

SPICY AND MEDICINAL PROPERTIES OF SAFFRON (CROCUS SATIVUS) PLANT

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Abstract:

This article provides information on the systematic role of saffron plant, medicinal and spice properties, its practical importance in food, pharmaceuticals, porphymeria and the national economy.

Keywords: saffron, anticancerogenic, antimutagenic, red gold.

ZA'FARON (CROCUS SATIVUS) O'SIMLIGINING ZIRAVORLIK VA DORIVORLIK XUSUSIYATLARI

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ANNOTATSIYA:

Ushbu maqolada za'faron o'simligining sistematik o'rni, dorivorlik va ziravorlik xususiyatlari, oziq-ovqat, farmatsevtika, porfyumeriya va xalq xo'jaligidagi amaliy ahamiyati haqida ma'lumot berilgan.

Kalit so'zlar: za'faron, antikanserogen, antimutagen, qizil oltin.

АННОТАЦИЯ

В этой статье представлена информация о систематическом месте, лечебных и пряных свойствах растения шафрана, его практическое значение в пищевой, фармацевтической, порфировой промышленности и народном хозяйстве.

Ключевые слова: шафран, антиканцероген, антимутаген, красное золото.

Introduction

In recent years, in our country, great importance has been attached to the development of medicinal and spice plants, especially to the effective and productive use of natural resources. In particular, PQ-4670 of the President of the Republic of Uzbekistan dated April 10, 2020 "On measures for the protection of wild medicinal plants, cultivation, processing and rational use of



available resources" Decision No. created the legal basis for radical development of the industry. As a result of the implementation of the tasks of this decision, the number of farmers and entrepreneurs who are engaged in not only collecting medicinal plants in the wild, but also cultivating them in the plantation method and organizing their processing is increasing significantly. [1].

Along with the expansion of cultural plantations of medicinal plants and the increase in production volumes, the export potential of the industry is being strengthened. At the end of 2020, more than 16,000 tons of medicinal plant raw materials and processed products worth 50.0 million US dollars were exported to 29 foreign countries, and by the end of 2021, this indicator will increase. products worth 55 million dollars were exported to 37 countries of the world. The growth of the export geography at the expense of the USA and European countries is an indication of the great potential of the sector. [2].

RESEARCH METHODS

Saffron (*Crocus sativus* – latin.) - a perennial herbaceous bulbous plant belonging to the Sapsargulaceae family. Not found in the wild. It is planted in large areas in India, Pakistan, China, Southern Europe, Azerbaijan. The diameter of the onion is 1-2 centimeters. 5-15 leaves, pale yellow; 2 mm wide, glabrous. Flowers 1-4, yellow discharge, lower part (on the outside) purple color, length 2-4 cm. Chanchili is shorter than a saffron. The calyx is long, 6-7 mm wide. It blooms in February-July, bears fruit in April-August. Because it contains essential oil, the smell is very sharp and pleasant. From 90-100 thousand saffron flowers, 1 kg of dried flower buds are obtained. Dried buds of the saffron flower are used to improve the color and taste of jam, cakes, food (to color cheese, butter, liquor, etc.), and in the perfume industry. It is used as medicine in medicine [3,5,8].



Saffron is the dried buds of the red "crocus" (Latin name) mother flower, which blooms once a year for 10-15 days, and each flower blooms for only 2-3 days. The processing of saffron flowers, especially mother flowers, is done only by hand. Beaks of mother flowers should be trimmed only on the first day of flower opening. Its quality depends on the skin and the speed



of its drying. In order to collect one kilogram of saffron, around 150,000 flowers should be picked in the morning before the sun dries up the mother's flowers [4,7,9].

It is known since ancient times that it has rare and incomparable properties. It relieves pain, gives joy and happiness, relieves depression, and has the property of producing the hormone of happiness - serotonin. Thus, saffron is a light psychotropic substance that a person does not get used to constant consumption. In modern medicine, it is used in the preparation of eye drops and various general strengthening medicines. It has been proven that saffron has anticarcinogenic and antimutagenic properties. If you drink it with boiling milk, it strengthens brain activity and improves memory. If consumed with honey, it helps to break down kidney stones. The solution of saffron flower buds is rich in substances such as carotene, thiamin, riboflamin, flavonoids, calcium, phosphorus and various vitamins necessary for the human body. In the history of four thousand years of use, its use in the treatment of ninety different diseases has been determined [2,3,9].

RESEARCH RESULTS

The healing properties of saffron include: In the treatment of oncological diseases (even in the last stage of the disease, it resists cancer tumors and stops their cell growth); in cleaning the blood (it renews and cleans it, which means it strengthens the cardiovascular system, nourishes all the cells of the body); improves brain activity (grows brain tissues, improves memory); relieves neurosis; relieves headaches and insomnia; normalizes gastrointestinal activity; gets rid of excess grass; heals kidney and bladder (saffron mixed with honey crushes kidney and bladder stones); has an antioxidant effect (improves energy metabolism, removes harmful substances); energizes the body; restores eyesight, cures eye diseases; cures skin burns and swelling; relieves allergies; gets rid of alcoholism; expels wind and spasms; rejuvenates the whole organism; reduces the level of radiation in the body.



If saffron is used in excess, it can cause a severe strain on the senses. In addition to spoiling food, saffron added to food in excess of the norm can cause poisoning, and consumption of a



few grams of freshly cut quality saffron can cause death. It is not recommended for use as a sedative by pregnant women without professional advice.[1]

Saffron is grown in large plantations in the countries of the Mediterranean, the Middle East, Central and South Asia, including Iran, India, Turkey, Greece, Italy, Pakistan, the USA, Azerbaijan, Russia, and today also in the territories of Uzbekistan. This plant is a perennial herb with a height of 10-30 cm. The root is 2-3 cm. A bunch of leaves appear on the plant 10-15 days before the flowering period. Saffron flowers are large, pink in color and bloom in late October and first half of November. Inside the petals, pollinators are red, seeds are orange. Since it does not produce seeds, it is propagated vegetatively (by bulbs). [1,4,6].

DISCUSSION

In the first year after planting a saffron plant, 2 kg per hectare, 4 kg in the second year, and 6-8 kg from the third year can be harvested. More than 150,000 flowers need to be picked to prepare one kilogram of dried saffron. On average, 7 mg of dried spice is obtained from 1 saffron flower. On the initiative of the President of the Republic of Uzbekistan, in order to introduce the saffron plant in large areas in the republic, to increase and grow plant plantations, to attract foreign investment in the industry and to increase the export potential, as well as to provide employment to women, Italy in Bakhmal district of Jizzakh region. "BMB Opera Zafferano" LLC joint enterprise was established in cooperation with the state. [5,8,9]

More than 21 million pieces of onion bulbs were brought from Italy in order to export finished products from saffron raw materials to European countries, and today a saffron plantation was established in Bakhmal district on a total area of 205 hectares. As a result of these activities, saffron products worth 773 thousand US dollars were exported to Italy in 2021 [2].

CONCLUSION

Saffron *crocus sativus*, the king of spices and a wonder of medicinal plants, has been helping people in the treatment of various diseases for centuries. Today, at the initiative of our president, this unique plant is transplanted to large plantations and is widely used to restore the health of the population of our country and as a food and industrial product.

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