

ABOUT SOME OF THE HEALING PROPERTIES OF THE SMELLY FERULA (FERULA ASSA-FOETIDA)

Yuldashov Murod Khudarganovich
Associate Professor of the Department of Biology,
Navoi Pedagogical Institute, Uzbekistan

Shomurotova Khurshida Bakhtiyorovna
Teacher of the Department of Biology,
Navoi Pedagogical Institute, Uzbekistan

Khomidova Zilola Yunusovna
1st-Year Master's Student at Navoi State Pedagogical Institute, Uzbekistan

Tulayeva Aziza Karamatillayevna
4th-Year Student at Navoi State Pedagogical Institute, Uzbekistan
yuldashov.murod@mail.ru

Annotation

This article describes the morphology and medicinal properties of the smelly Ferula (*Ferula assa-foetida*), and also provides information about which diseases it is used against, based on ancient and modern scientific sources.

Keywords: Glue-resin, tincture, emulsion, adsorbent, asthma, vascular and nervous diseases, multiple sclerosis, bronchitis, jaundice, whooping cough, diabetes mellitus, bleeding, hiltitis, poison, cataract, anjudan

Introduction

Ferula stinky (*Ferula assa-foetida*) is a genus of perennial grasses of the Umbrella family, numbering 45 species native to Uzbekistan. Its height is up to 1 m. The root is rod-shaped, the diameter is up to 15 cm. The stem is erect, thick, hollow, the upper part is branched. The basal leaves are opposite, 3-lobed, rough on the stems, arranged in a row. The flowers are large, spherical, 20 cm in diameter, the lateral flowers are small. Blooms in early spring. The fruit is a two-seeded box. It grows in deserts.

A medicine is prepared from glue (resin) extracted from the root, which is used for asthma and some nervous diseases. Smelly Ferula glue resin is used in folk



medicine for the treatment of vascular diseases, pulmonary tuberculosis, plague, diarrhea, whooping cough, toothache, nervous and other diseases, as well as as a strengthening, expectorant and anthelmintic.

Dangerous edema and syphilis are treated by chopping very young shoots of smelly ferula and adding them to kefir. Glue-resin in the form of tincture, emulsion and adsorbent is used for asthma, vascular and nervous diseases.

In scientific medicine, the glue – resin of a smelly ferule called “Assa Thetis” in the form of powder, emulsion and tincture is used as an analgesic, expectorant, firming, soothing agent and is included in the pharmacopoeias of many countries. Thickened roots, young grass, leaves and seeds of some species of the genus *Ferula* L. - as *F. foetida*, *F. renardi*, *F. alliance*, *F. angrenii*, *F. persica*, *F. szowitschiana* are consumed by the locals. The fragrant root of *F. sumbul* is also used in the manufacture of confectionery. The fruits of *F. rigidula* are used in the fishing industry to flavor canned food.

In the countries of the East, Iran, Pakistan, Afghanistan and India, *Ferula* juice and root are used as a seasoning in food production, in the cosmetics industry for the manufacture of haberdashery products.

According to the great physician Abu Ali Ibn Sina, if you drink from a decoction of *Ferula* seeds (the seeds have the same color and shape as a broom) 50 grams 3 times a day, breast milk will increase. If you drink water, the *ferula* glue added to it will instantly help with voice loss. Eating figs with the addition of its juice corrects jaundice. Adding pepper, vinegar to *ferula* glue will benefit if smeared into wounds of poor quality. It is also extremely useful for hair loss. Treats brain fragility, multiple sclerosis, bronchitis, asthma, jaundice, whooping cough, diabetes, stops bleeding. Opens the appetite. Decoction of the root is a medicine for drip urination and kidney pain. It brings very great benefits if you take a decoction of 30 grams three times a day (duration 15 days). That is, it suppresses all pain, relieves suffocation, eliminates pain."

The juice of a plant called "anjudan" (*Ferula* smelly) is called "Abu Kabir" in Egyptian. The highest quality glue is resin, it has a red tint and a strong smell (like the smell of garlic and onions). Types of *Ferules* containing such qualities of resin are considered the most necessary. But some people don't like it because of this smell. There are some species that have an even stronger and more unpleasant odor than this type of *ferula*. *Ferula* has an attractive force that makes the meat smaller in size and facilitates its splitting. Compared with other vegetable juices, its composition is different (warm and rare), so it has a strong suction property.



Below we will tell you about some of the healing properties of ferula smelly:

1. The smelly ferula has an expectorant, mucus-repellent effect, removes sputum, cleanses the chest and tones the voice (if it is dissolved in water and drunk, the wheezing voice will open; in addition, it helps against chronic cough and chronic hoarseness of the voice).
2. Hiltit (decoction of ferula roots)-helps in the treatment of inflamed tendons. To do this, it needs to be mixed with honey and rubbed into the oral cavity. If hiltite is mixed with apple cider vinegar, moisten a bandage in it and attach it to the throat, then it will secrete phlegm from the throat.
3. A drug against poison. Ferula decoction can be drunk as protection from the effects of poison. You can also eliminate the effect of the poison by applying it to open wounds caused by a poisoned arrowhead. As for the scorpion bite, it should be mixed with warm vegetable oil and applied to the bite site.
4. Ferula improves vision, treats cataracts, eye diseases and edema. If you often apply it to watery eyes, like antimony mixed with honey, this will prevent the frequent appearance of tears. If you put it on the eaten tooth, it will slow down the pain.
5. It treats ear pain (tinnitus) and chronic ear heaviness (deafness). To do this, it needs to be boiled in oil and dripped into the ear.
6. Ferula helps in the treatment of arthritis and joint pain. It is considered an effective remedy in the treatment of nervous diseases. For example, patients with facial paralysis need to rub it into the skin of the face, it also helps with simple paralysis and back pain when nerves are weakened. If it is drunk as a liquid medicine or smeared as a medicine, it eliminates pain in the muscles, thighs and buttocks.
7. The smelly Ferule cleanses the blood and eliminates malaria.
8. When ingested, it removes the gills, cleanses the blood that stagnates in the abdominal cavity, and eliminates colic. Patients suffering from chronic diarrhea can get rid of pain by eating 2 grams of it. It helps in healing wounds in the intestine, removes worms from it. In addition, it is also good for the liver and stomach.
9. It promotes the absorption of internal edema and harmful fluids. It treats fever, jaundice and colds of the spleen and secretes harmful vapors (particles of gills and fluids) that linger in the body.



10. Helps to eliminate hemorrhoids, that is, reduces and dries it. Hiltitis is considered a diuretic. If mixed with myrrh and pepper, it releases stagnant urine, increases the amount of menstrual blood and can lead to miscarriage.

11. Indians use it in different ways to increase sexual potency.

12. Hiltite promotes the destruction of tumors that have become malignant and hard. At the same time, it can be taken both internally and externally. Currently, medicine uses it to treat cancer and other diseases, and it gives good results.

13. In cosmetology, it is used to eliminate thrush, freckles, warts and scars. In case of alopecia (hair loss), it is used in a mixture with apple cider vinegar.

14. If hilty is drunk daily in the amount of 1-2 grams for lunch, it will help to remove the magic from the stomach.

A smelly Ferula hurts demons - whether it's a Muslim demon or an unbeliever. This plant can hurt them very much or kill them. Here I would like to draw your attention: all the means that are used to treat headaches, nervous and vascular diseases will definitely help in the treatment of mental disorders. For example, these remedies are useful in the treatment of people who have been demonized, under the influence of magic, anger and envy, as well as against domestic demons that harm people. This usefulness of the stinking Ferule is rejected only by those who have never dealt with it. Ferula can even harm snakes. In addition, in some cases, it can become a means of treatment and a catalyst permitted by Islam.

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