

## Pimpinella Anisum Plant and its Beneficial Properties

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**Annotation:** This article provides information about the Pimpinella anisum plant grown in Uzbekistan and its beneficial properties.

**Keywords:** Medicinal, Pimpinella anisum, tincture, laboratory, chemical, colds.

Humans have long been fascinated by medicinal plants and have utilized them to treat a variety of illnesses. Particularly our great-grandfather, Abu Ali ibn Sina, the Sultan of Tib Science, thoroughly researched the medical herbarium's qualities and left behind a priceless heritage. His well-known book "The laws of medicine" (Tib qonunlari), which is still in use in modern medicine, has not diminished in importance over time. As a result of the widespread use of medicinal plants for the treatment of people and animals, the prevention of morbidity, and the purpose of restoring the power of the organism when the marrow is disrupted. There are currently estimated to be between 10,000 and 12,000 species of curative on earth. More than 1,000 plant species' chemical, pharmacological, and therapeutic qualities have also been studied. Additionally, there are about 700 different species of medicinal plants in Uzbekistan. In both science and traditional medicine, over 120 plant species that grow and are cultivated in natural settings are utilized often. Currently, between 40 and 47 percent of medicines are made from basic plant ingredients.

With a complex structure and the ability to transform simple inorganic materials into complex organic ones, plants function as a living, natural laboratory for chemistry. Parts of medicinal plants that are dried include the root, root stem, nodule, onion, bark, leaf, flower, bud, fruit (seed), juice, syrups, tassels, and essential oil. They are utilized as pharmaceuticals. The dill plant, in particular, stands out for its numerous health benefits among the common medicinal herbs in Uzbekistan, which also include basil, coriander, Pimpinella anisum, mint, and sebars.

It was common practice in ancient Greece for people to keep dill plants in their homes. They had the belief that a spicy plant might ward off evil spirits, bring peace and tranquillity to the home, and comfort the family. Of course, it did not add these features by accident. It turns out that dill has the ability to ruthlessly destroy germs, bacteria, and potentially hazardous virality in addition to beautifying any culinary meal. There are two species of dill (Anisum), an annual plant in the armor family. Ordinary Dill is planted more frequently in Uzbekistan. The upper leaves are separated into thread-like fragments, while the lower ones have kidney-shaped (or three-lobed), massive saw toothed leaves. The flowers are small, white, collected in a complex umbrella. The fruit of Pimpinella anisum contains 3.2%, sometimes up to 6% essential oil and up to 28% other oils. Essential oil contains up to 90% anethole. Preparations made from fruit and essential oil are used as an expectorant. Pimpinella anisum fruit and essential oil are used in the food industry.

The Pimpinella anisum plant prefers warmer weather. It is utilized in the preparation of a variety of cuisines in hot regions that include thick onions and glossy green leaves. For salads, top (leaves) are utilized, and for soups, onions. Plant seeds give sauces, meat and fish, and pastry taste. It is incalculable, even when preserving veggies. Dill has a straight, hollow, gray-green stem that can reach a height of 250 cm. Older plants have longitudinal stripes on the stem, which are visible. The leaves of the second species taste like licorice but resemble the thin, old-fashioned dill leaves. The flowers are in the form of umbrellas up to 15 cm wide, consist of small yellow flowers with short legs (up to fifty in each section). The plant begins to bloom in early summer. The fruits, represented by two pieces with long gray ribs, ripen in September.

Fruits from Pimpinella anisum, in particular, are quite helpful. It includes the anti-cancer compound anethole, vitamin C, and potent compounds that lower blood cholesterol. Dill also effectively treats illnesses of the neurological system, digestive systems, colds, and stomatitis. Pimpinella anisum is widely added to food that is served to small children and pregnant women because it almost has no contraindications. Dill essential oil is effective against gynecological conditions as well as cardiac, stomach, and skin conditions. Dill oil is used in massage, compresses, baths, inhalations, and cosmetic preparations including gels, masks, tonics, and creams. It is also used to fragrance lamps to purify the air from a sanitary standpoint. It is also a demanded product in chemical production (as a perfume) and in the food industry (as a flavoring agent).

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