to do it correctly, but now read carefully how to take the infusion:

For medicinal purposes, take an aqueous saffron infusion one tablespoon three times a day. It will be more effective if you begin to do this beforehand. The effect of the infusion increases if you add ginger and black pepper.



Mastopathy. With inflammation of the mammary glands, compresses from gruel are applied. The spice acts as an emollient and anti-inflammatory agent.

Diseases of the genitourinary system. With urolithiasis, cystitis, urethritis, an aqueous infusion of spice is taken. Another collection: take an equal amount of daisy flowers, cornflower, 1 gr. saffron. Hemorrhoids. Water infusion of the spice also helps with hemorrhoids - relieves pain, relieves inflammation. Saffron should be used in the form of compresses.

Eye diseases - cataracts. Make lotions from a water infusion of saffron. The spice rejuvenates the muscles of the eyes, it is shown with age-related weakening of vision. Conjunctivitis will be cured by compresses from the following collection: take cornflower flowers, lion's throat, calendula in equal proportions, add a gram of saffron and make an aqueous infusion.

Cardiovascular diseases, angina pectoris. Pour one gram of spice with a glass (200 ml.) Boiling water. When 20 minutes have passed, strain and take a spoonful before each meal. Another good thing to do is use a teaspoon of the mixture (in equal proportions) of saffron and evening primrose flowers. Pour in 300 ml boiling water and strain after 30 minutes. Drink every 2-3 hours.

Enhanced sexual activity. Use the water infusion in combination with black pepper and ginger.

Healing of wounds, especially purulent ones. Use saffron water to compresses.

Bronchitis. Water infusion of spices helps: pour 2 gr. saffron with a glass of boiling water. After 20 minutes, strain and take two tablespoons before meals.

How to make saffron infusion

To prepare an aqueous infusion of saffron, take a teaspoon of saffron stigmas and pour a glass of boiling water (200 ml.). Let it stand for half an hour and strain thoroughly.

How to take saffron essential oil

Saffron essential oil is widely used for respiratory diseases. It will help with insomnia, increase appetite. Use an aroma lamp with a few drops of saffron essential oil.

Saffron - how to take for the beauty of hair and skin. Saffron mask. Make a gruel of saffron and water, and lubricate dry, rough and dull skin. The skin will receive a powerful vitamin charge, moisturize, become soft and acquire an even healthy color. The mask is applied for 20 minutes. Hair mask will help strengthen hair, reduce hair loss. Make a mask of saffron gruel for 20 minutes.

How to take saffron for children for children



The beneficial properties of saffron are also used in pediatric medicine. The spice will help with dry cough, whooping cough - babies are given a water tincture of shafran. The infusion of water acts as a mild sedative, especially for children with hysteria.

Saffron is a rather toxic plant. Therefore, it is worthless to recklessly accept it. Read carefully about the contraindications of the plant and be careful. Do not forget that even the most wonderful medicines can bring not only health, but also harm if taken incorrectly. In the case of saffron, an overdose is especially dangerous.

It is categorically contraindicated to use saffron for women who are expecting a baby. The plant stimulates the tone of the uterus, which can provoke a miscarriage. Healers do not recommend saffron for small children, especially under two years old. An overdose of saffron, more than 2 grams at a time, sometimes causes vomiting or severe diarrhea. With hypertension, an overdose of the plant can also cause irreparable harm: severe dizziness and even convulsions may appear. Some cardiovascular diseases may also be a contraindication. Don't eat saffron for diabetes.

Saffron stories

Saffron has long been the most expensive spice. In the East, in ancient times, it was 15 times more expensive than black pepper! This is explained by the fact that the collection process is very laborious. Only three stigmas are collected from each flower, and to get a kilogram of spice, as many as 80,000 safran flowers are needed.

The plant has been known since ancient times, not so long ago, on one of the islands of the Aegean Sea, Tire, in 2004 ancient frescoes were found, the age of which is amazing: three and a half thousand years. The fresco depicted a goddess guiding the collection of the plant. In those days, saffron was known and used as a medicine.

But you will gasp with surprise even more if you find out that saffron paints were found in Iran, while exploring a prehistoric site of people! It is difficult to imagine how long ago saffron was used by humans. In Russia, saffron was famous, our ancestors baked saffron bread. And in "Evenings on a Farm near Dikanka" it is said about a saffron-brewed vodka.



And now interest in the plant has not faded away, even more - saffron is becoming more popular, especially among women who monitor their weight. It turns out that the plant helps to get rid of extra pounds.

Bulbous perennial plant with colorful flowers, flowering duration 1-2 days. It is used as a spice in cooking, as an active ingredient in many oriental medicines.

Ask the experts

Flower formula Saffron flower formula: $O(3 + 3)T3P(3)$.

In medicine.

The beneficial properties of saffron are widely used in the pharmaceutical industry in the East, in the arsenal of which there are about 300 medicinal preparations with the extract of this plant. Sowing saffron extract is used as a part of biologically active additives (Lifevita saffron, Chavanprash). Since ancient times, Asians have cured cataracts with saffron infusion, now it is part of eye drops.

Some previously known drugs (Gu-feland baby powder, tincture of cabbage, saffron-opium tincture, syrups, plasters) had saffron in their composition. In stigmas, plants are used for convulsive coughing, spastic phenomena in children.

Pharmacological properties

Sowing saffron is not a pharmacopoeial plant and is not used in official domestic medicine, but it is widely used in traditional medicine in other countries, for example, in Asia.

In traditional Chinese medicine, saffron is used as a stimulant, psychoactive agent. Saffron stimulates enzymatic activity, thereby promoting the elimination of protein from the human body. The herb stimulates uterine activity and may have abortive effects. Crocus contains a fairly high content of riboflavin, hence the ability of the herb to lower cholesterol levels in the blood.

According to V. Dobronravov, saffron is able to excite the activity of the nervous system in small doses and, conversely, in large doses has a sedative effect (causes drowsiness, lethargy). In the days of Hippocratashafran, they likened opium, claiming its stimulating effect in small doses.

As a result of modern studies of oriental medicine, the effectiveness of saffron treatment of neurodegenerative Alzheimer's disease in its mild and moderate forms has been proven. Taking spice twice a day for 15 mg is equal to the effectiveness of using the drug Donepezil at a dosage of 5 mg twice a day. Saffron



has been shown to lead to significantly fewer side effects and reduced nausea symptoms. The results were published in 2010.

In 2007, Progress in Neuropsychopharmacology and Biological Psychiatry reported that 15 mg of crocus petals is as effective as 10 mg of Prozac in the treatment of depression (mild to moderate).

Application in traditional medicine

Raw saffron is used in the form of aqueous infusions for the treatment of certain heart diseases, leukemia, angina pectoris. Saffron infusion has analgesic, sedative, anticonvulsant, diuretic, antispasmodic, anti-inflammatory, bactericidal effects. It is effective in cystitis, urolithiasis, urethritis, and is used to relieve seizures in epileptic patients. Infusion of stigmas is used as a means of stimulating sexual activity and toning the nervous system.

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