

## KIYIKO‘T (ZIZIFORA)NING MORFOLOGIYASI, DORIVORLIK XUSUSIYATLARI VA MADANIYLASHTIRISH ASOSLARI

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### ANNOTATSIYA

Hozirgi vaqtda nafaqat O‘zbekistonda, balki butun dunyoda dorivor o‘simliklarga bolgan talab tobora ortib bormoqda. Dorivor o‘simliklarning ilmiy tabobatda tutgan o‘rnini yanada oshirish, ulardan turli xil kasalliklarni davolashda keng foydalanish va ularni madaniylashtirish bugungi kunning dolzarb masalalaridan biridir. Kiyiko‘ti o‘simligi - xalq tabobatida va bugungi kunda ilmiy tekshirishlar asosida bu o‘simlikning dorivorlik xususiyatlari keng o‘rganilmoqda shunga ko‘ra, turli kasalliklarni davolashda kiyik o‘tiga bo‘lgan talab ortib bormoqda.

**Kalit so‘zlar:** kiyiko‘t, mentol, efir moyi, triterpen, kumarinlar, oksikumarinlar, tokoferol, “safro haydovchi Xojimatov yig‘masi”, panikulyatsion gullar, paradontoz, gipertoniya kasalligi, stenokardiya, nevrasteniya.

### MORPHOLOGY OF ZIZIPHORA, MEDICAL PROPERTIES AND BASICS OF CULTIVATION

#### ABSTRACT

Currently, the demand for medicinal plants is growing not only in Uzbekistan, but in all over the world. Increasing the role of medicinal plants in scientific medicine, their widespread use in the treatment of various diseases and their cultivation have become one of the most essential issues today. Properties of the plant Ziziphora have been studied widely based on folk medicine and scientific researches. Thus, the demand for Ziziphora in treating diseases has been rising significantly.

**Keywords:** Ziziphora, menthol, essential oil, triterpene, coumarins, oxycoumarins, tocopherol, "bile driver Khojimatov's collection", paniculate flowers, periodontitis, hypertension, angina, neurasthenia.