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**O‘ZBEKISTON RESPUBLIKASI
OLIV VA O‘RTA MAXSUS TA‘LIM VAZIRLIGI**

**ABDULLA QODIRIY NOMIDAGI
JIZZAX DAVLAT PEDAGOGIKA INSTITUTI
TABIIY FANLAR FAKULTETI**

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<u>ТАХРИР ХАЙЪАТИ</u>	<u>ТАҲРИРИЯТ АЪЗОЛАРИ</u>
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<p>Муассис-Жиззах давлат педагогика институти</p>	
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THE IMPORTANT FEATURES OF FENNEL

Matmuratova G.B.-Teacher of Department of Biology and Methods of Teaching JDPI

Jizzakh State Pedagogical Institute

Annotation: Fennel is a plant that likes hot climates. In hot countries, it is used in the preparation of various dishes with thick onions and shiny green leaves. The top is used in salads (leaves), onions in soups. The seeds of the plant add flavor to sauces, meat and fish, pastries. They also play an important role in storing vegetables.

Keywords: fennel, herbal, medicinal, root, mint

Аннотация: Фенхель - растение, которое любит жаркий климат. В жарких странах его используют при приготовлении различных блюд с густым луком и блестящими зелеными листьями. Верх используют в салатах (листья), лук в супах. Семена растения придают аромат соусам, мясу и рыбе, выпечке. Они также играют важную роль в хранении овощей.

Ключевые слова: укроп, травы, лекарство, корень, мята

Remedial plants have long been studied by humans with interest and used in various diseases. In particular, our great ancestor, the sultan of medicine Abu Ali ibn Sina studied the properties of medicinal plants and left an invaluable legacy. The Law of Medicine has not lost its significance to this day, and it is still used by world medicine. Because remedial plants are widely used to treat people and animals, to prevent diseases, as well as to restore the body's strength in times of bone marrow failure. It is estimated that there are more than 10,000-12,000 species of medicinal plants in the world. The chemical, pharmacological and curative properties of more than 1,000 plant species have also been studied. There are more than 700 species of remedial plants in Uzbekistan. Of these, about 120 species of plants that grow naturally and are cultivated are widely used in scientific and folk medicine. Currently, about 40-47% of medicines used in medicine are derived from plant raw materials. Plants are living natural chemical laboratories with complex structures that are capable of creating complex organic substances or compounds from simple inorganic substances. Dried parts of medicinal plants: buds, roots, rhizomes, nodules, bulbs, bark, leaves, flowers, buds, fruits (seeds), seeds, sap, syrup, stone, essential oil and others are used medically.

There are 2 different classifications of medicinal plants: 1) depending on the composition of the active substance - alkaloid, glycoside, essential oil, vitamin; 2) Depending on the pharmacological parameters - sedative, analgesic, hypnotic, affecting the cardiovascular system, stimulating the central nervous system, lowering blood pressure, etc. The most common medicinal plants in Uzbekistan are basil, basil,

coriander, dill, mint, sebarga, and especially fennel with its many beneficial properties. stands out.

In ancient Greece, people used to keep fennel at home. They believed that the bitter plant was able to protect the house from evil spirits and provide peace, tranquility and comfort in the family. Such features were not added to it by chance, of course. It turns out that fennel not only decorates any kitchen utensils, but also has "antiseptic for the home" properties, which can ruthlessly destroy germs, bacteria and dangerous viruses. Fennel (*Anisum*) is an annual herb of the genus *Anisum*, there are 2 species. Ordinary fennel is grown in Uzbekistan. The lower leaves are kidney-shaped (or three-lobed), with large serrated teeth, and the upper ones are divided into filamentous segments. The flowers are small, white, in a complex umbrella. Fennel fruit contains 3.2%, sometimes up to 6% essential oil and up to 28% other oils. Essential oils contain up to 90% anethole. Preparations made from fruits and essential oils are used as expectorants. Fennel fruit and essential oil are used in the food industry.



Fennel is a plant that likes hot climates. In hot countries it is used in the preparation of various dishes with thick onions and shiny green leaves. The top is used in salads (leaves), onions in soups. The seeds of the plant add flavor to sauces, meat and fish, pastries. . They also play an important role in storing vegetables.

The stems of fennel are straight and hollow, painted gray-green, growing up to 250 cm in height. You can see that the stems of the old plants have longitudinal stripes. The leaves of the second type are similar to the leaves of the old fennel, but they are thinner and taste like licorice. The flowers are in the form of umbrellas up to 15 cm wide, consisting of small yellow flowers with short legs (up to fifty in each section). The plant begins to bloom in early summer. ripens.

Fennel is especially useful in its fruits. It contains anti-cancer agent - anethole, vitamin C, powerful substances that reduce blood cholesterol. In addition, fennel reduces stress, successfully combats diseases of the nervous system, diseases of the

digestive system, colds, stomatitis. Fennel has almost no contraindications, so it can be easily added to meals for young children and pregnant women. Fennel essential oil is good for women's gynecological diseases, heart, digestive system diseases and problem skin. Fennel oil is added to cosmetics (gels, masks, tonics, creams, etc.), used in massage, compresses, baths, inhalations, as well as from a sanitary point of view to clean the air. is a demanding product both in manufacturing (as a perfume) and in the food industry (as a flavoring agent).

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