

Known and un known features of incense

E.S.Eshonqulov

Long since people used plants not only in the industry of provision, fodder crops or as scenic plants, they could use it as peculiarity of medicinal herbs. The South-eastern Asia. The medicinal herbs used in the field of medicine of India, China and Arabian countries are especially very popular. And incense plant is considered to be one of the medicinal and healing plants.

Incense (*peganum*) – concerning of family insences and a plant of many years. It means that it can treat a lot of illnesses. It's height is 60-70sm. The incense has a lot of stalks and branches. Leaves are grey or green. Flowers are yellowish and are at the edge of branches. Fruit is roundable. One of the type of incence grows in Uzbekistan. You can see this plant on the plains, deserts, mountains and wills and where people live. There are alkaloids (harmin, har-malin, peganin and) oil, paint and other substances in the structure of insence. Long since it was used in treating a lot of illnesses (epilepsy flu, offence) as urinary plower and as a sweater.

Paint is taken from its seed for wood manufactory and silk.

You can use the incense to loose a bad smells and also as if reducer of various calamity. It is noted the alkaloids have at the root 3,3%, at the stalk 3,5%, at the leave 4,3% and at the seed 6,60% , and scores of them was disjoined harmalin, harmind, peganol, desoksipeganin. The incense is one of the healing verdunes at the east population's medicine since a long years. In the folk medicine it was recommended for treating malaria, epilepsy, neurosis, flu with the boiled and brens of incense. If it is gargled with the boiled incense the emptiness and simpluity of mouth will be treated. Abu Ali Ibn Sina recommended to use this plant for treat ing ventilat lot of nerve knee bones or deffering crack paints. He used it as factor as a great plower urinary. In the book "kitob as-saydana fit-tibb" of Abu Rayhon Beruniy was expressed that if a piece of cotton was put to the sap of insence daring. Today's, it was a good cure for the patients who has scables

boiled with the seeds of it is used to treat the difficulty of breathing when it is boiled seed of flax and incense is used to treat offence and rheumatism chillipepper. At the scientific medicine it is used as a healing preparation of shiver of hand, leg, epilepsy. The healing preparations of incense help to have a good sleep. Eastern populations have a tradition that they smell rooms with the smells of incense. And it makes disinfection and cleans all the houses or rooms.

The Kelmintozs 10-15 seeds should be eaten with water 2-3 times a day. And caterpillars come out in 3-4 days. In the folk medicine incense plant is used to treat a cold and paranoias. The procedure of preparing a brew; a tea spoon incense is put in a hot glass water and closed. After 30 minutes it is drunk a table spoon of it 3-4 times a day. You can use to take a hot bath when you have a pain on your legs. You can treat the itches of animals with the brew of incense, especially for young camels.

Arise the centers of the main nerve system and brain harmin. It has a feature to lessens blood pressure, cases breathing, soften muscles, heart and uterus.

The smell of incense is used to treat a shold. A young leaves are put to the swells and streps.

The 100 gramm is of incense plant is boiled in the 10 litre water for 15-20 minutes. And after 2 hours it is carried out through muslin and added to the bath. This baths are taken for 15-20 minutes once in two days. And a medical treatment is 10 baths.

When the incense is taken a lot it falls the temperature and causes a clone malaria. Then it falls blood, pressure it becomes difficult to breath. The reparations of incense must be used carefully.

The incense is a poisonous plant. That's why it is used very carefully. When the hypotoniya and motions centres of brain arise you can use it.

During the pregnan it's not used. At the official medicine isn't used as treatment. Because very little is learned about the peculiarity of treatment. At the population of medicine were used the brew of incense to treat a flu, the sick of stomach, malaria and plower of urinary.

People use the incense as a healing curative. A table spoon seed of incense is put to a liter of water and it is brown for an hour. A mouth is gargled with this brew 5-6 times. The suppurates and microbes are lost.

If a bed wound is washed with the brew of incense and lubricate olive it will be good.

If you have cold in your head your can treat with this plant, the 200 gr leaves and seeds of incense is put in the 2 liters of water and boiled for 15 minutes. After getting cool, during the 5 days wash your head with it before going to bed and dry your hair.

If you often use the fumes of incense for a day it is be very useful for your health. After a medical treatment your head will be very well.

1-2 table spoon of a made small of incense is brown as the tea. Then this brew is packed up for 30 minutes. After eating a meal it is drunk as the tea. It is a joyless, because it is not tasteful. After drinking it makes babbles in the stomach. The fume of it doesn't influence the nose and mouth, but it has an influence all the organism. And it falls blood pressure too.

To sum up every plant has growing naturally a profitable and harmful peculiarity. We should learn their secret peculiarities and use the world of plants cleverly.