

WILD ROSE AND ITS IMPORTANCE IN MEDICINE

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Abstract. Namatak (*Rosa Canina*) is a tall shrub reaching 2-3 m in height. It grows mainly in mountains and forests. The leaves are complex, oddly feathery, with 5-9 petals, and are among the plants that bloom in June-July. When the fruits are ripe, they are dark and bright in color. The flowers are fragrant, red, black, white or yellow, 8-9 cm wide, mostly pale pink, 5-petalled, the flower has a lot of pollinators and seeds. *Rosa Canina* contains oil in its seeds, and cooking fish in its roots and leaves. The fruit of the *Rosa Canina* plant has several therapeutic properties, and for this reason, its medicinal properties can be used in the treatment of diseases and detoxification. The fruits of *Rosa Canina* species come in multivitamin fruits that store various nutrients.

Key words: flavonoid, fibroblast, dermis, collagen, elastin, spiny, seret, leafy, nodular, dark hairy, peel, yellow, bright colored, berry, vitamin C, oil, sugar, protein, avitaminosis, carotene, pectin, root, flower, fruit.

ДИКАЯ РОЗА И ЕЕ ЗНАЧЕНИЕ В МЕДИЦИНЕ

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Аннотация: Шиповник (*Rosa Canina*) — высокий кустарник, достигающий высоты 2–3 м. Растёт преимущественно в горах и лесах. Листья сложные, нечётко перистые, с 5–9 листочками, цветёт в июне–июле. Созревшие плоды имеют тёмный и яркий цвет. Цветы ароматные, красные, чёрные, белые или жёлтые, диаметром 8–9 см, в основном бледно-розовые, 5-лепестковые, с большим количеством опылителей и семян. Семена шиповника содержат масло, корни и листья используют для приготовления пищи с

рыбой. Плоды растения шиповник обладают рядом терапевтических свойств, поэтому их лечебные свойства можно использовать для лечения заболеваний и детоксикации. Плоды вида шиповник являются мультивитаминными, содержащими разнообразные питательные вещества.

Ключевые слова: дикая роза, Шиповник, лечебные свойства, плоды, витамины, терапия.

Rosa Canina is a common and inexpensive remedy for the Prevention of many diseases, skin care, wound healing and slowing down the aging process. Its effectiveness has been proven by a long history of the use of folk medicine. Useful fruits of the plant can be collected in the forest and prepared independently, or purchased on the market as dry raw materials. Ready-made preparations (syrups, tablets, oil) are sold in pharmacies and specialized stores. Given the many health benefits, it is consumed as a tasty and healthy tea to strengthen the immune system during seasonal infections.. It is recommended to use Rosa Canina oil for the face in regular care, as it improves the structure of the skin, protects from the sun and helps to fight the first signs of aging. Rosa Canina is a deciduous shrub with erect growing or creeping stems from -15 CM to 10 m. Rosa Canina (lat. Ephedra) plant is a cactus-like plant that is green in winter and grows in very dry areas. It is in the family Ephedraceae and is found in various regions of the world. The plant is often found in areas such as Central Asia, China, India, and South America. The homeland of namatak is the mountain slopes of Iran and the Himalayas. The healing properties of plant fruits were known in Ancient Greece and Rome. The leaves are arranged alternately on the stem. In most species, it comes up to 5-15 CM in length. The leaf shape is leafy, the edges are toothed. The leaf shape at the bottom of the STEM is lance-shaped. Mostly the color is evergreen. The petals are five, in some species four. The colors are white or pink. The harvested fruit of roses is among the berries. Rich in vitamin C. The so-called thorns, which grow along the branches of roses, come from the tissue of the epidermis and are practically no different from the real thorn. Some species of felt have pendant

branches, and these species are mainly used as ornamental plants. The *Rosa Canina* plant grows mainly in dry, semi-arid and mountainous areas. It is resistant to heat, cold, and low water, and has adapted to specific ecosystems. This plant uses little water and can therefore be found frequently in sub-Saharan and semi-Saharan conditions. It grows in wetter areas of mountain slopes, open areas in forested areas, river and wetlands, deserts and steppes. Resistant to frost and drought, it thrives well on loamy and gravelly soils. *Rosa Canina* is a medicinal and decorative plant that is widely distributed throughout the world. Its distribution is bounded by the following regions: 1. Europe and Asia. The main natural area of *Rosa Canina* is the temperate regions of Europe and Asia. It is particularly common in the Mediterranean, Caucasus, Central Asia, Russia, China, and India. 2. Central Asia and Central Asia. It is abundant in the mountainous regions and valleys of Uzbekistan, Kazakhstan, Kyrgyzstan, Tajikistan and Turkmenistan. Usually they grow on dry steppes, weaves, mountain skirts. 3. North Africa. It is found in Mediterranean coastal states such as Morocco, Tunisia. Grows naturally in mountain slopes and natural woodlands. 4. North and South America. Imported from Europe and cultivated in countries such as the United States, Canada. It can also be found in South American countries such as Argentina and Chile. 5. Australia and New Zealand. Cultivated and found wild in some areas. This medicinal plant has long been used in traditional medicine due to its health benefits due to its certain chemical composition. Numerous studies have shown that fruits and seeds contain carbohydrates (16%), proteins (1.74%), lipids (1.04%), expressed in glucose, sucrose and fructose. Of the acids, there are most apples and lemons (3.3%), as well as a lot of useful pectin (up to 25%). The calorie content is 109 kcal (based on 100 g). Wild Rose fruits have high biological activity and healing properties. In terms of the quantitative composition and variety of vitamins and useful nutrients, they are much superior to other plants. *Rosa Canina* is a record holder for the amount of vitamin C, 100 g of dry fruit contains about 18 daily doses, which is 50 times more than black currant and lemon. In addition, ascorbic acid is present in the leaves and even roots of the plant. Its composition

depends on the lighting and habitat of the Bush. For example, rose hips that grow in the mountains accumulate more vitamin C than those that grow in the plane. In addition to vitamin C, Wild Rose fruits contain the following trace elements: vitamins B1, B2-participate in protein and carbohydrate metabolism, are responsible for the health of the mucous membranes, skin and hair. Vitamin PP (B3) is necessary for breathing, good functioning of the cardiovascular system. Vitamin E is an antioxidant, stimulates the synthesis of hemoglobin, proteins, as it is necessary for the absorption of vitamin A, Vitamin A is an antioxidant and is a source of tissue growth, the health of the organs of vision, to increase immunity. Vitamin K-promotes normal blood clotting and mineralization of bone tissue, is involved in the formation of ATP, an energy supplier for biochemical reactions. The macro-and microelements of *Rosa Canina* are made up of zinc, manganese, calcium, potassium, iron, phosphorus, magnesium, sodium, molybdenum and copper. In addition, it contains pectin, nitrogen and tannins, phytosterols, lycopene, rubixanthin, pentosan, as well as flavanoids and essential oils. In addition to vitamin C, the leaves contain phytoncides, tannins and a lot of chlorophyll. The roots and bark of the plant store substances of pyrocatechin and pyrogall groups, phytoncides, sugar, ascorbic acid and coloring pigments. The beneficial properties of *Rosa Canina* include 4-6%, sometimes up to 15% vitamin, vitamin B2, P, E and K, 12-27% carotene, up to 29% organic (lemon, apple, and other) acids, up to 18% sugars, up to 3.7% pectin, up to 4.5% additives in its seed. The fruit contains medicinal herbs, citric acid, additives and other substances that are considered essential for human health. The false fruit of the *Rosa Canina* plant is harvested from late August until late autumn. The amount of vitamin C in cold-struck fruits decreases. The collected fruits are quickly dried in the open air in the sun or on an 80-90C stove. Sometimes the *Rosa Canina* fruit is sent directly to pharmaceutical plants to obtain medicinal preparations from drying. It has been found that by rubbing its dried fruits, cosachabarg Exchange has a good effect on vascular permeability. 2 tablespoons of the *Rosa Canina* fruit are infused in 500 ml of boiling water and infused for 1st time. The tincture is drunk from 100ml 2-3

times a day before meals. This recipe is useful for anemia, weakness, kidney and liver disease. The fruit of the Rosa Canina species belongs to the fruits with multivitamin, which store various vitamins. High vitamin types are used to treat and prevent avitaminosis diseases. An oil extract made from the seed and a soft part of its fruit-caratolin is used to treat burns, trophic ulcers, eczema, skin diseases, burns from roentgen light, ulcerative colitis and other diseases. From some types of Rosa Canina, vitamin concentrates, juices are prepared, vitamin C (Ascorbic acid) is taken, tablets and pills are made from dry fruit, decoctions are made from their flowers for washing eyes, soaking gauze in the eyes, these drugs are used in the treatment and Prevention of avitaminosis. Ascorbic acid is part of many complex preparations. Of the less abundant types of Rosa Canina Vitamin C - the fruit of Rosa Canina contains up to 0.2-2.2% vitamin C, the drug xolosas, which is made from the fruit, is used to treat liver diseases (cholecystitis, hepatitis-yellow disease, etc.). Decoctions and decoctions made from the fruit of the Rosa Canina species are used in folk medicine for the treatment of gastrointestinal diseases (diarrhea, blood mixed diarrhea, intestinal infections) and as a medicine that stops blood flow from the uterus, leaves fever, grass and urinates. This is the case of oral diseases (inflammation of the gums, and blood flow from it) with drug types oral rinse. Rosa Canina fruit is again used to energize the body, renew the metabolism, and its real fruits-nuts-inside fake fruits-are used to urinate in kidney and urinary tract diseases. Tincture and decoction made from plant roots are popularly used as a claim for diseases of the stomach and liver, and the powder of its leaves for wounds. Types of Rosa Canina fruit are used in the food industry, in the preparation of vitamin-rich concentrates, candies and other confectionery products. A decoction of Rosa Canina fruit is used to treat pulmonary tuberculosis, liver, inflammation of the gallbladder, intestinal, kidney, bladder diseases. Not only flowers and fruits of Rosa Canina remain healing, but a decoction prepared on the basis of its leaves is considered useful for gastric pain. In folk medicine, it is even recognized that a decoction of the roots of Rosa Canina gives a lot of freshness to a person if he is drunk when a stone comes to the kidneys and gives pain. In

addition, a decoction prepared on the basis of Rosa Canina fruits will give a positive result in the construction of tincture, anemia, as well as non-medication. Tincture made from Rosa Canina is used to treat small rashes observed in children, acute infectious disease with a tendency to purulent-septic complications rubella, sweating and other diseases. In addition, Rosa Canina includes the following features. Anti-aging properties. Rosa Canina is a natural storehouse of antioxidants and today, as a result of many studies, it is considered to have a powerful anti-inflammatory effect. Reduces the risk of many diseases. Thanks to vitamins A, C and E, flavonoids, phytosterols, essential fatty acids and other useful microelements in the plant, it prevents the development of "age-related" diseases such as cardiovascular, arterial hypertension, diabetes, osteoarthritis, arthritis, cancer. Rosa Canina oil acquires a wide range of dermocosmeticity as a powerful regenerative agent and a fighter against external signs of aging. This helps maintain skin elasticity, as it stimulates the production of collagen and elastin in the dermis by acting on the fibroblasts that form these molecules. The antioxidant content of Rosa Canina, known as wild Rose, fights free radicals, prevents skin aging, reduces blemishes that appear after sun exposure, and protects against negative external factors. The anti-aging effect of the Wild Rose has been proven in studies. During the experiment, powder from seed and fruit skins was used, obtained by participants aged 35 to 65 with "goose feet" (wrinkles in the corners of the eyes). During the experiment, skin monitoring was carried out using a special Visiocal tool, which assessed its condition on several parameters: elasticity, moisture and depth of wrinkles. In addition, at the beginning and end of the study, all subjects donated blood to determine the life expectancy of cells. A significant improvement in all the assessed parameters was determined, visually the participants in the experiment were also satisfied. The blood showed a decrease in the rate of destruction of red blood cells, an increase in cell life, that is, a slowdown in the aging of the body was achieved. In addition, Rosa Canina is also used in the treatment of arthritis. In a 2018 study, Rosa Canina was found to have an effect on the gene responsible for the production of collagen in the hips – an important part

of the articular fluid, the loss of which leads to osteoarthritis. Wild Rose contains fatty acid, which reduces pain, improves joint mobility in rheumatoid arthritis. Taking powder from dry berries of the plant helps to reduce the amount of synthetic drugs used in the complex treatment of arthrosis and arthritis by 40%. It helps to reduce pain and limited movements characteristic of diseases. Rosa Canina will help obese people get rid of excess weight. Its use as a safe and effective weight loss remedy has been proven in research. Firstly, it is a low-calorie product, and secondly, it contains substances that accelerate metabolism, burn fat, remove toxins and activate fat metabolism. Potassium in the composition normalizes the water-salt balance in the body, helps to get rid of excess fluid. In addition, it helps to improve bowel function, remove toxins and reduce hunger due to the large number of pectins. The weight correction potential of Rosa Canina has been proven by Japanese scientists. The participants in the experiment-16 men and 16 women with a body mass index of 25-30-were divided into 2 groups. For 12 weeks, the first group took 100 mg of rose extract every day, and the second took a placebo tablet. Scientists did not interfere with the nutrition of the subjects. At the end of the study, it was found that rose hips significantly decreased the percentage of visceral fat, weight and body mass index and subcutaneous abdominal fat in those who received not only to the group that received the placebo, but also to their state at the beginning of the experiment. At the same time, no side effects were found. For weight loss, a decoction of tea or ground dry fruits is used, which is taken as an independent drink on fasting days or with the addition of additional fat-burning ingredients (ginger, figs, raisins). The beneficial effect on the state of the heart health, cardiovascular system was determined. A study was conducted at the Swedish Department of Experimental Medicine to help reduce the risk of cardiovascular disease by 17% when taking Rosa Canina powder. Due to the antioxidants and flavonoids contained in the fruit, it reduces the level of "bad" cholesterol, as well as high blood pressure. Diabetes one of the studies showed its benefits in the fight against type 2 diabetes. Obese patients were given a variety of drinks, some based on apples and grapes, while others were given a tincture made

from the Rosa Canina plant. The study lasted 6 weeks, after which the researchers measured blood pressure indicators, blood lipid levels and insulin resistance. Scientists conclude that "bad cholesterol" has been proven to be most effective by reducing it by 6%. In gastrointestinal problems, Rosa Canina is used as a natural laxative. Thanks to pectin, digestion is stimulated, bowel function is improved and constipation is eliminated. Rosa Canina extract is used as a choleric agent for cholecystitis and hepatocholecystitis. However, during the period of exacerbation of gastritis, stomach and duodenal ulcers, it is better to refuse to use drugs. In addition, Rose Tea has long been used to control intestinal parasites. The Rosa Canina plant is also used in cancers. Scientists conducted various experiments, changing the concentration of rose extract. The high concentration of the drug has been found to reduce the amount of two enzymes responsible for the growth of cancer cells. In addition, the extract increases the effectiveness of chemotherapy, which is traditionally used in the treatment of this type of cancer. In addition, from the Rose Rosa Canina plant, tea, broth, decoction, decoctions are prepared. It is produced as syrups and powders in the treatment of rheumatism, cystitis, colds, acute respiratory viral infections, stomach problems, atherosclerosis, diabetes, hypertension, coronary artery disease, anemia. It is widely used in medicine as a ready-made raw material for the production of medicines of various directions.. Syrup from plant fruits is used to improve appetite in children, as well an additional source of vitamin C and vitamin P for stagnation of bile in older people. Theophrastus, an ancient Greek scientist, philosopher, naturalist of the 4th century BC, described this plant in detail in his book "Natural History". The use of Rose Powder to strengthen dental gums is mentioned in the herbal medicine books of 1563. Wild rose oil was used to treat wounds during an era when antiseptics and sterilization methods were not yet discovered. Ancient medical herbalists described the beneficial properties of the plant and the diseases it helps. To treat wounds and prevent gangrene in ancient warriors, bandages were impregnated with decoctions of petals and used as ointments for wounds to quickly recover from injury.

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