

**VARIETIES AND MEDICINAL PROPERTIES OF CARROT (DAUCUS
CAROTA L) GROWING IN UZBEKISTAN AND ABROAD**

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Abstract : This in the article In Uzbekistan and edge in the country cultivated carrot species , varieties , botanical classification , distribution , chemical composition and amounts about information given . Carrot cultivation according to 5- year plans of countries indicators analysis was done . Carrot and his/her from the leaf people in medicine use methods scientific sources according to analysis was done .

Key words : Carrot leaf , root , stem , leaf , carbohydrates , vitamins .

The first study of carrots history 4000 years ago previous southwest to Asia go It is stuck . To sources according to carrot original homeland Central It is considered Asia . Especially Iran , Afghanistan , Uzbekistan and Tajikistan in the regions the most ancient wild carrot type wide prevalence known . That in times only carrot purple colored one and bitter full happened for people from it medicinal plant and spice , and seed and sharp smell for used . From AD III - II millennium BC in years from carrots people in medicine food digestion improver vehicle , urine driver tincture , internal in diseases healer tool in place used . Ancient Egypt , Rome and Carrots in Greece too similar plant about information Times to pass with in the 1st century AD red , 12th century yellow and white carrots , 17th century come and In the Netherlands dark yellow carrots created . Later and this varieties trade - sale through whole to the world spread , today of the day cultural of carrots based on became . The following in the picture carrot far years during selection through formed stages cited .



Figure 1. Carrot development stages .

Current on the day carrot almost world according to all climate in the regions is planted . Carrot moderate climate under the circumstances good develops , soil type and fertile and soft when plenty harvest This gives plant to the cold much durable is , mainly spring and autumn in season is planted . After planting next the process is also, that is , correct irrigation , soil humidity and softness stability , and care works important importance profession will reach .

Carrot varieties and types land face according to very wide spread . Including , the color according to white , yellow , red , dark yellow , purple carrots known . Maturation on time according to , early , middle and late cook to varieties is divided . Our country fertile in their lands mainly yellow carrot varieties wide spread . Whole world on a scale esa , nantes , chantenay and like an emperor varieties known and is famous .

Today to the day come world according to carrot in cultivation China leader place if it is , then then 2nd place is Uzbekistan occupies . So , from this to know maybe in our country carrot farming ancient from the times there is that was and climate The conditions are also good . for same compatibility shows . (Table 1)

Table 1

In the world the most many carrot cultivation according to indicator

No.	State	2025-y 1 year harvest %	1 year harvest million+t	3 years old share	5 years share
1	China	45 %	18	44 %	43 %
2	Uzbekistan	7.5 %	3	7%	6.7%
3	USA	3.5 %	1.4	3.4%	3.3%
4	Russia	3.0 %	1.2	2.9%	2.8%
5	Ukraine	2.3 %	0.9	2.2%	2%
6	Poland	2.0 %	0.8	1.9%	1.8%
7	Turkey	1.6 %	0.65	1.6%	1.5%

This crop not only national in food , maybe health for also very useful to be with together In Uzbekistan mainly carrot varieties soup , salad and industrial (juice) or canned food for the purpose of is planted . The most many widespread varieties - Mirzoi yellow , Samarkand yellow and Andijan carrot is considered .

Mirzai yellow - long and thin rooted fruit bright yellow in color Carrots this variety mainly soup and soup in preparation This is used . of the variety medicinal beta-carotene and vitamin A wealth because of to see in improving , and immunity in strengthening effective tool is considered .

Samarkand yellow of the variety root Mirzai from yellow different accordingly thick and round is , color dark yellow in color This variety late cook that was because of , far term storage same muddao . This variety useful properties , digestion to do system and heart and blood vein to the activity effective tool is considered .

Andijan carrot - thin , long rooted to the structure has is , color bright yellow This variety middle cook become , more salads for is used . Contains beta- carotene and vitamin C intestines movements well , to see and immunity noticeable at the level raises

Carrot not only food - food product , maybe medicinal plant that long ago known . Carrot juice consumption to be done see process , gastrointestinal to the activity and especially heart - blood vein system for useful that with one in addition , vitamins A and E for the skin , and hair in health important role plays .

Conclusion

Carrot scientific and practical in terms of study and selection process today's continues during the day arrived is coming . Every year different carrots in countries , including Uzbekistan varieties and their growth , cultivation processes about scientific research take Carrots are going . healer features long ago known is , he is a human being health for useful impact to the feature has . Carrot root vegetable with one in line his/her There are many on the leaves too. useful substances in Uzbekistan cultivated varieties according to still scientific research enough it's not . This learned without carrot varieties leaf to study , and from them necessary minerals and food rich in vitamins additions to take main We know that is our goal .

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