



Use Of Black Solanum (Solanum Nigrum.) In Folk Medicine

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ABSTRACT

People have encountered various phenomena in their daily lives, learned whether a plant is sweet or sour, tasteless or delicious, poisonous or non-poisonous. As a result, they began to pay attention to the medicinal properties of plants. Medicinal plants are widely and rationally used in folk and scientific medicine. Medicinal properties are also present in many types of weeds, and these properties have been studied as a result of research conducted by scientists. In this article, we would like to provide information about the medicinal properties of one of such plants, black solanum.

Keywords:

Weed, medicinal properties, folk medicine, glycoalkaloids, black ituzum, gout disease, chronic flu, ear inflammation

Man lives, works, creates and leaves offspring in the bosom of nature. The generosity of beautiful nature is so vast that it is difficult to list all the blessings and gifts it does for us. The plant world, which is an integral part of nature, nourishes a person, refreshes him, gives him warmth, purifies the air... There is another invaluable property of plants that cannot be ignored. This is their healing properties. The President of the Republic of Uzbekistan Shavkat Mirziyoyev signed the resolution No. PQ-4901 dated 26.11.2020. This resolution is "On measures to expand the scope of scientific research on the cultivation and processing of medicinal plants, the establishment of their seed production", and the implementation of this resolution leads to the rational use of medicinal benefits and an increase in attention to medicinal plants in itself. People have encountered various phenomena in their daily lives, learned whether a plant is sweet or sour, tasteless or tasty, poisonous or non-poisonous.

As a result, they began to pay attention to the medicinal properties of plants. The widespread and rational use of medicinal plants in folk and scientific medicine is closely associated with the name of the great Uzbek scientist Abu Ali ibn Sino. In his work "Medicine Laws", he describes the medicinal properties of 336 species of plants, how to use them, how to treat which diseases, and gives methods for preparing simple and complex medicines. More than 1000 years have passed, and the instructions of our scientist have not lost their power.

The nature of our beloved homeland, Uzbekistan, is rich in such medicinal plants. One of them is Black nightshade (*Solanum nigrum* L.). It is a representative of the Solanaceae family. The Solanaceae family is one of the largest families of flowering plants, including more than 1,300 species worldwide. Its representatives grow mainly in Central America, South America, Africa, some in Eurasia and in temperate regions of America. In

Uzbekistan, there are 2 types of nightshade: black and red nightshade. Several of their species are widely used in agriculture in our republic. In addition, there are representatives of this genus that are found as weeds. Black nightshade (*Solanum nigrum L.*) is one of such species. Nightshade is a medicinal plant that has been used in folk medicine for a long time. It itself grows as a weed, but it has many useful properties.

Botanical description: An annual herb with branched stems, up to 100 cm tall. The leaves

are serrated, ovate in shape. The flowers are small, white, in axillary racemes. The fruits are round, black berries (Figure 1). In folk medicine, the stem, leaves, and fruit of the plant are used. The above-ground part of the plant, and sometimes the leaves, are harvested when the plant is in flower, and the fruit is harvested when it is ripe. The above-ground part is dried in the shade, and the fruits are dried in the open air.



Figure 1. Black nightshade (*Solanum nigrum L.*)

Geographical distribution: This plant is widespread everywhere, and is found as a weed in gardens and wastelands.

Chemical composition: The unripe fruit and the above-ground part of the nightshade contain glycoalkaloids, vitamins, organic acids, tannins and other substances.

Medicinal properties: In folk medicine, a decoction made from the leaves, fruits or ripe fruit of the nightshade is used as an antipyretic in children and in the treatment of sore throats and rheumatic diseases. A decoction made from the flowers is used in gout and as a diuretic and expectorant. Freshly picked nightshade leaves are used to relieve headaches and treat wounds. For this, the leaves are crushed and placed on the head (for headaches) or on the wound. The

juice of the leaves is dripped into the ears and nose to treat earache, chronic colds and ulcers in the nose. The ripe fruits of the nightshade are used for fever and diarrhea, and the juice of the plant is used for chronic liver diseases, tuberculosis, and diarrhea. The unripe fruits contain a large amount of the toxic substance solanine, which can cause poisoning. However, this substance disappears completely when the fruit is fully ripe.

Red nightshade (*Solanum dulcamara*) is a climbing shrub. The plant is also known as nightshade, dog grapes and periwinkle.

Botanical description: The stem of the red nightshade (*Solanum dulcamara*) is bare or almost bare, up to two meters high. The leaves of the plant are lanceolate. The flowers are

medium in size. The petals are painted in purple. The fruit is a red juicy berry, in which many seeds are hidden (Figure 2). Red dog grapes are

mainly found in humid areas at an altitude of one thousand meters above sea level. It blooms in June-August and bears fruit in July-October.



Figure 2. Red nightshade (Solanum dulcamara L.)

Chemical composition: Red nightshade is used for medicinal purposes. Red nightshade (*Solanum dulcamara*) is rich in plant saponins, glucoalkaloids, glycosides, tannins, provitamin A, vitamin C, etc.

Geographic distribution: Red nightshade (*Solanum dulcamara*) grows freely in Europe, Asia, Siberia and other countries in the Caucasus.

Medicinal properties: Red nightshade has been well known in folk medicine for centuries. The fruiting shoots of the plant are used to prepare infusions with diuretic, anti-inflammatory and diaphoretic effects. The laxative effect of the plant is also highly valued. In addition, it is used to prepare compresses to soothe inflamed and damaged skin. Red nightshade has proven its effect on cough, shortness of breath, rheumatism, pleurisy, fever. According to folk healers, the drug also has a positive effect on neuralgia, sprains, painful menstruation, diarrhea, dropsy, bladder problems, syphilis, gout, lichen, scabies, etc. Fresh red ituzu leaves can be used to prepare a substance for healing wounds and treating swelling and hemorrhoids. For this purpose, crushed fresh leaves of the plant are placed in olive oil (in a ratio of 1:10). So they should be left for twenty days. The resulting mixture is used to lubricate problem skin.

Numerous studies conducted on black and red ituzu show that various parts of these plants can be toxic to a greater or lesser extent. Therefore,

herbs should not be used without the knowledge of a competent person. Incorrect use of one of the two plants can lead to nausea, vomiting, dizziness, drowsiness. If you notice such symptoms, you should immediately seek medical help. Medical professionals will treat the poisoning based on the severity of the condition. If medical attention is not sought for poisoning with either of the two plants, it can ultimately lead to death.

Conclusion.

1) Two species of the nightshade family grow in Uzbekistan:

1. Black nightshade (*Solanum nigrum L.*)

2. Red nightshade (*Solanum dulcamara L.*)

Both of them are considered medicinal plants.

2) In folk medicine, a decoction of black nightshade leaves and fruits or a ripe fruit is used as an anti-vomiting medicine in children and to treat sore throats and rheumatism.

Red nightshade has been shown to be effective in treating coughs, shortness of breath, rheumatism, pleurisy, and fever.

3) Numerous studies conducted on black and red nightshade show that different parts of these plants can be toxic to varying degrees. Therefore, herbs should not be used without the knowledge of a competent person.

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