

**BOTANICAL CLASSIFICATION AND PHARMACOLOGY OF
SILYBUM MARIANUM**

Mamatkulova Iroda Ergashevna

Turdikulov Farrukh Dilshodovich

Tokhtasinov Abdulaziz Abdunosirovich

Jizzakh branch of the National University of Uzbekistan

Email: turdikulovfarrux121@gmail.com

Annotation: The Uzbek name of the plant called rastaropsha on many Uzbek-language sites is *Silybum marianum*, which belongs to the genus of the family of complex flowers with the same name. The genus *Silybum marianum* (*Silybum*) includes two species. One of them is spotted *Silybum marianum* (*Silybum marianum*), which grows in the southern regions of Uzbekistan. *Silybum Marianum* contains 200 substances necessary for the human body, including vitamins A, B, D, E, K, F, zinc, copper, and selenium.

Keywords: *Silybum Marianum*, flavonoid, silibinin, silicristin, silidianin.

Introduction: The life form of a one-year (in cultivated forms) or two-year thorny plant reaches 1-1.5 meters in height. The stem is simple or branched, without thorns. The leaves are arranged in a row on the stem, elliptic, with carved edges, large (up to 80 cm in length). There are yellow spines along the edge of the leaf and the veins on its back surface. The leaf plate is shiny green, with white spots on the surface. The flowers are dark red, pink or white and are collected in a large spherical single basket. Thorny leaves surround the flower. The flower head is thick and covered with hairs. All flowers are bisexual, tubular. It blooms in July-August. The fruit is a bean. The homeland of *Silybum marianum* is the

Mediterranean Sea, the Balkans and the Iberian Peninsula, and it can be found in almost all regions of the Earth. It is naturally acclimatized to many places. In countries such as North America, Iran, Australia, New Zealand, it is registered as an invasive species. It grows in many fields in the southern regions of Uzbekistan. Cultivated due to its medicinal properties. It is planted in large areas in many countries, including Australia, Germany, Poland, Russia, Ukraine, China and Argentina. In European countries, it is planted in March-April. [4,5]

The main active substance in *Silybum marianum* is flavonoids and flavonolignans (silibinin, silicristin, silidianin). In addition, the plant contains alkaloids, saponins, fatty acids, protein, vitamin K, resin, tyramine, histamine and many macro and microelements. In medicine, the oil squeezed from its seeds, alcohol and water made from its fruit are used in medicine. extracts, teas and syrup are used. Ripe fruits of the plant are collected for medicinal purposes. (Rastoropsha) is mainly used for liver (hepatitis, cirrhosis, poisoning), liver diseases, gall bladder, cough and other diseases. Herbal preparations increase the production of bile in the liver. The composition of *Silybum marianum* is rich in various vitamins and trace elements. It is rich in vitamins A, E, F, K and V. One gram of *Silybum marianum* contains 16.6 mg calcium, 9.2 mg potassium, 4.2 mg magnesium, 0.08 mg iron, 0.1 mg manganese, 1.16 mg zinc, 22.9 mg selenium, 0.09 mg iodine. There are drugs such as , mg iodine. In today's medicine, it has become more popular due to the fact that it contains silymarin. It is considered one of the strongest hepatoprotectors (in Latin words: hepar - "liver" and proteto - "protection"). *Silybum marianum* helps restore liver tissue due to its antioxidant properties, silymarin. It is also used in the treatment of liver cirrhosis. Medicinal properties of *Silybum marianum*: It is used in the treatment of varicose veins, polyarthritis, cholecystitis, liver dystrophy, poisoning, including alcoholism, diabetes and toothache. It is also recommended after radiation and chemotherapy

courses. Its leaves, roots, and seeds are used in pharmacology, and oil and whey are made from them. Its oil is used in the treatment of various skin diseases and some diseases of the reproductive system. It has the properties of excellent healing of wounds, especially wounds after a fire.[1,2,3]

Silybum marianum is sold in pharmacies in several medicinal forms. The most common are herbal tablets, as well as capsule oil, powder and syrup. The use of medicinal cannabis in folk medicine: Juice, tea, soup, food, compresses - all of them are healing for effective cleansing of the body and restoration of immunity. It is also used in the treatment of various allergies.[4,5]

Conclusion. The powder obtained from the crushed seeds of the plant is the most valuable product for improving liver cells and the whole body. It cleans blood vessels, lowers cholesterol, and removes toxins from the body. It also increases immunity and accelerates tissue regeneration

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