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THE MEDICINAL PROPERTIES OF MALE FERN ROOTS AND RHIZOMES AND GARLIC CLOVES

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Abstract

Worms are parasitic organisms that live in the human and animal body. They live in the intestines and cause various harm to the body. Worms enter the human body through dirty hands, unwashed fruits and vegetables, poorly cooked food or dirty water. The most common types of worms are ascarids, oysters and tapeworms. Worms and tapeworms include. Their common symptoms are pain, nausea, weakness, loss of appetite, and weight loss.

To avoid worms, follow the rules of personal hygiene, wash your hands frequently, clean fruits and vegetables, and cook food thoroughly. Getting timely and preventive care plays a major role in maintaining good health.

Currently, worms are very common in all people, especially in adults and young children. In such cases, it is less harmful to the body if you feed on natural plants rather than using artificial products. This article extensively covers the beneficial properties of male fern and garlic on worms.

Keywords

Ascariasis, enterobiosis, teniosis, teniarrhynchosia, diphyllobothriasis, echinococcosis, ankylostomiasis, soliers, trematodes, minerals, acid, vitexin, orientin and violaquercetin, flavonoids, anthocyanin glycosides, glycosides, organic acids.

Male fern root and rhizome- Filicis maris. Plant name. Male fern (centipede) - Dryopteris filix mas (L.) Schott;

centipede - belongs to the Aspidiaceae family. Perennial, high-spore herb. The rhizome is thick, dark-brown with new, small roots, ascending towards the trunk, and has a curved or horizontal underground stem. There is no above-ground stem. The leaf is double-pinnate. The general appearance of the leaf is oblong-elliptical with a sharp tip, the length is 1 m or more. The leaf blade is narrower than the plate, with yellowish-brown lanceolate leaflets. The first-order leaf blades are lanceolate or lanceolate in structure, with a sharp tip, and are successively joined to the general leaf blade with a short blade. The second-order leaf blades are rounded-ovate or oblong-ovate in shape, with a blunt-toothed edge. The leaves wither and fall off in the fall, while the thickened base of the leaf blade remains on the rhizome. For this, the rhizome thickens. New strong soil is formed. They are attached to the trunk and are removed from the ground after 3 years.

The leaves grow with a stem-like tip. On the back of the leaf blades of the next order, there are two rows of marked roundish protrusions along the middle veins. The sori are covered with a dorsal membrane, inside which are located a number of long-banded ovoid sporangia. Inside the sporangia, brown spores ripen. When the sporangia burst, the mature spores fly away in the wind. A spore that falls on moist soil germinates and turns into a heart-shaped green growth-plate with a diameter of 0.5 cm. Along with the male fern, there is also the Austrian fern, which has a stony

appearance, especially in terms of its ball-like appearance, and the male fern is very similar to the male fern, and there are also hard-haired ferns and female ferns. These plants differ from the fern in a number of ways. The general appearance of the Austrian fern leaf is triangular, and its structure is three times pinnately divided.

Geographical area. Male fern is found in all deciduous forests, among shrubs, in moist forests, in the mountain forests of the Caucasus, in the mountainous regions of Central Asia, in moist and deciduous lands. Products are mainly grown in the Moscow, Vladimir, Yaroslavl regions and Bashkortostan.

Product preparation. The rhizome of the plant is dug up in the fall and cleaned of roots, dried parts of the rhizome and leaf bark. Thick rhizomes are cut crosswise, the leaf bark is removed from the rhizome. The thick part of the leaf bark is cleaned separately and mixed again. It is often sent wet to factories for the preparation of rhizome extract.


The finished product consists of a gun-shaped rhizome, 5-20 cm long and 2-3 cm thick. The tip of the rhizome is barely visible, with a tile-like leaf sheath. The thickened part of the 11th rhizome is covered with brown coins. The thickened base of the leaf sheath is 3-6 cm long and 6-11 mm thick. The composition of the rhizome and leaf sheath remains is dark brown, with a light green interior. The product that has been stored for a long time and has deteriorated has a brown interior. It cannot be used like this. For this reason, it is not stored for a long time and its storage is renewed every year. The rhizome has a weak odor, which is initially sweet-sour, then pungent. According to X DF, the moisture content of the product is 14 percent, total ash is 3 percent, nutrients are 5 percent, brown in color and well cleaned of roots and leaf residues, small parts of the product that pass through a sieve with a hole diameter of 2 mm are 3 percent, organic compounds are 1 percent, and mineral compounds are 1 percent.

Chemical composition. The product contains 3-4 percent crude phyllicin. According to the XDF, the content of crude phyllicin in the product should be less than 1.8 percent. From crude phyllicin, a pure crystalline substance is obtained, which is considered a byproduct of phylloculin - phyllic acid, flavaspidin and albaspidin compounds. The product may contain up to 3.5 percent pure phyllic acid and up to 0.05 percent albaspidin. B lard contains essential oil, flavonoids, up to 6 percent fat, starch, sucrose, up to 8 percent sweeteners and bitters.

Use

Preparations from the male fern plant are able to expel tapeworms from the body. After consuming this preparation, a laxative is drunk one and a half to two hours later.

Medicinal preparations. A concentrated extract - appears, in a gelatinous consumer capsule.

GARLIC ONION - BULBUS ALLII SATIVI

A perennial, bulbous herb reaching a height of 20-70 (sometimes 100) cm. The stem is erect, lanceolate, covered with a sheath of liquid up to half. The leaves are linear, flat or oblong, with a sharp tip. Some varieties of garlic onion have bulbs in the leaf axils. The flowers are collected in a simple umbel. The umbel is wrapped in a single-leaf sheath that has fallen off. Small bulbs are located between the flower stalks. The inflorescence is simple, consisting of 6 white petals. The stamens are 6. The maternal node is three-lobed, directed upwards. The fruit is a multi-seeded capsule. Often the fruit does not bear fruit.

Geographical distribution.

Homeland South Asia. Garlic is widely grown in the regions with onions.

Product preparation. The bulb of the plant is dug up in the summer months.

Product appearance. The finished product consists of an ovoid bulb, surrounded by a white outer skin. The bulb consists of 7-30 separate bulb segments, surrounded by a purple or purple outer skin. The bulb has a distinctive pungent odor and bitter taste.

Volatile substances in the onion irritate the eyes and nasal passages.

Chemical composition. The product contains 0.3 percent alli, 0.4-2 percent essential oil, 10 mg percent vitamin C, phytoncides, phytosterols, 0.06 percent fat, a small amount of iodine and other additives. The essential oil contains 6 percent allylpropyl sulfide, 60 percent diallyl disulfide, and about 20 other polysulfides.

Uses. Medicinal preparations of the garlic plant help with arteriosclerosis, hypertension, colitis, and pulmonary tuberculosis; in gynecology, as a device for trichomonas colpitis and as an internal enema to kill oyster mushrooms. Preparations of the product and crushed onion are also used in the treatment of purulent wounds. Garlic onion has bactericidal, fungicidal, protisticidal properties and an anti-emetic effect. Hair Loss Many people know about the benefits of onion juice for hair health and strength. But its “relative” garlic is even more effective.

big. To prevent and even treat hair loss, garlic extract is applied to the hair roots. , for help, adding a little crushed garlic to hair oil and massaging the head is very useful for both hair and brain.

Medicinal preparations. Infusion.Tansy flower - flores tanacetum.

Plant name. Common tansy - Tanaceti vulgare belongs to the aster family - Asteraceae. Perennial herb, reaching a height of 50-150 cm, with a specific odor. The stem is erect, branched, glabrous or slightly pubescent. The leaves are simple, pinnately dissected, dark green on the upper side, glabrous-green. The lower part of the stem is striped, while the middle and upper parts are unstriped, arranged in a row on the stem. The flowers are yellow, collected in a basket, forming a thyroid inflorescence. The fruit is an elongated pistachio. The plant blooms all summer.

Geographical area. Moldova, Ukraine, Belarus, Russia, except for the Far North and the Urals, the lower Volga steppe regions, is found everywhere. Mainly along the roadsides, near populated areas, in meadows, forests

Product preparation. Flowers collected in baskets are collected by specialists in baskets without a hitch and walk in the shade

Product appearance. The finished product consists of flowers collected in hemispherical baskets. The flowers in the basket are yellow, tubular, instead of a flower. The basket is 6-8mm across, greenish-yellow, with a common spiral of lanceolate shape. The flowers on the edge of the basket are three-toothed, the flowers in the middle of the basket are five-toothed, the male node is 5-toothed, the female node is one-celled, the other. The product has a specific smell similar to the smell of camphor and a pungent taste.


According to the XI DF, the moisture content of the product is 13 percent, ash 9 percent, total and blackened baskets 8 percent, other plant parts 7 percent, small parts passing through a sieve with a hole diameter of 2 mm 10 percent, organic impurities 1 percent and mineral impurities more than 1 percent, inflorescences - baskets and reportable parts 60 percent, and the sum of flavonoids and phenolcarboxylic acids, calculated on luteolin, should be less than 2.5 percent. Chemical composition. Inflorescences contain 1.5-2 percent of essential oil, flavonoids, alkaloids, nutrients, polyunsaturated lactones and tanacetin.

The essential oil contains thujones, camphor, thujol, borneol, pinene and other compounds.

Uses. Common dasbosh flower helps to expel worms and treat liver and kidney diseases.

Medicinal preparation. Infusion.

Preparation in medicine as a choleretic. The product is part of the Zdrenko collection of teas for liver diseases.

Preparation of tincture:

Measure 100 g of tricolor viola, cleaned or broken, pour 100 ml of purified boiled water, clean, insist 15-20 minutes, wipe with sterile gauze and add water to the tincture to make 100 ml. Add a pinch of sugar to the prepared tincture, which can be used more often, and recommend that the patient drink one tablespoon 3 times a day an hour before meals.

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