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MEDICINAL PLAHTS OF BADAKHSHAN PROVINCE OF AFGHANISTAN

For hundreds of centuries, humans have been trying to get rid of vital problems such as nutrition. They were always fighting for the provision of clothes for the continuation of life and especially for the treatment of health diseases that afflicted them. One of the most important ways of their struggle against all the problems of life, especially deadly diseases, was to turn to plants, especially medical and medicinal plants. The Chinese and Japanese believe that their medical information based on herbal medicine existed hundreds of centuries ago, and the historical documents available to them show that three thousand years before Christ, large gardens and farms were built in that country to cultivate medicinal plants. However, every year, hundreds of hectares of agricultural land in Western and American countries are allocated for the cultivation of medicinal plants, so that in the year (1998) AD, 65,000 hectares of agricultural land in America were allocated only for the cultivation of mint. This indicates the value and position of medicinal and medicinal plants in human life. It is mentionable that plants, in addition to their medical and medicinal values, were also used as a suitable source of food for humans in ancient times, and humans benefit significantly from the existence of plants on the earth. Badakhshan Province of Afghanistan, with its special geographical area such as high mountains and useful water resources, has been a suitable environment for the growth and development of all kinds of plants, especially medical and medicinal plants. This subject has encouraged researchers to research and work for knowing these valuable plants.

Key words: Medicinal plants, value of medicinal plants, usages, protection methods, medicinal plant in Badakhshan.

Objectives of research

- 1 Introducing the value of medical and medicinal plants of Badakhshan Province of Afghanistan.
- 2 identification of medicinal plants, stabilization and protection of them.
- 3 Providing solutions to prevent the extinction of medicinal plants in Badakhshan province

Introduction

Plants are one of the basic and important natural sources for supplying food, building materials, especially human health and etc. their identification, documentation and research help us in their reasonable and better protection and method of using [1].

Certainly, medicinal plants have always used by humans in both traditional and modern forms from ancient times until now. Since ancient times, people used local plants in a primitive way to treat and cure diseases, which was called traditional medicine [8].

It has many side effects and causes harm to humans, so people once again turned to nature and medicinal plants and used them [5].

The people of Badakhshan Province traditionally know a large number of medicinal plants, which they still use as medicine for physical pain relief, treatment of some abdominal, skin diseases and healing of wounds. They form high and this chain of mountains has taken time. These mountains have saved it from the desert state and created a favorable environment for snowfall in winter. One of the advantages of these mountains is that there are vast and fresh plains and many plants can be found here [3].

And it has made the field of agricultural and livestock activities favorable both for the people of Badakhshan and for the farmers and exactly northern farmers of Afghanistan [10].

Materials and methods

Importance of research: medicinal plants are at the top of research and studies in terms of value and importance all over the world, especially the modern world. Because this is important part of natural life, in addition to medicinal value for humans, has considerable economic and biological value. Today the world of research and production of spices is moving from the production of spices with chemical compounds to the preparation of spices and therapeutic drugs with plant origin. Therefore, identifying the diversity of geographical location, the medicinal and economic value of this plant, the ways to protect and prevent their extinction are important and valuable topics that highlight the position of these plants.

Research method: since most of the research includes contents related to the living area of medicinal plants. Therefore, in the method of collecting information for the preparation of this treatise, interviews were conducted with farmers and those who cultivate and sell these types of plants; In addition, from the works and documentary writings related to the medicinal plants of Afghanistan and especially Badakhshan Province; Their living conditions and their biological characteristics and medicine have been written and recorded.

Results and discussion

Mountains, foothills, valleys, deserts, bends, valleys and hills of Badakhshan is full of medicinal plants [9].

It is worth it that if you know the right way, you can collect a lot of crops every year by selling and buying them, it added thousands of rupees to the pockets of the poor and needy compatriots of Badakhshan. There are hundreds of medicinal plants in Badakhshan, which mentioned below. Documentation of medicinal herbs by scientific name, local name, habit, parts used, and diseases that can be cured [7].

Table – 1

No	Scientific name	Family	L.name	Habit	Part use	Diseases that can be cured
1	<i>Achillea filipendulina Lam</i>	<i>Asteraceae</i>	<i>Zarsarak</i>	<i>Herb</i>	<i>Flower</i>	<i>Gastritis</i>
2	<i>Acroptilon repens L</i>	<i>Asteraceae</i>	<i>Talkha</i>	<i>Herb</i>	<i>Leaf</i>	<i>fever and Diabetes</i>
3	<i>Alhagi pseudalhagi</i>	<i>Fabaceae</i>	<i>Yantagh</i>	<i>Herb</i>	<i>Shoot, Root</i>	<i>Liver and stomach ulcers</i>
4	<i>Althaea officinalis L</i>	<i>Malvaceae</i>	<i>Gulkhairy</i>	<i>Herb</i>	<i>Leaf, flower</i>	<i>Kidney stone</i>
5	<i>Amaranthus retroflexus L</i>	<i>Amaranthaceae</i>	<i>Taj khoros</i>	<i>Herb</i>	<i>Flower</i>	<i>Intestine infection</i>
6	<i>Anchusa azurea Mill</i>	<i>Boraginaceae</i>	<i>Kokmaraz</i>	<i>Herb</i>	<i>Flower</i>	<i>cough remedy</i>
7	<i>Artemisia absinthium L</i>	<i>Asteraae</i>	<i>Irmashiwaq</i>	<i>Herb</i>	<i>Leaf</i>	<i>intestine infection</i>
8	<i>Astragalus sieversianus Pall</i>	<i>Fabaceae</i>	<i>Pakhtawot</i>	<i>Herb</i>	<i>Fruit</i>	<i>Kidney infection</i>
9	<i>Berberis vulgaris L.</i>	<i>Berberidaceae</i>	<i>Zerk</i>	<i>Herb</i>	<i>Root</i>	<i>Indigestion, traumatic pain</i>

10	<i>Brassica oleracea</i>	<i>Brassicaceae</i>	<i>Karam</i>	<i>Herb</i>	<i>Leaf</i>	<i>Hypertension</i>
11	<i>Bunium persicum</i> Boiss.	<i>Apiaceae</i>	<i>Gow zira</i>	<i>Herb</i>	<i>Seed</i>	<i>stomach aches</i>
12	<i>Biebersteinia multifida</i> DC	<i>Biebersteiniaceae</i>	<i>Qantepar</i>	<i>Herb</i>	<i>Root</i>	<i>hemostatic for post-natal bleeding</i>
13	<i>Capparis spinosa</i> L	<i>Capparidaceae</i>	<i>Kawer</i>	<i>Herb</i>	<i>Fruit</i>	<i>Gastrointestinal diseases</i>
14	<i>Capsella bursa-pastori</i> L	<i>Brassicaceae</i>	<i>Mamabiti</i>	<i>Herb</i>	<i>Shoot</i>	<i>Dysentery and Uterine infection</i>
15	<i>Carum carvi</i> L	<i>Apiaceae</i>	<i>Zira</i>	<i>Herb</i>	<i>Seed</i>	<i>Dyspepsia and diuretic</i>
16	<i>Cichorium intybus</i> L	<i>Asteraceae</i>	<i>Chachratqi</i>	<i>Herb</i>	<i>Root, Shoot</i>	<i>Fever, improve digestion</i>
17	<i>Conium maculatum</i> L	<i>Apiaceae</i>	<i>Baldirghan</i>	<i>Herb</i>	<i>Seed</i>	<i>Headaches</i>
18	<i>Crataegus songarica</i> K	<i>Rosaceae</i>	<i>Dolansarigh</i>	<i>Tree</i>	<i>Flower, Fruit</i>	<i>Heart pain</i>
19	<i>Crataegus altaica</i> Loudon	<i>Rosaceae</i>	<i>Dolana</i>	<i>Tree</i>	<i>Flower, fruit</i>	<i>Heart diseases and laxative</i>
20	<i>Crambe kotschyana</i> Boiss	<i>Brassicaceae</i>	<i>Tatron</i>	<i>Herb</i>	<i>Root</i>	<i>Toothache</i>
21	<i>Datura stramonium</i> L	<i>Solanaceae</i>	<i>Bangi divana</i>	<i>Herb</i>	<i>Seed</i>	<i>Toothache</i>
22	<i>Descurainia sophia</i> L	<i>Brassicaceae</i>	<i>Khawaglan</i>	<i>Herb</i>	<i>Root, Seed</i>	<i>Diarrhea</i>
23	<i>Elaeagnus angustifolia</i> L	<i>Elaeagnaceae</i>	<i>Senjed</i>	<i>Tree</i>	<i>Fruit, Root</i>	<i>wounded skins, dysentery</i>
24	<i>Ficus johaniss</i> Boiss.	<i>Moraceae</i>	<i>Anjir</i>	<i>Tree</i>	<i>Fruit, Leaf</i>	<i>Abdominal pains</i>
25	<i>Fumaria officinalis</i> L	<i>Fumariaceae</i>	<i>Shatara</i>	<i>Herb</i>	<i>Leaf, flower</i>	<i>Skin diseases</i>
26	<i>Glycyrrhiza glabra</i> L	<i>Fabaceae</i>	<i>Biya</i>	<i>Herb</i>	<i>Root</i>	<i>Stomach diseases</i>
27	<i>Glycyrrhiza uralensis</i> fisch	<i>Fabaceae</i>	<i>Biya qadkota</i>	<i>Herb</i>	<i>Root</i>	<i>Stomach diseases</i>
28	<i>Hordeum vulgari</i> L.	<i>Poaceae</i>	<i>Arpa</i>	<i>Herb</i>	<i>Seed</i>	<i>Urinary tract disorders</i>
29	<i>Juglans regia</i> L	<i>Juglandaceae</i>	<i>Yangaq</i>	<i>Tree</i>	<i>Fruit, leaf</i>	<i>Cardiac, gum disease</i>
28	<i>Marrubium anisodon</i> K	<i>Lamiaceae</i>	<i>Telvateg</i>	<i>Herb</i>	<i>Leaf</i>	<i>Respiratory diseases</i>

31	<i>Morus alba</i> L.	Moraceae	Toot	Tree	Leaf	Urinary system diseases
32	<i>Peganum harmala</i> L.	Zygophyllaceae	Ispand	Herb	Leaf	Analgesic for sick person
33	<i>Plantago lanceolata</i> L.	Plantaginaceae	Zof mida barg	Herb	Root	Gastritis
34	<i>Plantago major</i> L.	Plantaginaceae	Zof kata barg	Herb	Leaf	Wound, tumor
35	<i>Polygonum aviculare</i> L.	Polygonaceae	Tarmaq	Herb	Shout	Intestinal infection
36	<i>Portulaca oleracea</i> L.	Portulacaceae	Semizwit	Herb	Shout	Dysentery
37	<i>Prunus sogdiana</i> Vassilcz	Rosaceae	Alocha	Tree	Fruit	Increase appetite
38	<i>Psoralea drupacea</i> Bunge	Fabaceae	Aqourak	Herb	Seed	Skin diseases
39	<i>Ribes nigrum</i> L.	Grossulariaceae	Qorakat	Shrub	Leaf, fruit	Hypertension
40	<i>Punica granatum</i> L.	Punicaceae	Anar	Tree	Fruit peel	Diarrhea
41	<i>Rosa canina</i> L.	Rosaceae	Itburon	Shrub	Leaf, root	Gastrointestinal diseases
42	<i>Rosa fedtschenkoana</i> Regel	Rosaceae	Qara tikan	Shrub	Fruit root	Cough, dysentery
43	<i>Rumex confertus</i> Willd	Polygonaceae	Shilkha	Herb	Leaf	Diarrhea
44	<i>Spinacia turkestanica</i> Iljin	Amaranthaceae	Palak	Herb	Shout	Anemia
45	<i>Taraxacum officinale</i> F.H.	Asteraceae	Qaquf	Herb	Leaf	Anemia
46	<i>Trichodesma incanum</i> Bunge	Boraginaceae	Kampirchpan	Herb	Root	Wounds
47	<i>Ungernia victoris</i> Vved.	Amarylidaeae	Amonqara	Herb	Bulb	Wounds
48	<i>Ziziphora clinopodioides</i> Lam	Lamiaceae	Kokwiti chaqili	Herb	Shout	Hypertension

Causes of extinction of medicinal plants and its solutions

The reasons that caused the extinction of plants in this province are listed below.

- 1 Grazing property and livestock in an irregular manner.
- 2 Grazing a lot of property and cattle in one place and one side.
- 3 Human discovery in the biome of medicinal plants.
- 4 miss using scientific methods in digging and transferring medicinal plants from one place to another place [2].
- 5 Preventing farmers from destroying or converting lands where there are many medicinal plants.
- 6 Lack of correct and healthy management in order to preserve and care for the life of medicinal plants in the environment [7].

Solutions for protecting medicinal plants in Badakhshan province

- 1 Dissemination and distribution of the importance of medicinal plants in all areas of human life, especially the treatment of diseases through the media, educational centers, etc.
- 2 Creating a professional and responsible team in the field of geographical protection of medicinal plants.
- 3 Preventing the cutting of all forests, especially the environment of medicinal plants
- 4 Comprehensive policy of international laws and regulations in relation to the environment.
- 5 Attention of the government on the valuable areas of medicinal plants.
- 6 Proper management and administration and having a botanical research center in Badakhshan province [4].

Conclusion

As we mentioned above that Badakhshan province is a mountainous land with high mountains. Some mountains are covered with snow in all seasons of the year and these snows are in high altitudes causing the formation of huge frozen blocks in the summer season, these ices and snows melt over time and form the seas. One of the biggest seas is Panj river, Amu River and Kokche river Originating from the Pamir mountains, they are connected to it in different ways. Most of the seas including Amu from It originates from high areas, which are connected to it in a different pattern and have flooding properties They cause the destruction of agricultural lands. The sea of Shag nan, especially Amu and its deputies, the Kokche river It passes through the city of Faizabad, the capital of Badakhshan province, which causes huge losses to the people every year enters.



Figure 1 – Displays herbalist shops in Faizabad City

Future perspective

Dear readers, I am very grateful for reading my article, which is about the introduction of the medical plant's life of Badakhshan Province. To be added in the information warehouse. For all of you who have information about medicinal plants and their importance, I respectfully request that in preservation; Identify and maintain this national value, play your role and protect it as an aware person. Without doubt, the geography of Afghanistan, as it can be seen from its studies, is full of mountains and plains, and this has provided the ground for the growth and breeding of all kinds of plants, especially medical and medicinal plants. Therefore, it is necessary for us to strive to institutionalize the value of forests and plant resources as part of our praised culture. Because this gives us the ability to meet our needs in all areas of life and to continue to help the development of our country's industries, especially the pharmaceutical industry. Considering the importance and place of medicinal plants in human life, professional and committed teams should be used to facilitate and maximize the use of this natural capital. Inspection departments in order to protect their extinction and identify

more types of medicinal plants are among the most basic measures that should be tried to achieve.

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АУҒАНСТАННЫҢ БАДАХШАН ПРОВИНЦИЯСЫНЫҢ ДӘРІЛІК ӨСІМДІКТЕРІ

Жүздеген ғасырлар бойы адамдар тамақтану сияқты өмірлік маңызды мәселелерден арылуға тырысты. Олар өмірді жалғастыру үшін киім-кешекпен қамтамасыз ету үшін және әсіресе өздерін ауыртқан денсаулық ауруларын емдеу үшін әрқашан күрескен. Олардың өмірдің барлық мәселелерімен, әсіресе өлімге әкелетін аурулармен күресуінің маңызды жолдарының бірі өсімдіктерге, әсіресе емдік және дәрілік өсімдіктерге жүгіну болды. Қытайлар мен жапондықтар өздерінің дәрілік шөптерге негізделген медициналық мәліметтері жүздеген ғасырлар бұрын болған деп есептейді және қолдарында бар тарихи құжаттар біздің дәуірімізге дейін үш мың жыл бұрын бұл елде дәрілік өсімдіктерді өсіру үшін үлкен бақ пен фермалар салынғанын көрсетеді. Дегенмен, жыл сайын Батыс және Америка елдерінде жүздеген гектар ауыл шаруашылығы жерлері дәрілік өсімдіктерді өсіруге бөлінеді, осылайша біздің заманымыздың 1998 жылы Америкада 65 000 га ауылшаруашылық жері тек жалбыз өсіруге бөлінген. Бұл дәрілік және дәрілік өсімдіктердің адам өміріндегі құндылығы мен орнын көрсетеді.

Өсімдіктердің емдік және емдік қасиеттерімен қатар, ежелгі дәуірде адамдарға қолайлы тағам көзі ретінде де пайдаланылғанын және адамдар жер бетіндегі өсімдіктердің болуының айтарлықтай пайдасын көретінін айта кету керек. Ауғанстанның Бадахшан провинциясы биік таулар және пайдалы су ресурстары сияқты ерекше географиялық аймағы өсімдіктердің барлық түрлерінің, әсіресе емдік және дәрілік өсімдіктердің өсіп-өркендеуіне қолайлы орта болды. Бұл тақырып зерттеушілерді осы құнды өсімдіктерді білу үшін зерттеуге және жұмыс істеуге шақырды.

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ЛЕКАРСТВЕННЫЕ РАСТЕНИЯ ПРОВИНЦИИ БАДАХШАН АФГАНИСТАНА

На протяжении сотен веков люди пытались избавиться от жизненно важных проблем, таких как питание. Они всегда боролись за обеспечение одеждой для продолжения жизни и особенно для лечения болезней, которые их поражали. Одним из важнейших способов их борьбы со всеми жизненными проблемами, особенно со смертельными болезнями, было обращение к растениям, особенно лечебным. Китайцы и японцы считают, что их медицинские сведения, основанные на фитотерапии, существовали сотни веков назад, а имеющиеся у них исторические документы свидетельствуют о том, что за три тысячи лет до Рождества Христова в той стране были построены большие сады и фермы для выращивания лекарственных растений. Однако ежегодно сотни гектаров сельскохозяйственных угодий в западных и американских странах отводятся под выращивание лекарственных растений, так что в 1998 году нашей эры 65 000 гектаров сельскохозяйственных угодий в Америке отводились только под выращивание мяты. Это свидетельствует о значении и месте лекарственных растений в жизни человека.

Следует отметить, что растения, в дополнение к их медицинским и лечебным свойствам, также использовались в качестве подходящего источника пищи для людей в древние времена, и люди извлекают значительную пользу из существования растений на земле. Провинция Бадахшан в Афганистане с ее особым географическим районом, таким как высокие горы и полезные водные ресурсы, является подходящей средой для роста и развития всех видов растений, особенно лекарственных и лекарственных растений. Эта тема побудила исследователей исследовать и работать над изучением этих ценных растений.

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