

CURATIVE PROPERTIES AND VALUE OF MEDICAL PLANTS IN ETHNO-MEDICINE

Ethnomedicine asserts that natural health state of man and not to lose it, frequently people have to come running to the different methods and recipes of ethnomedicine for treatment of ailments. The use of plants for treatment of illnesses and strengthening of health began in deep antiquity. Yet primitive people used the gifts of living pharmacy - nature. Our ancestors in a difference from us the civilized people did not use the artificially created preparations for treatment of illnesses. Nature - mother gave all necessary for maintenance of life-breaths and health. Treatment by means of ethnomedicine from old times is famous as an effective method of return of forces and health to the man. The recipes of ethnomedicine, based on curative properties of different herbares, help to get rid from many diseases. It is set that in a number of cases the therapeutic effect of preparations from plants is determined not only by a basic operating substance, and by all totality contained in it, saccharides, mineral salts and microelements.

Keywords: *organism, medical plants, immunity, biological active substances, phyto-therapy.*

In the last years popularity of ethnomedicine grows inexorably, because modern man all more often calls to nature for the decision of problems related to the health. Yet Hippocrates said that: "Medicine is - art of emulating nature". Wisdom of centuries, collected in the gold recipes of ethnomedicine, is possibility to be cured from most well-known ailments by means of simple and accessible ingredients. Today in many cities function centers of ethnomedicine, practicing treatment and prophylaxis of diseases herbares and grass infusions. Study of medical plants in Kazakhstan is actual. The achievements of modern science in area of synthesis of bioactive connections are not able to force out medical plants from medical practice. Chemical composition of plants is extraordinarily various, consisting of major bioactive substances: alkaloids, glycosides, saponins, flavonoids of and other that allows use medical plants for different diseases. The preparations got from medical plants can render the stimulant operating on the functions of the nervous system and organism on the whole. The special place is occupied by plants, rendering the restorative, stimulant operating on an organism, such plants it is accepted to name immunostimulating or adaptogenic, possessing the increase of capacity, decline of the stress state, fatigueability, strengthening of immunity in the period of respiratory, gastroenteric and other diseases. Exists, so-called, large encyclopaedia of folk recipes, it is possible to find different tinctures and decoctions from a cough, against vermin, for joints and even for the increase of potency. Quite often medications of green pharmacy appear more effective, than traditional pharmacological preparations. As a rule, these are herbares or useful medical plants. Thus in every country there are the folk methods of treatment of one or another failures in-process human organism. Recipes of ethnomedicine gathered and checked up during many centuries [1-5].

Medical plants surround people everywhere and it is necessary to be only able to take advantage of this gift of nature, the recipes of ethnomedicine are needed for this purpose

It is common knowledge that recipes of ethnomedicine, natural remedies are good at treatment of chronic diseases, because treatment by natural remedies is had more effective result. Many people checked it for themselves and made sure that nature can give all necessity in order that a man was always healthy and happy. All recipes of ethnomedicine testify to one, namely that there is at least one substance in medicinal herbares, possessing curative properties. This substance frequently is unevenly up-diffused on fabrics and parts of plant. It is necessary to know at collection of medicinal herbares, where useful elements are concentrated and what period of development of plant their concentration is maximal in. Recipes of ethnomedicine are the most valuable experience of hundreds of generations of our ancestors. Researchers set that the people of the ancient world had used the more than 20 thousand types of plants. During millenniums folk doctors aimed to grasp the secrets of their curative force, and, exposing, from a century in a century passed the accumulated experience only to the nearest people. The only select could treat herbares, and healers believed that all plants are created by nature in blessing - even poisonous and weeds. Task of herbalist - it is correct to understand their destiny. Modern technologies allowed grasp many secrets of herbares that by centuries remained unsolved. In our times more than 500 thousand types of plants are known already, and all of them possess one or another healthful properties. Possibility to use the achievements of both official and folk medicine appeared today. A similar "union" explains inexhaustible interest in a phytotherapy - science dealing with treatment herbares. A phytotherapy has the advantages: it is painless, accessible, as a rule, does not give irreparable consequences. In the century of progress at the abundance of the synthesized medications in pharmacies we are nevertheless important to know how it is correct to store in plants and which their composition is, as correct to prepare healthful grass means in home terms and as one or another grass operates. The curative effect of medical plants is conditioned by a presence in them of various compounds that is named bioactive substances. They can be found in all parts of plant or only in its certain parts - leaves, flowers, stems, rootage [6-10].

The recipes of ethnomedicine are very various. Many recipes of ethnomedicine are based on healthful property of plants. On our web-site there are general rules of collection, drying and storages of medical plants that are used in the recipes of ethnomedicine. These rules of reasonable collection of herbares, worked off during millenniums. The fitters of plants had saint to observe the special receptions. Them, firstly, it was allowed to collect so that it was not badly" to the grass, and secondly, it was forbidden to tear all grass, it was possible only from a great deal to take a bit. Presently the fitters of herbares have the rules and taboo. So, it is forbidden to tear those medical plants that plugged in Red Book of Russia and noted in it by a word "guarded". For drafting of recipes of ethnomedicine collecting is necessary only those parts of plants that are considered healthful. Recipes of ethnomedicine do not recommend to tear herbares in damp weather - during a rain or fog. Favourable time is optimal in the first half of day, when medical plants already will dry out from morning dew. Researchers set that the people of the ancient world were used in the recipes of ethnomedicine by the more than 20 thousand types of

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The only select could treat with herbares, and healers believed that all plants are created by nature in blessing - even poisonous and weeds. Task of recipes of ethnomedicine - is correct to understand them. Every day we do not give to itself a report in that, how immunity is important for the normal functioning of organism. We remember only then, when an infection will get to us - then we use all possible methods, to minimize the symptoms of cold and quickly to go back into a form. Susceptibility to the seasonal diseases of - it is a clear signal, that our immune system needs. Herbares in an ethnomedicine can be used both in a fresh and in dried kind. Depending on complication of disease application of herbares can be internal or external. Mainly from herbares we make decoctions, extracts, collections, tinctures, water infusions, ointments. Decoctions are facilities that slowly sucked in an organism and affect it more long time. However not all herbares befit for decoction. So after boiling of bitter wormwood, decoction that is caused vomiting turns out. The cleanest, easy absorbable and a fast-acting the water infusions prepared by a hot or cold method are considered. For outward application moistening and wound healing ointments are used on the basis of goose-grass or scarlet, and ointment from a burdock is this excellent means from an eczema. Raw material for preparation of facilities of ethnomedicine such herbares as celandine that perfectly contests with the diseases of skin and liver are also considered, and also rheumatism, hop - recommended at the oncologic diseases of lungs, stomach, liver, helps at illnesses of pancreas. As a pick-me-up parsley helps at a chronic tiredness, possessing spasmolytic and diuretic properties, evocative normal work of buds, amaranth that due to rich chemical composition is a good antioxidant [11-15].

According to scientific data, in the world there are about 12 thousand types of plants that possess healthful properties. Treatment is especially wide herbares was used in ancient Palestine, Egypt, Greece, Rome, in India and China. Much interesting information over on the curative use of plants is brought by ancient thinkers and doctors: by Hippocrates, Dioskorid, Pliny, Galen and others. In Middle ages the value of medical plants grew yet more. Prominent Tadjik scientist of Abu-Ali-Ibn-Sina (Avicenna), living at that time, in the famous book "Canon of medical science" brings information over almost about nine hundred medical plants. Among the plants described to them quite a bit such that was not used in the ancient Mediterranean countries and took place from India and other Asian countries. Medical plants were widely used in Armenia and Georgia. In order that to save their curative qualities, plants it is needed not only it is correct to collect but also to dry up by a certain method. The plants of ethnomedicine are collected immediately in front of flowering, in moment when in surface part of plant is concentrated in maximal concentration of useful substances and microelements. If to talk in detail about properties of curative plants, then a laurel sheet is anesthetic that is also used for psychoemotional excitation; Adam's apple is an un-eatable poisonous fruit that consolidates blood vessels and assists resolution of various tumours, a bow husk is used as a cholagogue. As a spasmolytic from pine-cones make infusions that is used for the prophylaxis of diseases of bronchial tubes or at avitaminosis, and decoction from green pine-cones is effective antiviral means. No less useful properties are possessed by pine pollen. Also cucumber wattle-fences, seed of dill, carrot tops, Indian bow, milfoil, air-lift a bog, oat, leaves, fall into the category of curing plants. Exists in ethnomedicine and treatment mushrooms - by fly-agarics or stinkhorns. It is impossible not to mention about the ethnomedicine oriented to different preparations and chemical compositions, for example, peroxigen, iodine, beeswax, common soap, apple vinegar or even kerosene [16-20].

Popularity of medical plants is very great, and application of them is not limited to the official kinds. Among the unofficial plants consumed by people, there are quite bit such healthful properties of that are scientifically confirmed, use of them for treatment safely and maybe in home terms. These plants, along with used in scientific medicine, people quite often collect independently. If they are exactly identified on botanical signs, those parts that contain the sufficient amount of medicinal substances are collected in good time, drying is correctly conducted, they can be used. It is not necessary to use medical plants, equal as and other remedies on advice ignorant witch-doctors, that can not correctly set reason of disease, define the individual features of patient of and other. It can not only tighten recovery but also bring a patient over to the considerable worsening of health. As a rule, such people do not have the special preparation, small acquainted with chemical composition of medical plants and mechanism of their operating on the organism of man, that aggravates the possible harmful consequences of recommendable by them treatment. Sometimes they appoint plants, possessing medicinal properties and simultaneously being poisonous, that at the insignificant overdose of the medical herbs prepared from them can result in poisoning or cause intensifying of illness. The same danger is hidden and in some recommendations of ethnomedicine, if to use them without medical control. Only a doctor can exactly diagnose illness, estimate its development and flow, appoint necessary medications. Therefore and medical plants need to be applied only after consultation with a treating doctor or on his/her advice. Approximately the third part of all curative preparations is produced from plants or with participation the substances of phytogenous. Synthesis of some compounds contained in plants and qualificatory the therapeutic effect of medicine, it is economically advantageous to extract from a digister [21-25]. Modern unconventional medicine is variety of these facilities, methods and methodologies, sent to releasing of man from various diseases with the use of curative herbares and plants. And it is very important to remember that a measure is needed in everything, as by means of natural medications it is possible to inflict to the health irreparable harm and to aggravate the flow of disease. Before to enter a plant in medical practice, conduct the row of the special preliminary researches. Study their chemical composition, after pharmacological investigate in experiments on animals. In case of experimental exposure of healthful properties, got chemists and pharmacologists preparations, in accordance with character of the physiological action shown by them, are tested on healthy and sick people in safe therapeutic doses. Only in case of exposure of the valuable curative properties confirmed by clinical tests in large clinics and institutes under the direction of leading scientists. The ministry of health of Kazakhstan can settle application of new preparation in medical practice. Thus, all way of new medical plant or preparations from it from the table of experimenter to wide approbation in clinical terms allows all-round to estimate their curative qualities and barriers scientific medicine from effective not enough or possessing the harmful side action of medicinal facilities.

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ДӘСТҮРЛІ-МЕДИЦИНАДАҒЫ ӨСІМДІКТЕРДІҢМЕДИЦИНАЛЫҚ МАҢЫЗЫ ЖӘНЕ КРИСТАЛДЫҚ ҚАСИЕТТЕРІ

Түйін: Дәстүрлі медицина, адам денсаулығының табиғи жағдайы туралы және оны жоғалту барысында адамдардың түрлі тәсілдерді қолдана отырып емдеуге арналған дәстүрлі медицинаның рецепттеріне жүгінетіндігін дәлелдейді.Түрлі ауруларды емдеу және денсаулықты нығайту мақсатында өсімдіктерді пайдалану терең ежелгі дәуірден басталды. Бірақ, қарапайым адамдар табиғат – тірі дәріхана сыйынқолданған. Біздің ата-бабаларымыз бізгеқарағанда өркениетті адамдар, ауруларын емдеуге жасанды түрде құрылған препараттарды қолданған емес.Табиғат - ана қолдауға қажетті барлық өмірлік тынысымен денсаулық берді. Дәстүрлі медицина көмегіменемдеу ерте заманнан бері белгілі адамкүшімен денсаулығынқайтаруретіндетімді әдіс болып табылады. Дәстүрлі медицинарецепттері, емдік қасиетті әр түрлі шөптерге негізделген, көптеген аурулардан құтылуға көмектеседі. Анықталғандай, өсімдіктерден алынған препараттартек қана негізгі әсер етуші зат ретінде ғана емессахаридтермен, минералды тұздармен, микроэлементтермен және оның барлық жиынтығыменқамтамтасыздандырылған.

Түйінді сөздер: ағза, дәрілік өсімдіктер, иммунитет, биологиялық белсенді заттар, фитотерапия

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КРИСТАЛЛИЧЕСКИЕ СВОЙСТВА И МЕДИЦИНСКИЕ ЗНАЧЕНИЕ РАСТЕНИЙ В ЭТНО-МЕДИЦИНЕ

Резюме: Этномедицина утверждает, что естественное состояние здоровья человека и не потерять его, часто люди должны прибегать к различным методам и рецептам этномедицины для лечения недугов. Использование растений для лечения болезней и укрепления здоровья началось с глубокой древности.

Но примитивные люди использовали дары живой аптеки - природу. Наши предки в отличие от нас цивилизованных людей не использовали искусственно созданные препараты для лечения болезней. Природа - мать дала все необходимое для поддержания жизненных дыханий и здоровья. Лечение с помощью этномедицины с давних времен известна как эффективный метод возвращения сил и здоровья человеку. Рецепты этномедицины, основанные на целебных свойствах разных трав, помогают избавиться от многих заболеваний. Установлено, что в ряде случаев терапевтический эффект препаратов из растений определяется не только основным действующим веществом, но и всей его совокупностью, сахарами, минеральными солями и микроэлементами.

Ключевые слова: организм, лекарственные растения, иммунитет, биологически активные вещества, фитотерапия