

**ABOUT CHAMOMILE (LAT. MATRICARIA) COMMON
INFORMATION AND HIS USEFUL FEATURES**

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Abstract: This article describes the origin of the chamomile plant, its geographical distribution, biological characteristics, moisture requirements, growth and development, how many degrees it grows on the surface of the earth under the conditions of cultivation of chamomile, its processing and useful properties in its cultivation as a landscape and medicinal plant, as well as in the treatment of various diseases. It is mentioned about the pharmaceutical use of alpha bisabolol substances in the preparation of tinctures.

Key words: Chamomile, alpha bisabolol, pharmaceutical, substance, grade, geographical distribution, biological property, processing, tincture.

Аннотация: В данной статье описано происхождение растения ромашки, ее географическое распространение, биологические особенности, требования к влаге, рост и развитие, сколько градусов она растет на поверхности земли в условиях выращивания ромашки, ее обработка и полезные свойства в ее составе. выращивание как ландшафтное и лекарственное растение, а также при лечении различных заболеваний. Упоминается о фармацевтическом использовании веществ альфа-бисаболола при приготовлении настоек.

Ключевые слова: Ромашка, альфа-бисаболол, фармацевтическое вещество, субстанция, сорт, географическое распространение, биологическое свойство, обработка, настойка.

Annotatsiya: Ushbu maqola moychechak o'simligining kelib chiqishi, yer yuzi bo'ylab geografik tarqalishi, biologik xususiyatlari, namlikka talabi, o'sishi va rivojlanishi, moychechakni yetishtirish sharoitlarida qancha gradusda yer yuziga o'sib chiqishi, ishlov berish hamda foydali xususiyatlari manzara va dorivor o'simlik sifatida yetishtirish hamda ulardan turli xil kasalliklarni davolashda alfa bisabolol moddalaridan damlamalar tayyorlashda farmatsevtikada foydalanish haqida keltirib o'tilgan.

Kalit so'zlar: Moychechak, alfa bisabolol, farmatsevtika, modda, gradus, geografik tarqalishi, biologik xususiyat, ishlov berish, damlama.

Introduction: Daisy (lat. Bellis)- Asteraceae to his family belongs to many yearly plant's category this it is a plant representatives short root stemmed and gultoj leaves conical in the form color while white, pink will be a lot yearly chamomile (Bellis perennis), usually two-yearly plant as is cultivated. Ramashka two big divided into groups. 1-ligulose spikes only ligulate of flowers consists of 2-fistulosa spikes long tubular, but yellow it is not of flowers consists of is divided. Modern to the classification according to this generation 71 species own into takes, including 8 confirmed ("accept made") Chamomile each how fertile in the soil good grows.

Chamomile big floral varieties usually hard to the cold endure give they do not get therefore for the same varieties separately in teplesions maintenance to be done to the goal successful will be On June 4, 2023 "Vroege Vogels" radio program sound to give as a result daisy of the Netherlands national flower as officially recognized. Received a total of 53 thousand from the voice daisy big difference with victory won Modern to classification according to his life the first from the year 70 flowers that bloom type enters. Most famous type-daisy (*Matricaria chamomilla*, syn. *Matricaria recutita*), this plant medicine and cosmetic purposes wide is used. Chamomile often (botany point of view in terms of wrong) Aster, Gerbera, Chrysanthemum such as Asteraceae of the family another generation plants types given is a name. Gultoj of the leaves white or another in colors to be with is classified. Flowers deeper central part with separate stands. These are called inflorescences one to the flower looks like, so for they are called antodia.

Naming reason of the plant scientific (Latin) name *Matricaria Uzb* - ("uterus grass") this plant gynecological diseases in treatment to himself special feature with another from plants difference by doing stands *Matricaria* this name is the first times Swiss botanist and by the physician Albrecht von Haller (1708-1777). used Roman writer and scientist Pliny the Elder his a lot volume "Nature history" in the work this the plant describing given by, *Chamaemellon* his name Greek from the language came *Chamaimnlon* (*chamai*, "low") and *mñlon* (melon, "apple"), this of grass short busyness and apple the smell reminder of flowers the smell with explained in Russian and it is called "daisy" and The word "Rem" comes from chamomile came out Poles the first being describing the plant as "Romanov flower" in the middle of the 16th century in all so is called. This generation representatives a lot numerous thin from pieces organize found in all simple and double from the leaves organize low - stemmed plant is considered of these again one type is inflorescence 4-20 mm in diameter half spherical basket in the form of being basically 2 types in the basket flowers there is flower basket i.e. on disk yellow colorful piped flower crown, edge white flower crowns have (rarely cases only tubular flower there is a basket. Shopping cart inside of empty, mostly I do not know in the form of Fruit three or four thin ribbed will be of this generation representatives Eurasia, America and South in Africa wide spread out and in Australia naturalization done in Eurasia the most wide spread out chamomile (*Matricaria recutita*) and fragrant chamomile (*Matricaria discoidea*), as one series have representatives. in Russia spread Wild chamomile Siberia, Altai, Kuznetsk Alatau and of Transbaikalia desert in the part located of Russia central in the part from cultivated after all, he is a stranger herbs such as fields, roads along, near houses, desert and empty in the meadows wide spread

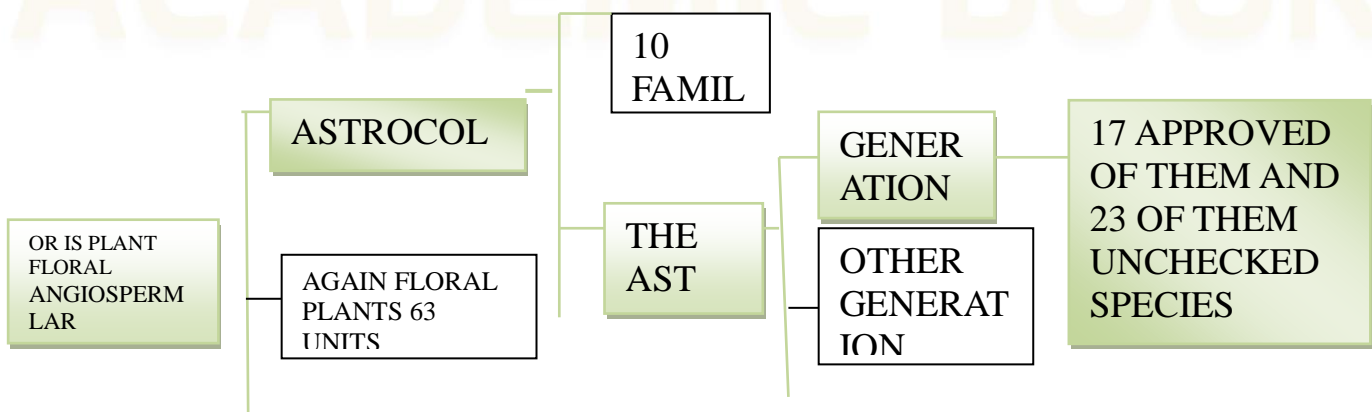
Medicinal raw material get for special in plantations is cultivated. Useful features - Chamomile medicine and in cosmetology active is used. Dried and new chamomile long from time since in medicine wide used: (decoctions, extracts) - for inflammation against, antiseptic and connective tool as, external side-rinses i.e. baths for using is coming. Chamomile with treatment gastrointestinal tract tract gynecological field, genitourium and another the body systems pathologies for main or addition therapy as is used. Chamomile mouth through tea or boil as consumption will be done and intestine spasms, flatulence and diarrhea for diaphoretic as is used. But in 2015 inspections as a result daisy own into received drug tools insomnia for was found ineffective. Chamomile nerve system activities normalizes tension and stress relieves sleep appetite improves. In aromatherapy - (this of plants flowers, leaves, bark, rhizomes and another from the parts received air from oils to use own into gets). Chamomile air oil ("german chamomile") in aromatherapy is used; often - sedative (i.e. soothing to the effect have has been medicine as marijuana. High price because it is often falsified, that is it including Roman chamomile oil (*Chamaemelum nobile*) is replaced. - Chamomile infusions are used in cosmetology and traditional medicine for various skin diseases (sweat spots, burns and irritations, boils, eczema in young children) and as a golden hair dye. - Treats infectious diseases of the oral cavity; - It has been proven to be effective in the fight against Guli's gastritis, flatulence, gas, colitis, spasms, etc., as well as in the treatment of the gall bladder, liver and genitourinary system; - used to treat SARS and flu, sore throat, tonsillitis; - For the treatment of skin and hair loss in cosmetology; - To treat eye diseases (inflammation of the mucous membrane of the eye, conjunctivitis, redness of the eyelids); - Baby problems (diaper rash, prickly heat, restless sleep, colic, cough, fever and regurgitation); - Useful for women's body, widely used in gynecology; - Improves appetite; - Used in the treatment of salt deposits with rheumatism, joint pain.



Chamomile (chamomile) nature one of the most useful and effective plants in the pharmacy. This plant is brain, tooth, ear, eye their pains and it is widely used in the treatment of head diseases. Mainly, it has the property of fighting against microbes, reduces the intestinal inflammation, reduces allergic reactions. Then it is cooled and filtered. Drink 2 tablespoons of the infusion 3-4 times a day. It can be used to rinse the mouth, wash eye wounds and burns, hair loss, and get rid of colds. In uterine diseases, one tablespoon of crushed chamomile flowers is put in 200 ml of boiling water and left to rest for 4 hours. Drink 50 ml 3 times a day. Chamomile flowers, dandelion root, licorice is mixed in equal amounts. 3 tablespoons of it are left to brew in 1 liter of boiling water for 6 hours. Then a bath is taken. If hair is washed in chamomile tincture, it will grow faster. Hair dye is made from its flowers. This color turns auburn hair into a date-colored hair, and a date-colored hair into a golden shade. If chamomile flowers are injected into piles (hemorrhoids), the treatment results will be good. Chamomile has been used in scientific research and traditional medicine since ancient times, and today it is one of the most popular medicinal plants. Its homeland is Europe, it is an easy-to-grow ornamental and medicinal plant, and now it is the world's almost all moderate in the regions is cultivated.

Classification i.e. types:

- Anthemis altissima - cal chamomile;
- Anthemis chia - white chamomile, yellow chamomile;
- Anthemis cotula - dog chamomile;
- Anthemis nobilis - German chamomile;
- Anthemis pauciloba - mountain chamomile;
- Bellis perennis - meadow Chamomile, English chamomile;
- Chrysanthemum maximum - Margrit chamomile or german chamomile;
- Leucanthemum vulgare - large chamomile, white moon daisy, girl chamomile;
- Matricaria chamomile, simple chamomile, chamomile, medicinal chamomile;
- Tripleurospermum perforatum is a fake chamomile.



AGROTECHNICS OF CULTIVATION OF CHAMOMILE PLANT

In a number of countries, chamomile is grown on large areas. In Central Africa, several species of daisies were completely destroyed by local tribes, who were rumored to attract evil spirits. In horticulture, representatives of the chamomile plant are almost never used as ornamental plants. The genera *Astra*, *Gerbera*, *Doronicum*, *Nivyanik*, *Osteospermum*, *Tansy*, *Pupavka*, *Trekhbernik*, *Chrysanthemum* and others belong to "Bog'romashka". At present, it is the demand of our time to plant high-yielding, universal plants that are adaptable to various factors of climate change, that can be purchased in the world market, and that provide medicinal and high-quality products. At the same time, one of the important issues is to find types of crops that give high yield in a short period of time for efficient use of irrigated land. That's its expensive price from plants one daisy is considered various factors affect the growth, development and productivity of chamomile in our country effect about data now forming is going and chamomile medicine features knew countries Russia and other foreign countries have conducted a number of researches in various soil and climate conditions and developed cultivation technologies. Depending on the purpose of planting chamomile and the agrobiological characteristics of the variety, as well as the soil and climate conditions, in the schemes of 60x15, 60x10, 60x8, 70x15, 70x10, 70x8 in the spring basically and from grain then it is planted as a repeat crop. Germination of chamomile seeds starts at +6-7°C, but their sound the optimal temperature for it is +20-25°C. If the seeds If there is not enough moisture after planting, the seeds may not germinate for a long time. At this time seeds planted fields often watered. After sprouting (humidity and air temperature are normal when) in 20-40 days each one 6-10 per sprout sideways leaves grow up comes out Seedlings planted in the fall will winter in this case. From seedlings planted in early spring, the first of April 7-9 per day sideways leaves grow up comes out In the period of March-April, as a result of the rapid arrival of spring, as a result of the rapid growth and enlargement of the leaves, the stem grows and branches in the middle of the plant. Moistening the plant good assured air if it is possible, temperature rising up to go as a result, the first flowers open on the first day of May. In general, when in the spring planted from seeds in 30-50 days the first flowers open. Observations show that flowers can open in 10-12 days from buds that have just appeared on plant stems. Undoubtedly, air temperature, soil moisture and nutrients in the soil play an important role in this. Your days heat and soil to humidity depending on the plant one the basket can stay open for 5-6 days. Air temperature when the average is 19-21°C flowers good opening is observed. Temperature from 30°C increase of flowers opening negative along with its impact, it causes them to crumble. Light is also

important in the opening of flowers. Keeping the air open without clouds helps the flowers to open quickly. Chamomile is a light-loving, moisture-loving plant, so it is advisable to grow it in open and fertile lands. Chamomile the seeds from sprinkling before each hectares 20-25 tons of local fertilizer and superphosphate are added to the ground, and the soil is plowed to a depth of 25-30 cm. For plant growth and development, there must be enough mineral substances in the soil. It is advisable to plant chamomile for 2-3 years, and then plant other medicinal or agricultural plants instead. Otherwise, the productivity of the amniotic fluid will decrease year by year. Since chamomile is a spring-summer plant, in July and August, it is possible to plant evening crops in the areas freed from it, and get an additional harvest from them. fertile soil is considered appropriate. Taking into account that weeds multiply during the period of growth of seedlings, cultivation at a depth of 4-6 cm will cause the disappearance of weeds. Plowing quickly after harvesting the plant helps to clear these areas of weeds and turn plant residues into organic matter under the soil. Chamomile plant is widely cultivated as a medicinal plant in European countries and the territories of the Russian Federation, so the biology and fertilizing system of this plant is studied. Since medicinal plant science is the youngest field in Uzbekistan, studying the biology and fertilizing system of chamomile plant, like many promising medicinal plants, is of scientific importance.

Summary

Research is appropriate the mechanical composition of the land for planting chamomile should be average, the level of salinity should be very low. 25-30 tons per hectare in autumn organic fire dog and phosphoric Fertilizer is applied with 70 % of the 1-year norm. During the growth and development of chamomile twice: once during the emergence of buds (in the first ten days of March), and the second during the budding period (in the third ten days of April), nitrogen fertilizers are applied at the rate of 30-40 kg per hectare. 'gites are given. Nitrogen fertilizers are given before watering the plant. When the plant is well fed with nitrogen, phosphorus and organic fertilizers, it is observed that the number of chamomile flowers increases by 1.5-3.0 centners per hectare. Depending on the amount of factors studied in the experiment, the duration of the experiment and the variety of soil climatic conditions, they are divided into one-factor, multi-factor, short-term, multi-year and others. In experiments under production conditions, an agrotechnical measure or variety is evaluated from the point of view of increasing productivity and improving the quality of the crop. Our experience is one of such experiences. At present, it is the demand of the time to cultivate high-yielding, universal plants that are adaptable to various factors of climate change, popular in the world market, medicinal and give high

biomass. At the same time, it is one of the important issues to find types of crops that give high value and high-quality yield in a short period of time for efficient use of irrigated land. Chamomile is one of such valuable plants. Information about the secret is now being formed. Several studies on the growth, development and productivity of different varieties of this plant, and the effect of planting depth and duration on plant productivity, and the effect of mineral fertilizers on the productivity of medicinal chamomile in different soil and climate conditions in foreign countries. and production technologies were developed.

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