

## MEDICINAL PROPERTIES OF ROSA CANINA

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### ABSTRACT

*The article presents data on the use of the rosehip plant for medicinal purposes, systematics, morphology and anatomy of the plant. The use of syrup, juices, infusions, plant seed oils in the treatment of various diseases.*

**KEYWORDS:** *Rosehip, ROSA CANINA, Tincture, Syrup, Oil, Medicinal Plant, Medicinal, Folk Medicine.*

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### INTRODUCTION

In the following years, people began to neglect folk methods of treatment, to use medicinal herbs for the treatment of various diseases. Uzbekistan is a sunny country, the vegetation cover of Uzbekistan has about 4230 species, 1028 genera from 138 families. Among them are 492 cultivated and cultivated plants from 79 families. Of the wild-growing about 577 species are medicinal plants. One of the medicinal and wild plants is the rose hip.

#### Literature Review

Rosehip - Rosa is a genus of plants in the Pink-Rosaceae family of the Rosaceae-Rosales order. Both the family and the order to which it belongs were named after this genus. It has many cultural forms bred under the name Rose. Rose in the botanical literature is often called the rosehip itself.

There are, according to some data, up to 400, according to others - from 300 to 500 species; 366 species of rosehip are recognized. The most rich in vitamin C are rosehips belonging to the cinnamon group -Cinnamomea. They are characterized by a calyx consisting of whole-edged, upward-directed leaves remaining on the fruits. This group includes such species as the cinnamon rosehip, or May -R. cinnamomea, or R. majalis, the needled rosehip -Rosa acicularis Lindl, the loose rosehip -Rosa laxa, the Daurian rosehip-R. davurica Pall, wrinkled rosehip -R. rugosa, Albert's rosehip -Rosa albertii Regel, blunt-nosed rosehip -R. amblyotis C.A.Mey, R. Begger-R. beggeriana Schrenk. The same widely used group includes the rosehips of the Canina Grep section. This includes such species as dog rosehip (Rosa canina L.), rosehip shield-bearing -R. corymbifera Borkh, apple rosehip -R. pomifera Herrm., or hairy rosehip, or hairy rosehip -R. villosa L, soft rosehip -R. mollis Smith and others, but they have less vitamin C content.

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According to some data, there are up to 10 thousand cultivars, according to others - up to 25 thousand and even up to 50 thousand. According to various sources, 48-100 species grow wild on the territory of Russia, many of them are endemic. The most widespread and of economic importance is the rosehip of May-Rosa majalis Herrm.

## **Research Methodology**

Rosehips are deciduous shrubs and shrubs, sometimes evergreen, with erect, climbing or creeping stems of various heights or lengths, from 15-25 cm to 8-10 m. The height of the same species can sometimes vary depending on the growing conditions. The most important and useful part of rosehip is the pulp of berries. It is in it that valuable substances and organic acids accumulate. In addition, rosehip fruits are a whole storehouse of macro- and microelements: magnesium, phosphorus, iron, potassium, silicon, copper, manganese and many others. For example, vitamin C in these berries contains 50 times more than in lemons, 10 times more than in currants and 100 times more than in apples.

Why are rosehip berries not eaten fresh? In their raw form, they are not consumed because of the hairs in the seed capsule. The fruits are removed until they become soft, dried and brewed with boiling water, making a vitamin drink. All types of rose hips deserve to be grown in gardens and on plantations as highly vitamin, essential oil, containing a variety of biologically active substances and for obtaining natural dyes.

Rosehip is used for preventive and curative purposes in the treatment of diseases caused by a lack of ascorbic acid in the body, if necessary, to increase the body's resistance to infectious and other diseases, intoxication, to improve bone marrow function, before and after surgery, with injuries and pneumonia.

## **Analysis and Results**

### **HYPANTHIUM (FRUITS) OF ROSEHIP**

In medicine, hypanthium (fruits) of rosehip are used.

Rosehip fruits have phytoncidal and bactericidal properties. They contain a large amount of antioxidants. But most importantly, rosehip fruits are a valuable multivitamin. They have a restorative effect, stimulate the body's resistance to harmful influences, accelerate tissue repair, reduce vascular permeability, positively affect carbohydrate and mineral metabolism, have anti-inflammatory and choleric properties, strengthen immunity. Vitamin extracts, syrups, tablets, extracts, dragees, powders, infusions, compotes and decoctions from rosehip fruits are used for the treatment and prevention of diseases associated with a lack of vitamins in the body, especially vitamin C, with anemia and exhaustion. Preparations from rosehip fruits have a beneficial effect on carbohydrate metabolism, bone marrow, liver, and gallbladder functions. The fruits of all types of rose hips are used for the production of the drug holosas (condensed aqueous extract of fruits with sugar syrup), used as a choleric agent for liver diseases - cholecystitis and hepatitis. Rosehip is a part of vitamin and therapeutic fees. It is often combined with fruits of black currant, mountain ash, cranberries, containing a P-vitamin complex, in the presence of which the therapeutic effect of rosehip is enhanced. Rosehip is also used in collections for vitamin and oxygen cocktails. Tea from fruits is drunk for colds. Jam and jelly are made from

fresh fruits and petals. Rosehip infusion is added to the dough to enrich bread with ascorbic acid, mineral salts, and improve the properties of baked bread.

In the complex treatment of patients with diabetes mellitus and atherosclerosis in the elderly and senile age, a decoction of rosehip with iodine supplements is used. A decoction of rosehip reduces and stabilizes the level of glucose in the blood.

Rosehip fruits contain a lot of pectins. With organic acids and sugars, pectins form a gelatinous mass (gelate). This property is widely used in the confectionery industry. With many metals, pectins form insoluble complex compounds, this ability of pectins explains their therapeutic effect in poisoning with lead, cobalt, as well as radioactive substances. Pectin substances have an adsorbing, anti-inflammatory effect, improve digestion, contribute to the removal of excess cholesterol from the body. In folk medicine, rosehip fruit tea, decoction, water infusion and alcohol tincture are used for scarlet fever, typhus, tuberculosis, kidney inflammation, intestinal diseases, liver, stomach. Avicenna recommended rose water for the treatment of eye diseases and bad breath.

In Tibetan medicine, fruits are used to treat pulmonary tuberculosis, neurasthenia.

Decoction of seeds is used for urolithiasis, as a choleric, anti-inflammatory, diuretic, for diarrhea; externally for gingivitis, rheumatism and gout.

Rosehip oil is obtained from nut fruits, fat-like preparations are obtained from the pulp. Rose oil has bacteriostatic, antispasmodic, antihistamine and choleric properties. Avicenna in the "Canon of Medical Science" recommended lubricating the gums with rose oil at night to strengthen the teeth. In case of eye inflammation, he recommended instilling rose oil in the eyes and applying rose seeds on the forehead as a distraction. Rosehip oil contains carotenoids, tocopherols, unsaturated and saturated fatty acids and reduces gastric secretion and acidity of gastric juice; increases the protective properties of the oral mucosa, accelerates the healing of burns and radiation lesions, is used for rhinitis and pharyngitis to lubricate the mucous membrane of the nose and pharynx, as well as for inhalation. The drug is prescribed for trophic ulcers, eczema, cracked nipples, bedsores.

Fatty oil obtained from the seeds of rosehip Begger, Daursky, Fedchenko is used in folk medicine for burns and dermatitis, trophic ulcers and radiation skin lesions.

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