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### MEDICINAL PROPERTIES AND APPLICATION OF SOME SPECIES OF *PAEONIA* L

Annotation

*Paeonia* are known throughout the world for their medicinal and ornamental properties. This article provides detailed information about the medicinal properties of *Paeonia officinalis*, *Paeonia suffruticosa* Andr., *Paeonia lactiflora* Pall. In these kinds of peonies, biologically active substances accumulate in leaves, roots and other organs. Therefore, they can be used in modern medicine for a wide range.

**Key words:** *Paeonia*, *Paeonia officinalis*, *Paeonia suffruticosa* Andr., *Paeonia lactiflora* Pall. medicinal value, root bark, petal, bioactive substances.

### ЛЕКАРСТВЕННЫЕ СВОЙСТВА НЕКОТОРЫХ ВИДОВ РОДА *PAEONIA* L. И ИХ ПРИМЕНЕНИЕ В МЕДИЦИНЕ

Аннотация

*Paeonia* известны во всем мире своими лекарственными и декоративными свойствами. В этой статье подробно представлена информация о лечебных свойствах видов *Paeonia officinalis*, *Paeonia suffruticosa* Andr., *Paeonia lactiflora* Pall. у этих видов пионов биологически активные вещества накапливаются в листьях, корнях и других органах. Поэтому они могут быть использованы с этой целью в современной медицине для широкого спектра.

**Ключевые слова:** *Paeonia*, *Paeonia officinalis*, *Paeonia suffruticosa* Andr., *Paeonia lactiflora* Pall. лекарственное значение, кора корня, лепесток, биологически активные вещества.

### *PAEONIA* L. AYRIM TURLARINING DORIVORLIK XUSUSIYATLARI VA TIBBIYOTDA ISHLATILISHI

Annotatsiya

*Paeonia* o'zining dorivor va manzaraliligi bilan dunyoga mashhur. Ushbu maqolada turlarning shifobaxshlik xususiyatlari haqida ma'lumotlar keltirilgan. *Paeonia officinalis*, *Paeonia suffruticosa* Andr., *Paeonia lactiflora* Pall. turlarida biologik faol moddalar bargida, ildizlarida va boshqa organlarida to'planadi. Shuning uchun ulardan zamonaviy tabobatda keng maqsadlarda ishlatish mumkin.

**Kalit so'zlar:** *Paeonia*, *Paeonia officinalis*, *Paeonia suffruticosa* Andr., *Paeonia lactiflora* Pall. dorivor qiymati, ildiz pustlog'i, gulbarglari, biofaol moddalar.

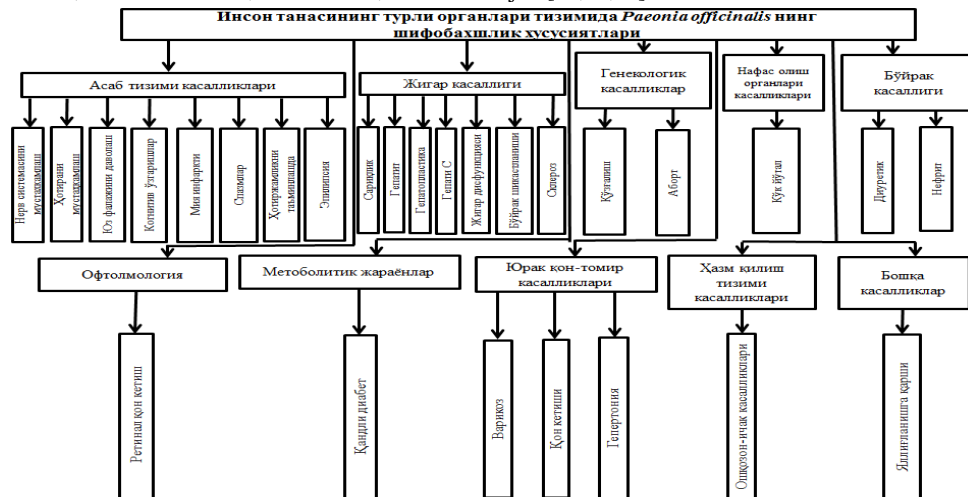
*Paeonia* turlari dunyo miqyosida dorivor va manzarali o'simlik sifatida qadrlanadi [1] Ushbu turkum vakillari Yunoniston va Rimda o'rta asrlarda keng ishlatilgan bo'lib, insonlar dorivorlik xususiyatlarini qadimdan bilishgan [2]. Piyon ildizlari biologik faol moddalar manbai bo'lib, pirren, fenol, flavonoidlar, efir moylari, steroid, tanin va bir qator minerallarga boy hisoblanadi [3,4,5]. Piyon ildizlari kuchli dorivorlik xususiyatiga ega bo'lib, Xitoy tibbiyotida "Dan Pi" deb atalgan. Insonlarda yurak-qon tizimini yaxshilab, qonning aylanishini, uning turg'unligini bartaraf etishda katta ahamiyatga ega. Undan tashqari shishlarni kamaytiradi hamda og'riqni yengillashtiradi [6]. Shuningdek u allergiyaga, yallig'lanishga qarshi xususiyatlarga ham ega ekanligi bilan ham ajralib turadi [7,8]. Piyonning olingan biologik faol moddalar mushaklar spazmini bartaraf etish, surunkali virusli hepatitni davolashda yordam beradi. Ildizidan tashqari gullari ham dorivorlik xususiyatlari yallig'lanishga qarshi hamda antioksidantlik ta'sirga ega [9]. Piyonning gulbarglari antioksidant faollikka ega bo'lib, qarish jarayonlaridagi ateroskleroz, saraton kasalliklari kelib chiqishining profilaktikasi maqsadlarida undan funksional oziq-ovqat va dori-darmon sifatida foydalanish mumkin [10]. Funksional oziq-ovqat manbai sifatida uning urug'laridan ham foydalanish so'nggi yillarda birmuncha oshgan, uni tarkibida monoterpen glikozidlari va fenol birikmalariga boyligi bilan ajralib turadi. Shuning uchun olimlar tomonidan kimyoviy tarkibi bo'yicha ilmiy-tadqiqot ishlari olib borilgan bo'lib, unda flavonoidlar tarkibi, fenol miqdori, takoferol, antioksidantlar tarkibi tahlillari amalga oshirilgan [11]. Sariq gulli piyon navlaridan flavonoidlar, glikozidlar hamda gulbargida yuqori darajada antioksidant mavjud ekanligi aniqlangan [12]. *Paeonia rockii* va *Paeonia ostii* urug'laridan organik yog'lar olish mumkin hamda yuqori iqtisodiy samaradorlikka ega [13]. *Paeonia officinalis* asosan Fransiya, Shveysariya va Italiyaning shimolida, shimoliy Albaniyaga qadar keng tarqalgan. Hozirda butun shimoliy yarim sharda uchraydi [14,15].

*Paeonia officinalis* Yevropada ko'p yillar davomida xo'jalik maqsadida ishlatilib kelinadi. Ildizidan tibbiyotda 2000 yildan ortiq vaqt davomida foydalaniladi, undan turli kasalliklarni epilepsiya, hayz ko'rishni rag'barlantirishda, shuningdek

antispazmatik, diuretik, tinchlantiruvchi vosita sifatida, asab kasalliklarini davolashda ko'k yo'tal, varikoz tomirlarini bartaraf etishda ildizidan tayyorlangan ekstraktlardan foydalaniladi [1,16,17].

*Paeonia officinalis* Xitoy, Hindistonda tibbiyot sohasida dorivor o'simlik sifatida keng foydalaniladi. Asabni mustahkamlash, yuz falajini davolash, yallig'lanishga qarshi, hotirani ko'chaytirish, nevrologik kasalliklarni davolash uchun ishlatish mumkin [18]. Undan olingan biologik faol moddalar gepatit umuman jigar disfunktsiyasi bilan bog'liq kasalliklarni davolashda katta ahamiyatga ega [19].

*Paeonia officinalis* o'simligidan nafas olish kasalliklarini davolash uchun ham foydalanish mumkin [20,21]. Uning ildizlari yaraga qarshi va gepatoprotektiv ta'sirga ega [22]. Uning ildizi tarkibida alkaloidlar, taninlar, steroidlar va oqsillar mavjud. Zaharlanishga qarshi vosita sifatida qo'llash mumkin [23]. Undan tashqari gepatit S va boshqa jigar kasalliklarini davolashda qo'llash mumkin [24]. Ildizlaridan tashqari, uning gullarida ham bir qator biologik faol moddalarni jumladan; fenol birikmalari, flavonoidlar, taninlar mavjud [25,26,27].



**1-rasm. *Paeonia officinalis* ning inson organizmini davolashda turli kasalliklarga qarshi xususiyatlari.**

Uning tarkibidagi alkaloidlar gemostatik funksiyaga ega. [28] Manzarali va shifobaxsh o'simlik *Paeonia officinalis* hozirda Markaziy Osiyoda ko'p yetishtirilib, O'zbekiston Milliy universitetining Botanika bog'ida ekilgan. Kelgusida biz *Paeonia officinalis*, *Paeonia suffruticosa* Andr., *Paeonia lactiflora* Pall. turlarini bioekologik, biomorfologik va fiziologik (suv rejimi) xususiyatlari, shuningdek, uning dorivorlik ahamiyatini rivojlantirish borasida tadqiqot ishlarini davom ettiramiz.

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