



MEDICINAL PROPERTIES AND GROWTH TECHNOLOGY OF ZAFARON PLANT (ON THE EXAMPLE OF KHOREZM REGION).

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ABSTRACT: *This article provides information on the biology, ecology, morphological structure, cultivation technology, medicinal, medicinal properties of saffron plant.*

Keywords: Crocus sativus, Saffron, roses, perennial grass, red gold, crocus, Antioxidant, Erection, Khorezm region.

INTRODUCTION: Technology of cultivation of saffron plant. The saffron plant grows mainly from the bulb. Many saffron plantations are being established in Khorezm region. When growing saffron, the soil is first thoroughly tilled and the plant is prepared for planting. On plantations, saffron bulbs are planted. The moisture in the soil should be sufficient. Loves heat and light, it is well permeable to planted soil water. According to its biological properties, saffron grows when the soil is moist. It needs a specific air temperature to bloom twice a year. For flowering in the fall, the temperature should be moderate and the varieties should be selected correctly. In most cases it blooms well in early spring, the difference from other plants is that it suddenly forms leaf and flower buds. In 1 month after germination. behaves and irrigation is carried out. Along with irrigation, various mineral fertilizers are applied, including potassium and phosphorus fertilizers. Maintenance will continue in this order. In the meantime, nitrogen fertilizers are added. In Khorezm region, saffron cultivation and medicinal products derived from the flowers of the saffron plant are developing.

Main part: Saffron (*Crocus s.*) Is a perennial herbaceous plant belonging to the genus Saffron finished onion plant. Not found in the wild. Today it is grown in large areas in Arabia, India, Pakistan, China, Southern Europe, Azerbaijan and Uzbekistan. The diameter of the onion is 1-2 centimeters. Leaves 5-15, light yellow; width 2 mm, hairless. Flowers 1-4, inflorescence white, lower part (outside) purple, 2-4 cm long. The pollinators are shorter



than the hyacinth. The cup is elongated, 6-7 mm wide. It flowers in February-July and bears fruit in April-August. It is known that saffron has been used as a spice for more than four thousand years, and as a dye it was mentioned in ancient Chinese sources as a medicinal medicine used in painting on rocks in the mountains in the Neolithic period. The rich who used it in Europe expressed their belonging to the cyborg class in society. The Roman arch state used saffron as a medicine, as a dye for leather and fabrics, and as an astringent. It is the most delicious spice, a quality natural dye and a valuable perfumery, a substance that cures all ailments. Red gold - saffron In the East it was formerly called "red gold." The reasons for the saffron value are twofold: firstly, its cultivation is a very labor-intensive work, and secondly, it is unmatched among saffron spices in terms of aroma, taste and healing properties. Saffron - a red "crocus" (Latin name), which blooms once a year for 10–15 days in mass, the duration of each flower opening is only 2–3 days, is the drying of the beak of the mother flower. Processing of saffron flowers and especially mother flowers is done only by hand. Maternal flower buds should be pruned only on the first day of flowering. Its quality depends on the harvest and the speed of its drying. The sun in the morning to collect a kilogram of saffron still blooms motherhood. Before it dries, about 150,000 flowers should be harvested. The smell is very sharp and pleasant because it contains essential oil. 1 kg of dried flower buds are obtained from 90-100 thousand saffron flowers. Dried beaks of saffron flower are used in jams, cakes to improve the color and taste, in food (to color in cheese, butter, liqueurs, etc.), perfumery (perfume) industry. Saffron improves digestion, opens the appetite, improves the vital activity of the body, people use it to strengthen the stomach, heart, liver, respiratory and nervous systems, cleanse the kidneys, relieve pain, sedative, diuretic, herb and sweat drive used as a tool. Oncological diseases in treatment (even in the later stages of the disease, it resists cancerous tumors and stops the growth of their cells). In cleansing the blood (refreshes and purifies it, which means that the heart strengthens the vascular system, nourishes all the cells of the body). Improves brain activity (grows brain tissue, improves memory). Relieves neurosis. Relieves headaches and insomnia. Normalizes gastrointestinal activity. Get rid of excess grass. Treats kidney and bladder (saffron mixed with honey crushes kidney and bladder stones). Has an antioxidant effect (improves energy metabolism, removes harmful substances). Supports the body. Restores vision, heals defects in the retina. Improves



erection. Relieves pain during the menstrual cycle. Treats them in cases of skin burns and swelling. Get rid of allergies. Releases wind and spasms. Rejuvenates the whole organism. Effect: general strengthening and activation of the organism. Cleanses the blood well. Strengthens immunity. Prevents oncological diseases. In medicine, the drug is used as a medicine. It is an incomparable tool in cooking. When cooked with a little fiber, the food shines in a pleasant golden color, has a unique fragrant taste and is easily digested. The saffron is dark red and brownish-red, resembling a fine thin thread, between which are a few yellow fibers intertwined and intertwined. Even a single fiber of saffron is enough to make the dish uniquely delicate, delicious and uniquely mixed spicy-sweet taste. Delicate diners note that the taste of saffron-flavored food gives it the taste of freshly cut grass, iron-honey. When saffron is added to tea, coffee and soft drinks, it calms and calms the person. Usually a solution of saffron in water is added before the meal is ready. It is enough to add no more than 5-6 drops of saffron solution to every 1 liter of prepared food. To prepare such a solution, add a quarter teaspoon of ground powdered saffron to 50 g of boiled water, leave for 30 minutes in the same way as a tea drip, and prepare a tincture. The chemical composition of saffron is a unique and fragrant pleasant substance consisting of 10-12% water, 5-7% minerals, 5-8% oil and wax, 12-13% protein and vitamins with the least amount of fat extract.

content found. Saffron also plays an important role in industry. It is now widely used in silk, woven fibers, carpet dyeing, yellow ink making, securities production, painting, leather writing, and more.

CONCLUSION: As can be seen from the above data. Saffron is a medicinal plant that protects against diseases for the whole organism and plays an important role in its industry.

There are many similar species of this plant, often other species as well.

for example, iberian saffron is sold in Azerbaijan, maxsar flowers in Mexico, and turmeric in India as saffron. In our markets, too, there are cases of selling safflower flowers as saffron. These plants belong to the same family as saffron, but they are not saffron. In our country, several species of saffron are endemic, but they need to be studied. In short, the amount of saffron produced in the world is very small, only 300 tons. 175 tons of it are grown in Iran and 120 tons are exported. It is obvious that today the demand for saffron is growing day by day, and now in our country, in many regions, including Khorezm region,



work is underway on the technology of cultivation of large areas, importing onions from Iran. , if we involve educated, enterprising farmers in this work, another profitable sector will be established in our country. With good agro-technical tillage, 20 kg per hectare can be harvested. The usual yield is 5-8 kg. Currently, 1 kg of flowers sells for 2,500 to 5,000 US dollars on the world market.

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