

# METHODOLOGY OF USING CONFERENCE CLASSES IN TEACHING MEDICINAL PLANTS

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**ANNOTATION:** This article covers the methodology of using conference lessons based on didactic game technologies in teaching topics related to medicinal plants. The educational and upbringing significance of conference sessions on didactic game technologies is also revealed.

**KEY WORDS:** student, higher education, medicinal plant, didactic game technology, conference, education - upbringing.

## INTRODUCTION

Since ancient times, people have known the healing properties of various plants and used this knowledge to treat various diseases. For example, in ancient Egypt, India, China, Central Asia, and many other countries, healers wrote numerous treatises about the healing properties of herbs. Currently, special attention is being paid to medicinal plants and their teaching methodology. In particular, in the annex to the Decree of the President of the Republic of Uzbekistan No. PP-251 dated May 20, 2022, special attention is paid to “Technology of cultivation and processing of medicinal plants” and “Agrotechnology of cultivation of medicinal and spiced plants” in higher educational institutions [1]. This resolution sets the task of paying special attention to the teaching of the course of medicinal plants in pedagogical higher educational institutions.

In the study of medicinal plants of Uzbekistan, the contributions of K.Z. Zakirov, A.Ya. Butkov, U. Allanazarova, K.Kh. Khojimatov, O. Khojimatov, K.Sh. Tojiboev, T. Rakhimova, Kh. Shomurodov, and I.I. Maltsev are extremely significant. Textbooks and teaching aids on medicinal plants were published by E.T. Berdiyev, E.T. Akhmedov, N. Uljaboev, Yu.M. Murdakhaev, B.E. Tukhtaev, U. Norkulov, M. Nizomova.

Therefore, it is important to pay special attention to the effective organization of teaching the course of medicinal plants to students of biological education in pedagogical universities. The use of various innovative technologies, including didactic game technologies, in teaching the course of medicinal plants plays a special role in improving the quality of education.

Among didactic game lessons, conference sessions occupy an important place. Conference sessions play an important role in activating the cognitive activity of students, expanding their scientific worldview, introducing them to additional and local materials, developing skills and abilities for independent work with scientific and popular science literature, preparing young people for independent life, and making a conscious choice of profession. Before conducting a conference session, the teacher clearly defines the topic, goals, and objectives of the session and reviews additional scientific and popular science literature on this topic. A few days before this lesson, the topic of the lesson is announced, and literature for preparation is recommended. In the announced didactic game session, the choice of the role of “specialists,” the comprehensive coverage of the topic, and the preparation of a lecture according to the interests and abilities of each student will be at the discretion of the students. In the period of preparation for the lesson, the predominance of positive encouragement from the teacher and the culture of communication, mutual assistance of the teacher, leading to success, are an important factor in the intensive preparation of students for the lesson[2;3].

The results of pedagogical experiments conducted in pedagogical universities show that conference classes play an important role in the development of students' creative abilities and thinking. The organization of problem-based conferences in the teaching of the course “Medicinal Plants” has great

potential[5;6;7].

Conference classes are organized and conducted taking into account classroom conditions and students' interests. In organizing such lessons, the teacher encounters more difficulties than in organizing ordinary lessons. However, the effectiveness of such lessons is significantly higher compared to traditional lessons. Organizing and conducting conference lessons with problem-based content requires experience and skill from the teacher. Below, we recommend a scenario for a conference lesson on "Myth and Reality about Medicinal Plants" when conducting practical classes in the science of medicinal plants[3;4].

Host 1: We are starting our conference on medicinal plants.

2nd host: The main topic of today's meeting is "Myths and truths about the origin of medicinal plants"

Host 1: Today, as we discuss medicinal plants, we must remember that the Greek goddess of plants was Panacea. Today it will help us learn a lot about medicinal plants. Dear participants, imagine that you are walking in a forest.

2nd host. Participants and role-players

1st host. Physician woman- Salimova A.

2nd host. Botanical scientist - Meyliyev.S. and botanist granddaughter Sanayeva.S.

Passengers - Kabirov A. and Olimov D.

2nd host. Excellent student - Ogaeva.S.

1st host. Careless but very curious student - Salimova Toliba.

2nd host: Our other participants are biology students.

Passenger (surprised): What is this woman doing? I'll come closer... The weather is very good today, isn't it?

Physician: Yes, the weather is very favorable for collecting plants.

Passenger: Plant harvesting?

Physician woman: Yes of course, when it rains, it's not allowed to collect plants at this time. A plant picked during rain loses its medicinal properties.

Passenger: What plants are you picking?

Physician woman: Can't you see? This is nettle grass!

Passenger: Nettle? But it burns the body.

Healer woman: Nettle (Krapiva) is very helpful in treating rheumatism. Did you notice that you yourself would burn him? This burning property is beneficial for people with radiculitis and rheumatism.

Passenger: But it's very painful! I would not have resorted to such a method of treatment.

Female healer: Nettle can also be taken as a decoction. It is very useful.

2nd facilitator: Students, do you know? How is nettle used? What about chamomile (and chamomile)?

Passenger: At first glance, all plants are fragrant - this is the main sign. But it's different from perennial chamomile.

Granddaughter of a botanist: besides this, there is also a three - ribbed, odorless chamomile.

Passenger: How can we distinguish chamomile, which is sold in the pharmacy? The three- ribbed chamomile you mentioned?

Host 1: There is another plant that is the herb champion for use as tea.

The botanist's grandson: perhaps you're referring to oregano Origanum.

Physician woman: Of course.

Grandson of the botanist: Tog'rayxon – "origanum." Derived from the Greek word "oros" - mountain and "ganos" - to decorate.

Traveler: Tog'rayxon is a "mountain ornament" or an adornment of the mountain. In ancient times, people believed that this plant possessed magical properties. It was believed that the more fragrant and pungent the plant, the more magic it possesses. Toghrakhan was considered to drive evil spirits out of people's homes and make a person's self calm, cheerful, and kind.

Physician woman: At night, evil spirits strive to be closer to a person and draw a person into their trap for their games and carnivals. For this reason, it seems to the people who gathered dogweed that they do

not have their influence. If you make dog rose infusion and apply it to furniture, clothes, or simply throw it into the fire, the fragrance will fill your house.

Passenger: In ancient times, some peoples surrounded their homes with grass. But this tradition was formed in the East. How it penetrated other peoples is unclear.

Physician woman: Perhaps our grandmothers used the plant's fragrance as an indicator of its healing properties. Therefore, they knew how to prepare and use infusions from medicinal plants, probably sensing their magical power beforehand. Long before tea consumption, "wild red Chinese plant" was used as an infusion.

Passenger: I wonder what you mean by "wild red Chinese grass."

A healer woman. This is tea. In ancient times, pharmacists sold it as a medicine. Later, tea became a tradition for us, so we stopped taking it as a medicine.

Passenger: That's why my sister always puts used tea bags in her eyes, and she says that tea helps relieve eye fatigue. Because my sister works at the computer all day. This shows that tea has medicinal properties.

Botanical scientist: If tea is consumed systematically, it strengthens blood vessel walls and prevents fat layers, namely cholesterol accumulation and sclerosis disease.

Passenger: So even poisonous plants can be used as medicines.

Botanical scientist: Of course, it can be used in salons after paying attention to its dosage, studying its composition, and knowing which diseases it is a remedy for.

1st facilitator: Poisonous plants include mingdevona, bangidevona, and common beladonna. They are used in the preparation of medicinal preparations. It is also known as common belladonna, sleepless fool, rabid or wolf fruit, crazy cherry, dog cherry. Its Latin name is *Atropa Belladonna*. This genus of plants is named after the ancient Greek goddess Atropos. He ruled over the fates of people.

Second student. Yes, I remember there's a saying "a fool got drunk."

Host 2: The science that studies poisonous plants is called homeopathy. Low doses of the poison have healing properties, but high doses cause phenomena similar to certain disease symptoms. It is based on this law.

Physician woman: I know a saying "poison cuts poison's wrath." In some cases, one cannot doubt the correctness of this phrase. Fragile nails should be kept in calendula infusion, Vittrocka violet - *Víola wittrockiá* helps treat eye diseases, and walnut kernels resemble the human brain and restore a person's mental abilities and memory.

Grandson of a botanist: the first knowledge about medicinal plants was formed in ancient people based on the "law of similarity" and in connection with changed ideas.

Plant witch. He gave her a flower, hoping that she would become as gentle as a flower, and believed that if the flower resembled the sun, the girl would become kind and radiant as soon as she received the gift.

The botanist's grandson: Looking at you, I can sense that various strange thoughts are emerging in you. Perhaps you remember the legends about some medicinal plants? Do you remember that all these legends arose on the basis of the "law of similarity"?

1st host: I heard a legend. "The mermaid fell in love with Vasily, the blue-eyed young man. He began to call her to him. Vasily didn't love her and couldn't love her, so he ignored her and stayed in his field. The offended mermaid sprinkled it with blue seawater and turned it into a blue flower, saying "then stay in your field forever." From time to time, the mermaid would emerge from the sea and observe the field, watching the blue-eyed guardian.

Botanical scientist: Isn't this legend about the medicinal plant beauty (he addressed the second host), perhaps you remember this.

2nd host: Of course, this is not a legend, this is a legend (fiction) about that plant. Based on the Latin name *Centaurea*, the creature mentioned in legends about half-horse-half-man was called *Centaurea Chirona*, which healed sick people with the help of plants. When Heracles wounded the centaur with a poisoned spear, Chiron healed his wound with a cornflower.

1st facilitator: How is the camel thorn plant used nowadays?

Students: The bluegrass plant is used in modern medicine as a diuretic and as a liquid infusion for treating kidney and heart tumors. Take 1/4 cup three times a day 20-30 minutes before meals. In folk medicine, an infusion made from the flowers of this plant is used as a diuretic, analgesic, choleric, as well as for inflammation of the bladder and kidneys, as well as to improve the function of the digestive system. It has anti-inflammatory and antimicrobial properties, prevents pain in the smooth muscles of internal organs, and is also used in the treatment of night blindness. Its solution is also used to treat fever reducers, headaches, and seizures. To prepare this solution, pour 1 cup of boiling water over one teaspoon of liquid mass and leave for 30 minutes, take 1/3 cup three times a day before meals.

Host 2

Passenger: I've never heard of this.

Botanical scientist: in different places it is also called chamomile

Passenger: is this a regular chamomile?

Physician: Simple, but not so simple, it's not as easy as you think - you need to know not only how to pick and dry chamomile but also how to prepare a decoction from it when needed. Medicinal chamomile doesn't grow everywhere, and to recognize and identify it, one needs to know how to recognize and identify plants.

Second student:

Excellent student:

Traveler: In the Middle Ages, anyone who collected and used medicinal plants was called witches, sorcerers, and burned them in fire.

Physician woman: Those times have passed. Now many people are engaged in folk medicine. Yes, of course, even before, some people considered my activities strange, and later, my fellow villagers themselves began to help me collect medicinal plants and at the same time began asking about methods of preparing recipes. Nowadays, no one calls me a sorcerer or a magician, they respectfully call me a botanist. Recently, a scientist from the city came to me to gather experience with his grandson. And now he himself has arrived.

Botanical scientist: Assalamu alaikum. Won't I disturb you? (grandson of a botanist).

Passenger: No-no, go ahead.

Physician: It's very good that you came. I was just talking about you. You will help me. You're an expert in this field, and a heated discussion about medicinal plants has begun

Botanist: I have always said that folk medicine representatives are the smartest people in the world. Because they know the medicinal properties of many plants and call them smart plants.

Physician: Of course, there are plants that are called such intelligent plants. These include ginseng, eleutherococcus, aralia, and tall echinopanax.

Host 1: Perhaps the students will tell about them.

Second student: Yes, I've heard something about these plants, but I don't remember now, perhaps I was on duty on the day that lesson was held.

Excellent student:

Host 1: Let's recall ancient legends about this.

2nd host: Do you know where the Magic Garden Artemis is located?

Passenger: I know! According to legend, medicinal and poisonous plants grew in this garden.

Traveler: this garden was in the legendary Colchis.

Passenger: Did the ancient Greek philosophers also believe in magic?

Grandson of a botanist: Ancient Greek philosophers were not simple people. The word pharmacon simultaneously means "drug," "poison," and "magic." Therefore, Artemis orchard is considered a medicinal orchard.

Physician woman: Or poisonous garden. People who don't know plants well shouldn't go there.

2nd host: The common chamomile that grows in our country has the same characteristic, which many call zveroboy.

Passenger: That's a Russian word. Why did the Russians call him a monster? Does that supposedly beneficial poison really kill predators?

The botanist's grandson: Indeed, this plant contains a substance that, upon entering the animal's bloodstream, increases skin sensitivity, raises temperature, and can cause seizures. It is especially dangerous if this substance enters the blood of predators living in hot, sunny regions.

The healer woman says that the wild oat has a special magical power, and if you hang a bunch of dried oat on the door, it will protect the house from predators and other supernatural things.

Grandson of a botanist: Representatives of folk medicine mention many medicinal properties, and among them, they say that this plant “protects from 99 types of diseases.”

Physician woman: For example, I use chamomile infusion to treat colds. It is very easy to prepare: pour a glass of boiling water into a teaspoon of dried zveroboy, let it steep for 5-10 minutes, filter, and use. If this infusion is kept for a long time for one or two hours, it can only be applied to the skin of the nose from the outside. For this, medical cotton is dipped in the infusion and placed around the nostrils, repeating this systematically several times.

2nd facilitator: What other diseases can be treated with chamomile?

Second student: this must be remembered! You might need it later.

After the lectures, the teacher summarizes and concludes. At the end of the conference, the speakers and actively participating students will be evaluated.

Every teacher, keeping up with the times, conducting such games in the educational process in a timely manner to fulfill these desires and dreams of students prepares the ground for increasing students' interest in learning and activating their cognitive activity. In practical classes, the use of didactic game technology and conference lessons occupies an important place. It is advisable to use didactic game technology in teaching, like other pedagogical technologies. The methods of using conferences, presentations, creative games, and game exercises of this technology are highly effective. In these classes, the cognitive activity of students is combined with game activity, therefore, there are specific features of organizing and managing the cognitive activity of students. If the topic of the lesson is devoted to the study of socio-economic changes in society, factual materials, then it is advisable to use the conference form of didactic game technology. At the end of the conference, the speakers and actively participating students will be awarded.

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