

Lavender (Lavandula)

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Abstract

In this article, the types of Lavender (Lavandula) plant, information about its ancient use, its useful properties and teas are presented.

Keywords:

Lavender, Lavandula angustifolia, products, cultivation method, essential oil, Lamiaceae.

Introduction. Lavender (Latin Lavandula) belongs to the Lamiaceae family and is a shrub or evergreen shrub. Contains about 47 species. More than 25 of these species are found on the sea coast. Lavender is native to the Mediterranean coast of Spain and France, where it grows wild on rocky slopes. In addition, lavender grows in countries such as the Canary Islands, North and East Africa, Australia, Southern Europe, Arabia and India, Ukraine and Russia. Cultural forms are grown in gardens all over the world. It is multiplied from pens. A lavender bush consists of a bunch of shoots, can grow up to 1 meter in diameter and 50-70 cm in height. First of all, it is drought-resistant and does not need to be watered throughout the year. The most important thing is that the seedlings planted once will produce a maximum of 30-50 years. The length of Lavandula angustifolia can reach up to 1.3 meters. Lavender is a medicinal bitter plant with a straight stem, linear leaves, entire, with slightly curved edges. The lower part of the branches is lensed, the gray-brown tomentum (coating) consists of 4 yellow-brown, double, elliptical nuts. Lavender is a light-loving, heat-loving plant. It also differs from most other plants in its resistance to drought and -3 0C.

Ancient uses and interesting facts:

- According to legends, the ancient Romans added lavender to their baths for fragrance and cleanliness. We advise you to use lavender in your bath, because its aroma is very pleasant.
- Lavender essential oil has skin rejuvenating and burnt skin regenerating properties. It also has a beneficial effect on our hair, preventing breakage and getting rid of dandruff. The use of lavender oil is very common, and due to its many beneficial properties, the plant is used in the treatment of various diseases.
- Lavender flower can be called a natural fragrant souvenir. The reason is that it not only makes your home look beautiful, but also makes it fragrant. If you put a lavender flower next to your bed,

it will soothe insomnia and help you sleep peacefully. - Honey and tincture of lavender are very useful for human life.

- Queen Elizabeth I also loved lavender. Lavender tea relieved him of severe migraines. Her royal table was never without lavender jam, and bakers even invented recipes for lavender cookies.
- In France, Italy and Spain, lavender is added to salads, sauces and soups. They cook together with vegetables and meat. In China, it is added to green tea and other drinks as a flavor.
- The method of obtaining lavender sugar at home is as follows: put lavender flowers in sugar, close the container tightly and wait for a week. After that, you can get lavender sugar, which can be safely added to tea or cooking.
- But lavender cannot be used by pregnant women, especially in the first three months.

Production technology.

The lavender plant is grown in well-drained, well-drained soil. The lavender plant is propagated from seeds. The seeds are sown in the field in late autumn. In this case, they spend the winter in the form of sockets. If the seeds are sown in the spring, then the seeds are stored in special places and in a cool place. Wet sand is moistened and mixed in the boxes from time to time so that they do not mold. In the spring, the seeds are sown at 70 cm intervals in early April. 4-4.5 kg of seeds are used per hectare. Watered after planting. The seeds germinate in 10-12 days, after 2-3 leaves appear, they are cultivated and cultivated with a tractor between the rows. In addition, the ground is softened and leveled. In the case of yagana, 2-3 plants are left on one bush, their interval is 20-30 cm. Fall-planted plants bloom from May to June, and spring-planted plants bloom in July. The root system of the lavender plant is well branched, so it does not require a lot of watering. It is watered 6-9 times during vegetation. After 2-3 irrigations, 80-100 kg of ammonium nitrate and 70-80 kg of superphosphate are applied per hectare. It is appropriate to feed with manure solution. Currently, lavender is cultivated in a number of countries. Currently, lavender is grown most in Russia and France. The flowering of lavender fields in Russia depends on the climatic conditions of the region and the type of plant. A cold-resistant narrow-leaved plant that grows in Uralsk blooms from July to August. Heat-loving species that grow in the Caucasus and Krasnodar region bloom earlier (early June) and continue to bloom until September. The Lefkada Valley is the most famous lavender-growing area in Russia, and lavender is planted in the largest part of France, with large plantations established. The lavender plant is currently grown in 2 districts of the Samarkand region of the Republic of Uzbekistan. In the village of Jush of Koshrabot district, the condition of one and a half thousand hectares of land was studied and it was found that cotton was not planted on it, and the dry land with good condition was studied and one million lavender seedlings were planted on 110 hectares of it. In addition, one and a half hectares of land were planted in the village of Khishrav of Samarkand district and it is giving its

benefits.

In Ferghana, lavender is grown on several hectares.

For the first time in Uzbekistan, the Lavender festival was held in Fergana in July 2022. Pillows made of lavender have become widely used among people due to their calming effect.



It is planned to grow lavender on 1000 hectares of land in Navoi region. Currently, the land area for planting lavender is being prepared, and irrigation forms are being prepared.

The main purposes of growing lavender: - it is grown mainly for the production of essential oils on an industrial scale. It has disinfecting, anti-inflammatory properties, so it is often added to various ointments and creams. It is also known to help heal burns and bites. - Lavender is used in aromatherapy. Plant extracts are used as fragrances in detergents. Its fragrance has a soothing and calming effect. - Lavender is good for bees and other pollinators. During the flowering period, lavender attracts many bees. In addition to bees, it also attracts butterflies and other beneficial insects. - Lavender fights pests. Like peppermint, lavender also repels mosquitoes and harmful insects. Therefore, lavender is often used in repellants. It even repels fleas and lice, so it's pet-friendly. - Food grade lavender is used to make delicious food. Edible lavender can be made into jams and jellies, such as a popular recipe for blue lavender jam. Composition of lavender essential oil. Lavender flowers contain more than 1.2-2.3% essential oil. The natural product contains more than 200 components. Vitamins: A, E, C, B, PP groups. Acids: valerian, nylon, oil, vinegar. In addition, the composition of the ether includes tannins, bitterness, resins, alcohol ethers, caryophyllin, lavenderdiol, nonanal, geraniol, coumarin, borniol, herniarin. Lavender plant essential oil is used in perfumery, cosmetics, soap making and medicine. In folk medicine, lavender oil is used to treat burns and bruises. Useful features. The above-ground part of the plant has a calming effect on the body, increases resistance to stress, normalizes the mental state, and improves the skin condition.



Lavender flowers have diuretic, anticonvulsant and sedative properties, and their oil has antiseptic and bactericidal effects. In addition, lavender oil has a positive effect in the treatment of active wounds (especially chemical burns) with the property of complete regeneration of epidermal cells. Helps reduce scarring and absorb bumps. When taken, cranial (cherepnoy) reduces blood pressure, relieves bronchospasm, increases intestinal tone, acts as a laxative and mild diuretic, increases stomach acidity and improves appetite. Lavender flowers have a calming effect on the central nervous system, as well as on the nervous system of the respiratory tract. The cineole included in its composition is widely used in the pharmaceutical industry in the preparation of antiseptics and expectorants. Due to the presence of tannins in the composition, they have an effect against diarrhea, especially diarrhea caused by fermentation. To some extent, lavender flowers can also be a choleric agent. Lavender flowers do not allow the development of simple organisms and insects due to the presence of coumarins. Due to this, lavender is effective in the fight against pediculosis, parasites and moths. Lavender oil diluted with alcohol is drunk during migraines, with strong palpitations, during periods of increased nervousness, during acute attacks of rheumatism. Lavender has a beneficial effect on the flu. We can also see vitamins and minerals in this plant.

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