

## **THE BEAUTIFUL NATURE OF THE USTYURT PLATEAU AND PROMISING MEDICINAL PLANTS THERE**

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Annotation: Our country is very rich in the world of plants, among them there are medicinal plants and poisonous plants, most of them have medicinal properties. However, the ever-increasing demand for medicinal plants, the unknowing use of plant resources by people, leads to the disappearance of any plant species. That's why the study of medicinal plants, their effect on diseases, preparation of medicines from them are urgent issues. This article describes the beautiful nature of the Aral Sea, the Ustyurt Plateau, and several types of plants used in medicine and food industry.

Key words: Ustyurt Plateau, Aral Sea, flora, medicinal and poisonous plants, healing properties, various diseases, pharmaceuticals.

Karakalpakstan has its own beautiful nature, its unique flora. There are about 360 types of medicinal plants used in folk medicine in Karakalpakstan. More than 200 of them are used for chemical and pharmaceutical plants [ 1 ].

In the conditions of our Karakalpakstan and the effect of the return of the water of the Aral Sea, the ecological situation has changed significantly. The problem of the island became known to the whole world. Due to improper use of natural resources in the 1950s, the area of the sea, which was the 4th largest on earth, has been reduced by hundreds of times, which has had a significant impact on the ecosystem of the area. The reason is that the volume of the Aral Sea has decreased to 16-20 meters compared to 1960. As a result, there are only a few

small lakes left. It is now completely cut off from important aspects of its fisheries and transport industries, and has lost the natural climate distribution characteristics of its insular regions. But even so, this place will attract you with its unique nature, air, beautiful nature [Baxiev et al., 1995].

There are animals and plants that are not found in other countries of the world in the vicinity of the Ustyurt plateau and the island, and they are used for various purposes, and there are also medicinal plants here, which are widely used in folk medicine..

Medicinal plants have been used since ancient times as a therapeutic drug for improving health and treating various diseases. One of these medicinal plants is *Capparis Spinosa*, which is used to improve human health. Therefore, they have a health-promoting effect and contain biologically active substances [2]. Nowadays, a lot of attention is being paid to all fields, especially medicine. In recent years, large-scale works on the further development of science, technology, medicine and pharmaceutical industries are being carried out in our republic. In order to further improve human health, several works are being carried out.

*Capparis spinosa* L. is a plant belonging to the *Capparaceae* family, and it is considered a perennial herb and is adapted to spreading growth. 2.5 meters long, branched. The leaves are 5-6 cm, round, egg-shaped, the leaves are green. There are 1 pairs of spines between the leaf nodes. The flowers are straight. The fruit is multi-seeded and spices are made from it. It grows in desert zones, hills, roadsides, old walls [3]. *Capparis Spinosa* is widespread in Uzbekistan.

*Ephedra distachia* L. is a evergreen plant belonging to the *Ephedra* family (*Ephedraceae*), *Ephedra* family. A leafless, dioecious xerophytic shrub 50-70 cm tall. "Fruit" is like a fruit containing a seed) - fleshy, juicy, round, often red in color. It contains 0.6-3% total alkaloids. 90% of them are ephedrine. Ephedrine hydrochloride in the form of tablets (0.025 g) is used for respiratory failure and hypertension [ 4 ].

*Anabasis aphylla* L. is a drought tolerant plant belonging to the Amaranthaceae family. A leafless, globose, succulent semi-shrub 30-120 cm long. The young stems are divided into nodes, green, the opposite nodes are covered with hairs from the inside and united (reduced leaves), the flowers are small, yellow, in thick spikes, the fruit is fleshy, round, winged. Saban stalks have a sharp unpleasant smell (hence the name - iyitsiygek). Sunflower is simple, cup-shaped, the flowering period is the end of July, the beginning of August, the fruits are juicy, round, winged fleshy fruit with a shell, it ripens at the end of September. The rhizome is thick, crooked, nested, from which a strong main root system starts and develops (5-20 meters) and penetrates into the trunk.

The purpose of our expedition is to get to know the beautiful nature and flora of that place. We have approached the Ustyurt plateau and after walking for 1 hour we will be on the Ustyurt plateau. From afar, one can see vast spaces with millions of years of secrets hidden in each floor. The section of Ustyurt belonging to our country has an area of more than 7 million km<sup>2</sup>. Millions of years ago there was a vast sea here. In the area of steep cliffs rising to the Ustyurt plateau, the traces of sea waves that once washed the neck of the sea are clearly visible. Here we can see the so-called chink planes surrounded by labels. Chink is a regional term of Central Asia, which refers to steep hills (cliffs) up to 350 meters high, delimiting the high plains of the land area. When we got on top of it, we felt the force of the incessant wind blowing equally from west to east and from north to south. The soil type of this land consists of the upper part of compact rocks and the lower part of the rock-hardened marine sediments..



Figure 1: Ustyurt plateau, Chink

In the middle of the spring season, the Ustyurt plain is completely covered with flowers. These endless planes create a very beautiful sight. However, after 2-3 weeks, this leech changes its appearance and becomes gray as it is now. The plateau is a very dangerous place for drivers, with many underground cavities or 1-meter thick pavements. Especially when it rains, the muddy soils look like small puddles. There is no way to get out of one of them without help. It is a botanical geographical area in the western part of Central Asia with a unique vegetation cover. This is due to the fact that it is located in the contiguous section of the northern and southern deserts. Therefore, this place has its own natural environment, landscape, and vegetation. Ancient mausoleums and graves can be found all over Plato. Today, tourists come from all over the world to get acquainted with the Ustyurt plateau and the Aral Sea and its surroundings. They are mainly interested in getting to know the history, culture, and lifestyle of the peoples around the island.

**SUMMARY:** I have long wanted to see the Ustyurt Plateau and the Aral Sea, because the drying up of the Aral Sea is a huge environmental problem. We humans have caused the Aral Sea to come to this condition, it is our human duty to

protect the plants for future generations, to return the island. This problem is a problem not only of Uzbeks and Karakalpakstan, but of the whole world.

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