Medicine Tourism And Their Beneficial Properties In The Mountain Clusters Of Chorvoq Free Tourist Zone

Shahnoza G. Shomurodova
PhD
Chirchik State Pedagogical University
(zangori_olov89@mail.ru)

Dildora Sh. Jumaniyazova
Chirchik State Pedagogical University

Sarvinoz M. Jumaniyazova
Tashkent State University of Economics
(sarvinozjumaniyazova55@gmail.com)

Abstract
Tourist opportunities develop based on the natural geographical location of each region. Today, especially, the development of medical tourism is formed in connection with the beneficial properties of medicinal plants. This article describes in detail the development of medical tourism in the mountain clusters of the Chervok free tourist zone, as well as the healing properties of some medicinal plants that have been growing in the nature of the zone since ancient times in the lower and upper hill regions, in the mountains and pastures, on the slopes of rivers and streams, and in gray and rocky lands. Given
Keywords: Medicinal plants, environment, climate, humidity, flora, tourist zone.

Introduction

In folk medicine, the use of herbs gifted by nature against various diseases has been known to us since ancient times. After all, the use of plants in medicine by people has been passed down from generation to generation for many centuries, and they have now been substantiated in practice by scientists.

In scientific medicine, medicinal plants are widely used in the treatment of various diseases. To date, many wild medicinal plants have been cultivated, cultivated and propagated in separate fields and plantations.

The great scientists of the East, such as Abu Bakr al-Razi and Abu Ali ibn Sina, who were experts in the science of medicine, successfully treated patients with the help of medicinal plants. Many years before Christ, manuscripts describing the methods of using medicinal herbs were found in ancient Egypt, China, and also in Uzbekistan. As such, manuscripts are widely used today.

Plants with healing properties are called medicinal plants. Human life is inextricably linked with plants.

It is clear to all of us that the world of plants feeds people, clothes them, cleans the air, creates fresh corners, serves as farm and building material, creates a beautiful landscape that pleases the eyes, protects the soil from erosion, retains moisture, and moderates the temperature. In addition, medicinal plant life unique to each region is widely used in medicine. For example, one of the regions rich in

medicinal plants in our republic is the Charvoq free tourist zone.

The Charvok Free Tourist Zone and the Western Tianshan Mountains here are different from other regions with their scenic nature and uniqueness of medicinal flora.

Western Tianshan mountain and sub-mountain areas are considered to be the most scenic corners of Charvoq free tourist zone. These forests are part of Burchmulla Forestry and Ugom-Chotkal National Nature Park. The basis of the national park is the Chotkal Biosphere Reserve. Almost half of the flora of the Charvoq free tourist zone grows in these areas. These are mainly medicinal herbs. These forests are unique in their composition.

Forests play an important role in maintaining the biosphere while improving the surrounding climate. Their role in improving health, enriching the atmosphere with oxygen and releasing phytocides is also unique.

In the natural forests of this area, you can find more than 40 fruit, decorative and other trees, including medicinal hawthorn, almond, apple, pear, walnut, apricot, mountain cherry. In addition to fruit plants, among the plants that grow in such conditions, there are also many medicinal herbs, such as deer grass, dastarbosh, bojmodaron, kirgygogum, ermon, yellow andizum, rough dalchoi, burgan, holly dalchoi, kantepar, jambil, mavrak, mountain mint, Pskom mountain onion.

There are about 1800 types of plants (honey-rich cereals, bulbs) in the area of the Charvok free tourist zone, of which 82 types (Central Asian pear, Pskom mountain onion, tulips, Abolin astragali, Bashkizilsoy yoronguli, Minkvits tesium) are included in the "Red Book" of Uzbekistan. [4].

The free tourism zone of Charvok decreases from the northeast to the southwest. As the zone is orographically both plain and mountainous, medicinal plants are widely distributed, with more than 200 medicinal plants and a number of cultivated plants in populated areas.

The number, quantity and quality of biologically active substances in plants found in the zone are the most important factors in determining their healing properties, that is, medicinal properties [4,5].

Today, several works are being carried out for the development of medical tourism in the free tourist zone of Charvoq from medicinal plants. Therefore, in order to develop medical tourism and attract tourists in the Charvoq free tourist zone, 9 seasonal recreation areas have been established, namely Chimyon-Chorvoq, Beldersoy, Aksokota, Qoronqul, Ugam (Khumson), Chimboyliq, Aktosh, Pskom, Umurayan economic recreation zones. done Medicinal plants distributed in each recreation zone are completely different in their natural geographical location, flowering and fruiting period, as well as the characteristics of the medicinal use of the plant.

It is useful for everyone living in our country to know the medicinal properties of plants growing on our borders. Here, we will focus on some medicinal plants found in the mountain clusters in the territory of the Chorvoq free tourist zone, their medicinal properties and distribution.

The land area of the Chimyon-Chorvoq recreation zone is 31734.0 hectares. This zone is divided into 3 parts: I-A South coast-11301.8 hectares, I-B North coast-9132.1 hectares, I-V Northeast coast-11300.1 hectares.

The zone is bordered by the Ugom ridge in the northwest, the Pskom ridge and Koksuv mountain in the northeast, the Karankul recreation zone in the south, and the Ugam (Khumson) and the All-district economic recreation zone in the southwest. The lowest point of the recreation zone is the Charvok reservoir, which is 148 meters, and this recreation zone is completely different from other recreation zones with its flora. Here you can find medicinal plants such as dastarbash, bojmodaron, and ermon.

ACHILLEA FILIPENDULINA LAM
Family: *asteraceae*
Flowering time: *VI-IX*
Fruiting time: *VIII-IX*
Use: *medecinal*
Habit: *herbaceous*
Habitat: *river valleys, mountain slopes.*

Perennial herb, 60-75 cm tall. Stems covered with hairs, glandular. The leaves are divided like feathers, the pieces are long and toothed. Ball complex, shield-shaped. Baskets are 4-10 mm long. The flowers are yellow. The seeds are black, 2 mm long, and grow in large numbers in juniper groves, forests, and meadows of the mountain ranges.

Effect and application: In folk medicine, the flowers of dastarbosh are powdered or made into a tincture, and used as an anti-helminthic agent in gastritis, enteritis, colitis, as an expectorant. It has also been used to treat kidney disease, gout, rheumatism, headaches, colds, and injuries [3].

ACHILLEA MILLEFOLIUM
Family: *asteraceae*
Flowering time: *VI-VII*
Fruiting time: *VII-IX*
Use : *medicinal*
Habit: *herbaceous*
Habitat: *river valleys, mountain slopes. From foothills to highlands*
Widespread in areas from the hills to the top of the mountains.

Perennial herb, 60-70 cm tall. The leaves are three-fold feathery cut, the lobes are pencil. Lumpy thyroid. Baskets are 3-5 mm long and 5-6 mm in diameter. The flowers on the edge of the basket are white or light pink, and the center is yellow. Bojmodaron mainly grows on the slopes of Ugom, Chimyon, Piskom, Chotkal and Beldirsay mountains, in meadows, among bushes, on roadsides, along streams.

Effect and application: In folk medicine, decoctions made from yarrow grass and flowers are used as a wound healing and antipyretic agent for tuberculosis and gastro-intestinal diseases. In the folk medicine of Central Asia, it is recommended to use the decoction made from the flowers of this herb in hepatitis,

gout, rheumatism, tuberculosis, asthma, as an appetite suppressant, diuretic and hemostatic agent.

ARTEMISIA ABSINTHIUM

Family: *asteraceae*
Flowering time: *V*
Fruiting time: *IX*
Use: *medicinal*
Habit: *herbaceous*
Habitat: *river valleys, mountain slopes. From plains to the middle mountain belt.*

Wormwood is a perennial herb 60-100 cm tall, covered with silvery hairs. The leaves are divided into two or three folds, the lobes are long. Ball-shaped. The baskets are round, with 40-90 flowers, 2-4 mm wide. Flowers are tubular, yellow.

Effect and use: in folk medicine, a decoction of erman grass is drunk for indigestion, liver, stomach, spleen, gall bladder diseases, cystitis, malaria, as well as to stimulate appetite and restore sleep. It is also used as an anthelmintic and wound healing agent.

The land area of Beldersoy recreation area is 15,677.8 hectares. The zone is bordered by Aksokota recreation zone from the south, Koronkul recreation zone from the north-west, General economic zone from the west, Chimyon-Chorvoq recreation zone from the north, Parkent district of Tashkent region from the east. Beldersoy is famous for the mountain ski resort with the longest track in the Chorvoq free tourist zone, starting from the peak of Katta Chimyon (3309 m)**.**

There is a large area in the middle of the stream, which is the intersection of many mountain routes for tourists. On the slopes of the stream, you can find many spruces, hawthorns, and sedges. Tourists visiting here can not only look at the arboretums, but also improve their health by breathing in the clean air rich in oxygen. In particular, boiling and drinking the flowers and leaves of medicinal plants such as hawthorn and nematak, which grow here, refreshes a person and prolongs his life.

ROSA FEDTSCHENKOANA REGEL

Family: *rosaceae*
Flowering time: *VI-VIII*
Fruiting time: *VII-IX*
Use: *medicinal, ornamental*
Habit: *shrub*
Habitat: *mountain slopes.*

A thorn bush. Up to 3-4 meters tall. The leaves are flat, 5-9 leaflets. The leaves are 1-3 cm long, with oval teeth. Thorns are light yellow, large and straight. Flowers are white or pink, 8-9 cm wide. Calyx leaves are hairy, 22-25 mm long, widened at the tip, do not fall off during fruiting. Fruits are dark red, 2-3 cm.

Effect and application: Namatak fruits contain a large amount of vitamin C

(4-8%, sometimes up to 18%), group P, K, B, flavonoids along with carotene, sugar, organic acids (malic acid 1.8-2 %, citric acid around 2%), contains pectin and additives, lycopene and riboxanthin, as well as potassium, iron, manganese, phosphorus, calcium, and magnesium salts. Fruit seeds contain vitamin E.

Namatak fruits have been used in folk medicine since ancient times. Tincture prepared from its fruits is used to treat pulmonary tuberculosis, inflammation of the liver, gall bladder, intestines, kidneys, and bladder. Also, a decoction prepared on the basis of the fruit of namatak is consumed as a blood-stopping and antipyretic agent. Not only the flowers and fruits of Namatak are healing, but the decoction prepared on the basis of its leaves is useful for stomach pains.

The land area of Aksokota recreation zone is 11940.0 hectares. The zone is bordered by the Beldersoy recreation zone in the north and northeast, the Parkent district of the Tashkent region in the south and southeast, and the edge of the Chorvok free tourist zone in the west and southwest. On the slopes of Ugom, Qorjantog, which is located in the recreation area, medicinal plants such as sedge and fennel grow. These medicinal plants are recommended as natural medicine for patients and tourists visiting the Aktash sanatorium.

EQUISETUM ARVENSE

Family: *Equisetaceae*

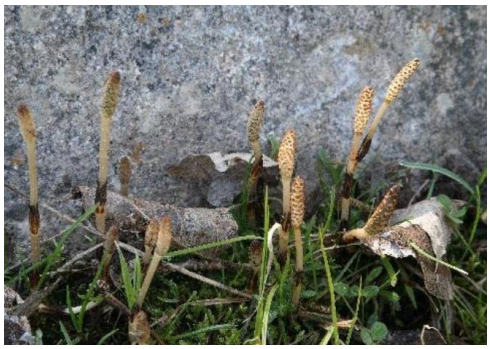
Flowering time: *III-V*

Fruiting time: *III-V*

Use: *medicinal*

Habit: *herbaceous*

Habitat: *Along river and streams, wet places. From plains to the middle mountain belt.*



It is a perennial herb with a height of 10-50 cm, the rhizome is long, and it grows in clumps. Stems are fragmented, porous. Spring stems (March-May) are brown, unbranched, with a spore spike at the end. The summer stems are fruitless, bright green, and the branches are ring-shaped.

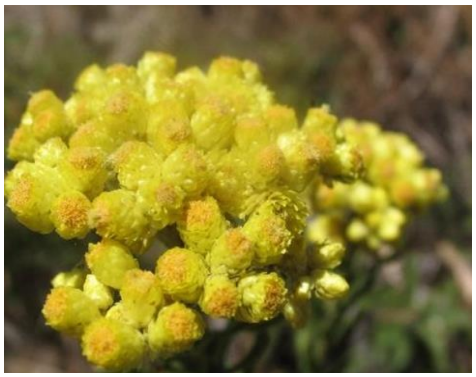
Effects and Uses: It cures wounds and ulcers. A band that is cut in the middle is beneficial if it is applied to the muscles or tied. When mixed with wine, it is beneficial for diarrhea and bloody diarrhea. If a person with an upset stomach has a fever, it is mixed with water and drunk. Diuretic tincture is used as a diuretic, hemostatic drug (when spitting blood, nosebleeds), as well as in the treatment of epilepsy, pulmonary tuberculosis, kidney and heart diseases. It is recommended to dry and grind fennel, mix it with cow fat and apply it on wounds [2].

The land area of the Koronkul recreation zone is 6275.3 hectares. Koronkul is bordered by the southern shore of the Chimyon-Chorvok recreation zone from the northeast, the Beldersoi recreation zone from the south, and the Umurayan economic zone from the west and northwest. Chamomile grows more than medicinal plants in the zone.

The land area of Ugam (Khumson) recreation area is 5788.4 hectares. The

zone is bordered by the western coast of the Chimyan-Chorvok recreation zone from the northeast, the Umurayan economic zone and the Chorvok reservoir from the southeast, the state border of the Republic of Kazakhstan from the west, and the Chimboylik recreation zone from the southwest. Ugam (Khumson) recreation area includes areas such as Khumson, Chinor. In the recreation area, you can find more Samarkand immortelle, field tea.

HELICHRYSUM
Family: *asteraceae*
Flowering time: *VI-VII*
Fruiting time: *VII-VIII*
Use: *medecinal*
Habit: *herbaceous*
Habitat: *mountain slopes. Lower and middle mountain belt.*

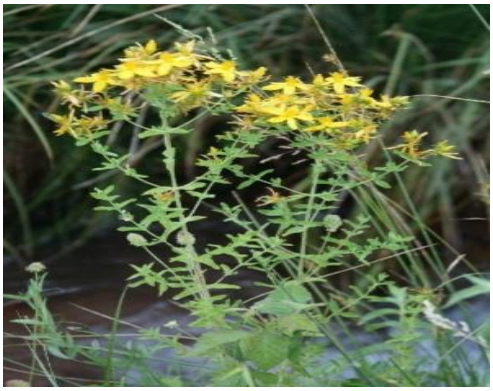


A perennial herb 35-70 cm tall. Stems are numerous. The leaves are pencil-shaped, with white felt hair. Ball-headed, 8-10 mm in diameter. The closing leaves of the baskets are pale yellow. The flowers are golden in color. The pods of the seeds are yellow.

Effect and application: A decoction or tincture made from the flowers of Boznoch is used in folk medicine for hepatitis, cholecystitis, nephritis, gastritis, as well as for urolithiasis and gallstone disease as an expectorant, diuretic and mild suppurative.

The land area of Chimboyliq recreation area is 5083.1 hectares. The zone is bordered by the Ugom ridge from the north, the Umurayan economic zone from the south, the Ugam (Khumson) recreation zone from the east, and the Aktash recreation zone from the west. In the zone, you can find medicinal plants such as oleander and rough field tea.

HYPERICUM PERFORATUM
Family: *hypericaceae*
Flowering time: *V-VIII*
Fruiting time: *VI-VIII*
Use: *medecinal*
Habit: *herbaceous*
Habitat: *river valleys, mountain slopes.from foothills to middle mountain belt.*

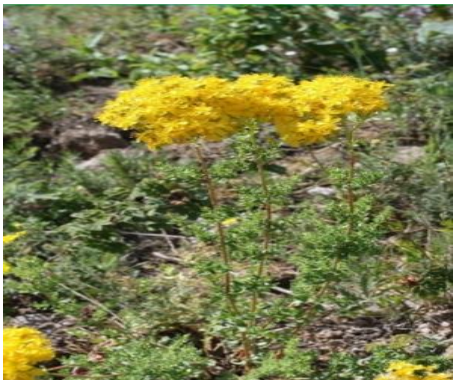


A perennial herb up to 60 cm tall. Leaves are elongated, 1-2 cm long, 2-10 mm wide. Lumpy with ball shield. The flowers are yellow. Petals are 10-20 mm, with dotted glands. Changchilari is shorter than a saffron. The fruit is a capsule, 5-10 mm long.

Effect and application: in folk medicine, decoction and tincture made from yellow tea herb is used as an anti-inflammatory, astringent, tonic and antiseptic agent in diseases of the kidney, heart, gastrointestinal tract, tuberculosis, hepatitis, hysteria, hypochondria, mouth ulcers, as well as bleeding. used as a

stopping drug.

HYPERICUM SCABRUM



Family: *hypericaceae*
Flowering time: *V-VIII*
Fruiting time: *VI-VIII*
Use: *medecinal*
Habit: *herbaceous*
Habitat: *mountain slopes.from foothills to middle mountain belt.*

A perennial herb. Height 20-60 cm. The stems are reddish or brown, with a bulbous gland. Leaves are elongated, 1-2 cm long, 2-5 mm wide. Lumpy with ball shield. The length of the corolla is 5-10 mm. Changchilari are longer than their petals. The fruit is a pod, 5-7 mm long.

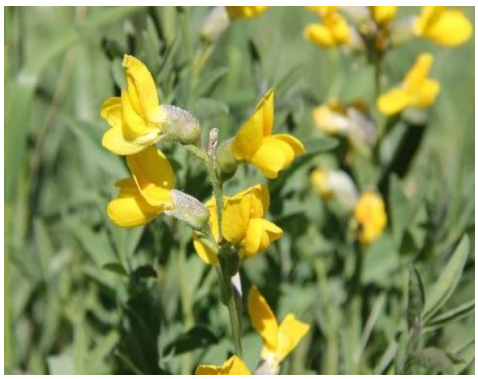
Effect and use: in folk medicine, decoction and tincture made from rough field tea is used as an anti-inflammatory drug for diseases of the kidney, heart, gastrointestinal tract, tuberculosis, hepatitis, oral cavity.

Aktash recreation zone is located in the southwestern part of the Chorvoq free tourist zone, the land area is 6809.8 hectares. The zone is bordered from the west and southwest by the Qibrai district of the Tashkent region, from the north by the state border with the Ugom ridge of the Republic of Kazakhstan, from the northeast by the Chimboylik recreation zone, and from the southeast by the Umurayan economic zone. Among the medicinal plants, dastarbash and kantepar grow more.

The Pskom recreation zone is located in the northern part of the Chorvok free tourist zone, the land area is 3167.2 hectares. The Pskom river flows through the central part of the Pskom recreation area and washes the Ugom and Pskom valleys. The zone is bounded by the Ugom ridges from the west, the Pskom ridges from the east, the Chorvok reservoir and the western and northeastern shores of the Chimyon-Chorvok recreation zone from the south, and the northernmost point of the zone from the north. Here you can find legendary medicinal plants.

THERMOPSIS ALTERNIFLORA

Family: *fabaceae*
Flowering time: *IV-VI*
Fruiting time: *VI-VII*
Use: *medicinal, poisonous, ornamental, weed*
Habit: *herbaceous*
Habitat: *river valleys, mountain slopes. Lower and middle mountain belt*



A perennial herb. Height up to 70 cm. The leaves are composed of three oval-shaped leaflets, 2.5-6 cm long and 0.5-2 cm wide. Ball-shaped shingle. Flowers are yellow, 2-3 cm long. The calyx is 10-15 mm long. The pod is elongated, 3-6 cm long, with a short beak.

Actions and uses: Asfonak preparations are used as an expectorant, and cytisine alkaloid is used as a stimulant of the respiratory center and an antihypertensive agent. The legendary plant increases the secretion of gastric juice. Therefore, it is not appropriate to give its medicinal preparations to patients with stomach and intestinal diseases [1,4].

The land area of the regional economic zone is 12,278.1 hectares. The zone is bounded by the Ugam (Khumson) and Chimboylik recreation areas in the northwest, the western coast of the Chimyon-Chorvak recreation area and the Chorvok reservoir in the north, the southern coast of the Chimyon-Chorvak recreation area in the northeast, and the Koronkul and Beldirsoy recreation areas in the east. with the reception zone, passing through the southern border of the Charvoq free tourist zone from the south. Medicinal plants such as yellow and black andis grow in the zone.

INULA MACROPHYLLA

Family: *asteraceae*
Flowering time: *V-VI*
Fruiting time: *VI-VII*
Use: *medicinal*
Habit: *herbaceous*
Habitat: *mountain slopes. From foothills to middle mountain belt.*

Effect and application: In folk medicine, powder, tincture and decoction are used as an expectorant, diuretic, antipyretic, anthelmintic, as well as in tuberculosis and upper respiratory tract diseases.

A decoction of the root of the yellow andis plant is used to treat itching, eczema, wounds, and the leaf is applied to wounds as a wound healer. The essential oil of yellow andise has an antiseptic, anti-inflammatory and anti-worm effect [2].

INULA HELENIUM

Family: *asteraceae*
Flowering time: *VI-VII*
Fruiting time: *VII-VIII*
Use: *medecinal*
Habit: *herbaceous*
Habitat: *mountain slopes.from foothills to middle mountain belt.*

A perennial herb 100-175 cm tall. The length of the leaves is up to 50 cm, the width is up to 25 cm, the underside is thickly hairy. The baskets are 7-8 cm in diameter, with tangled felt hairs on the outside, they hold one branch in the leaf axil. The scroll leaves are blunt.

Effects and uses**:** In folk medicine, a decoction of the root of the black star is used to treat itching, eczema, and wounds, and the leaves are applied to wounds as a wound healer. The essential oil contained

in the black-andeza plant has an antiseptic, anti-inflammatory and anti-worm effect.

In order to treat and prevent the disease, medicines are prepared from medicinal plants in the Chorvoq zone, or medicinal preparations and pure medicinal substances are obtained from them. For this, the parts of these plants that are rich in biologically active substances that treat diseases are used, that is, the underground organs of some plants (roots, rhizomes, nodules or bulbs), and the above-ground organs of some plants (leaves, flowers, fruits, seeds, bark) [1].

Of the above-mentioned medicinal plants, they are completely safe for humans due to the fact that they have a more effective local effect when applied to the patient. In this way, the demand and need for medicinal plants and medicinal preparations obtained from them, phytopreparations, is increasing not only in Charvoq zone, but also in the whole world. So, it is difficult to finish listing the properties of plants. Another amazing feature of them is that they exhibit healing properties. Therefore, it is necessary to preserve the plants, which are our priceless wealth, not to let them disappear, to multiply them and use them for useful purposes.

The vegetation of the Chorvok free tourist zone also changes from the foothills to the watersheds, depending on the characteristics of the earth's surface, climate (air temperature and rainfall) and soil. Three-quarters of the territory of the zone consists of mountains, the height of the mountains ranges from 600 meters to 3000 meters above sea level, and some peaks reach 4000 meters. Different types of plants can be found in the forests of the mountains at such a height. Here, 223 (39.6%) of perennial plant species are found in low mountains. 918 (32.3%) species are found on mountain slopes in subalpine and alpine zones. Plant species make up more than 71.9% [46; 30-b.].

Plants in the Ugom, Piskom, Korjantog, Koksuv, Maidontol, Chotkal ridges in the Chorvok free tourist zone are completely different from each other in terms of their natural geographical location. The territory of the zone is also a unique geobotanical area, which contains rare endemic species that are unique to this place and cannot be found outside of it. For the spread and development of the flora in the zone, it is necessary to take into account the humidity and temperature regime of each region, as well as the characteristics of the soil.

Endemic plants distributed in the zone can be divided into 6 groups based on the relief structure of the area, natural geographical factors and ecological conditions:

1) Plants scattered in rocky places;
2) Plants scattered around lakes;
3) Plants scattered on the watershed and adjacent slopes of the mountains;
4) Plants scattered in dry areas;
5) Plants scattered on river slopes and stream banks;
6) Plants scattered in residential areas [7].

Especially in areas such as Qoranqul, Khandoilyq, Aktash, Chimboyliq, Humson, Chorvador, Sijjak, Burchmulla, Bogistan, Nanay, Yangikurgon, Yakkatut, dry crops are well developed.

The vegetation is thick on the hills, and they mainly consist of various ephemerals. There are trees and shrubs in the stream valleys. In some places, it is very difficult to walk due to the thickness of bushes and trees. Among the bushes, there are a lot of hawthorn, maple, juniper, and mountain ash.

Summary section. In conclusion, it can be said that when using medicinal plants and

their parts, it is necessary to observe the rules of their collection and preparation in order not to affect the ecological balance of plant groups. When solving the issues of establishing parks and avenues in the Tashkent region, its natural and geographical conditions should be taken into account. Because the conditions of each region are different. This requires knowledge of the types of plants to be planted. In order to correctly choose plant seedlings, it is very important to know the decorative qualities of plants, as well as to know their biological characteristics, to take into account the requirements for external environmental conditions. Trees and shrubs absorb noise. This is especially important in urban conditions. Avenues, gardens, flower beds give people aesthetic pleasure and calm the nervous system. It serves as a favorite vacation spot for people.

Greening around ditches, canals and other bodies of water prevents their banks from being washed away.

It should be noted that medicines obtained on the basis of natural gifts are distinguished by their advantages and ease of use compared to medicines obtained by chemical means or artificially. The reason is that the medicines created from the world of plants with the blessing of beautiful nature, unlike those obtained by chemical methods, do not become foreign to the human body, but have a harmful effect.

REFERENCES

1. Kholmatov H.H, Akhmedov O'A. Pharmacognosy: Tashkent; NMB named after Ibn Sina. 1995.

2. Mukhtorov M. 1000 remedies for 1000 pains: Treatment with medicinal plants. - Tashkent; Nasaf, 2009.

3. Usmonkhodjayeva M. Distribution of medicinal plants of the Tashkent region // Geography in the process of globalization: problems and solutions. Materials of the scientific-practical conference of talented students and young scientists. Tashkent, UzMU, 2014. - P. 26-28.

4. "Red Book" of the Republic of Uzbekistan, Volume I. Plants and fungi Tashkent, 2009 "Plant ENK".

5. Pulatova T.P., Khalmatov Kh.Kh., Juraev I.N. Medicinal plants of the Tashkent region Tashkent.: "Medicine", 1980.

6. Pavlov N.V. Vegetation cover of the Western Tien Shan. Publishing house of Moscow University. 1980. - 30 p.

7. Shomurodova Sh.G., Sharipov Sh.M. "Natural geographical basis of tourism development in Chervok free tourist zone" Monograph. T.: 2022.-43 p.

8. Atlas of habitats and resources of medicinal plants. M.: GUGK., 1976.