

*HOW TO USE
HERBAL MEDICINES*

A Manual of Useful Knowledge for Your Family's Health

How to identify illnesses & diseases

How to treat them

How to prevent them

How to integrate this with your Health Post's activities

by
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1989

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Introduction :

How to use this book

What's wrong with me ?

What is the correct medicine to use ?

What does "Preventive Action" mean ?

What does "Special Notes" mean ?

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Chapter II

List of medicinal plants (in English, local dialects, Latin, with illustrations,

directions for growing, how to use the relevant parts, plus diagrams of the human body

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How to use this Manual :

This Manual has two chapters.

The first describes illnesses and health problems often found in rural areas.
The second describes the uses and methods of application for herbal medicines.

Chapter I : Common Illnesses/health problems

First study the meaning of the symbols below :

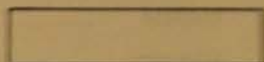
In this chapter you will find three different symbols, viz :



star

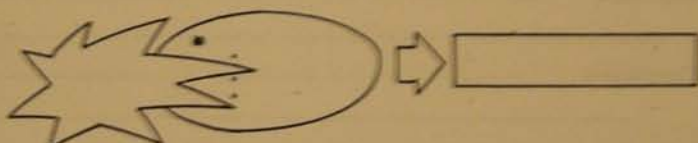


circle



box

These three symbols interrelate, e.g. :



The symbol



describes basic symptoms

The symbol



describes specific symptoms

The symbol

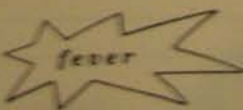


contains the name of the illness/health problem

WHAT'S WRONG WITH ME !

How do you diagnose your problems ? Look at the symbols below.

In this Manual you will find 6 basic symptoms, i.e. :



How to diagnose an illnessStep One :

Try and identify your most basic symptom or complaint, e.g. :

Nausea? **Fever?** **Cough?** **Dizziness?**
Tinnitus? **Vertigo?**



That is your basic symptom! Turn to page 2 and find the star which most closely fits your basic symptom.

Example :

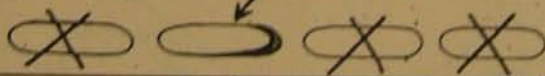
If you feel **Nausea**, turn to page 2. You will find 6 star symbols with basic symptoms. The orange star represents the basic symptom "Nausea". Now turn to page 3-4. You will see that the star for "Nausea" has 4 circles which show you 4 specific symptoms.

Step Two :

Read the specific symptoms carefully. Now choose the circle which most closely fits your complaint.

Example :

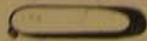
After checking all the other circles, you choose this one.

Step Three :

This circle will tell you the name of your complaint :

Example :

The circle you choose as being closest to your symptom, will tell you the name of your illness :



e.g. **worms**

Now turn to page 7, and you will find **worms** explained in 3 steps :

- Herbal treatment
- Preventive Action
- Special Notes

Which medicine is suitable to use as treatment? What does Preventive Action mean? What does Special Notes mean?

Treatment explains which plants to use for a specific complaint, and shows you how to prepare them.

Preventive Action means understanding in what ways you can act to prevent illness. For example, by understanding the importance of balanced nutrition, hygiene and the contribution of your local HEALTH POST in promoting "healthy living", like immunisation, the weighing of Underfives, and Family Planning.

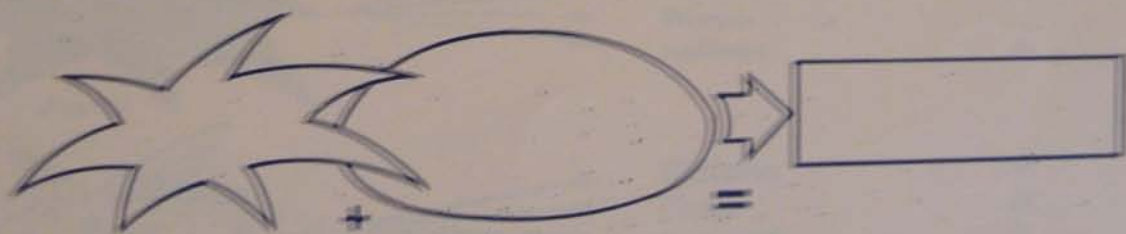
Special Notes tells you how illness and disease are caused, how they are spread etc., to help you increase your knowledge and understanding, and support preventive measures. These Notes also tell you when, and because of what symptoms, the patient must be taken to your District HEALTH CENTRE.

Any illness accompanied by high fever, vomiting or severe diarrhoea must be checked at your District HEALTH CENTRE or local HEALTH POST as soon as possible. At the same time, begin treatment with herbal medicines.

Tuberculosis (TBC) and Malaria must be treated at your District HEALTH CENTRE. At the same time, you may treat with herbal medicines as well.

CHAPTER I

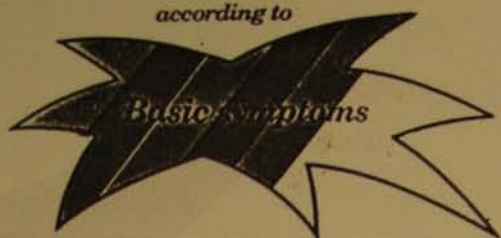
COMMON ILLNESS // HEALTH PROBLEMS



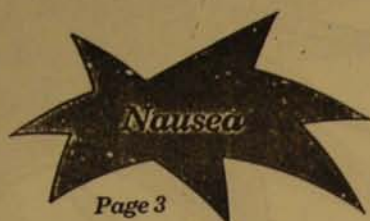
Basic symptom + specific symptom = Illness/health problem.

COMMON ILLNESSES

according to



page



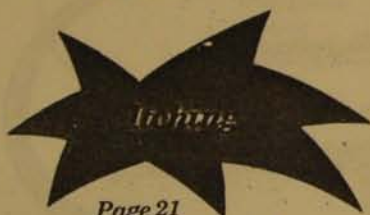
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Upset stomach	5
Worms	7
Diarrhoea	9
Early pregnancy	11



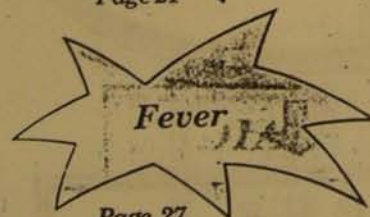
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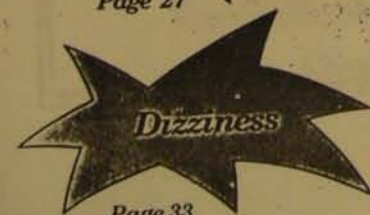
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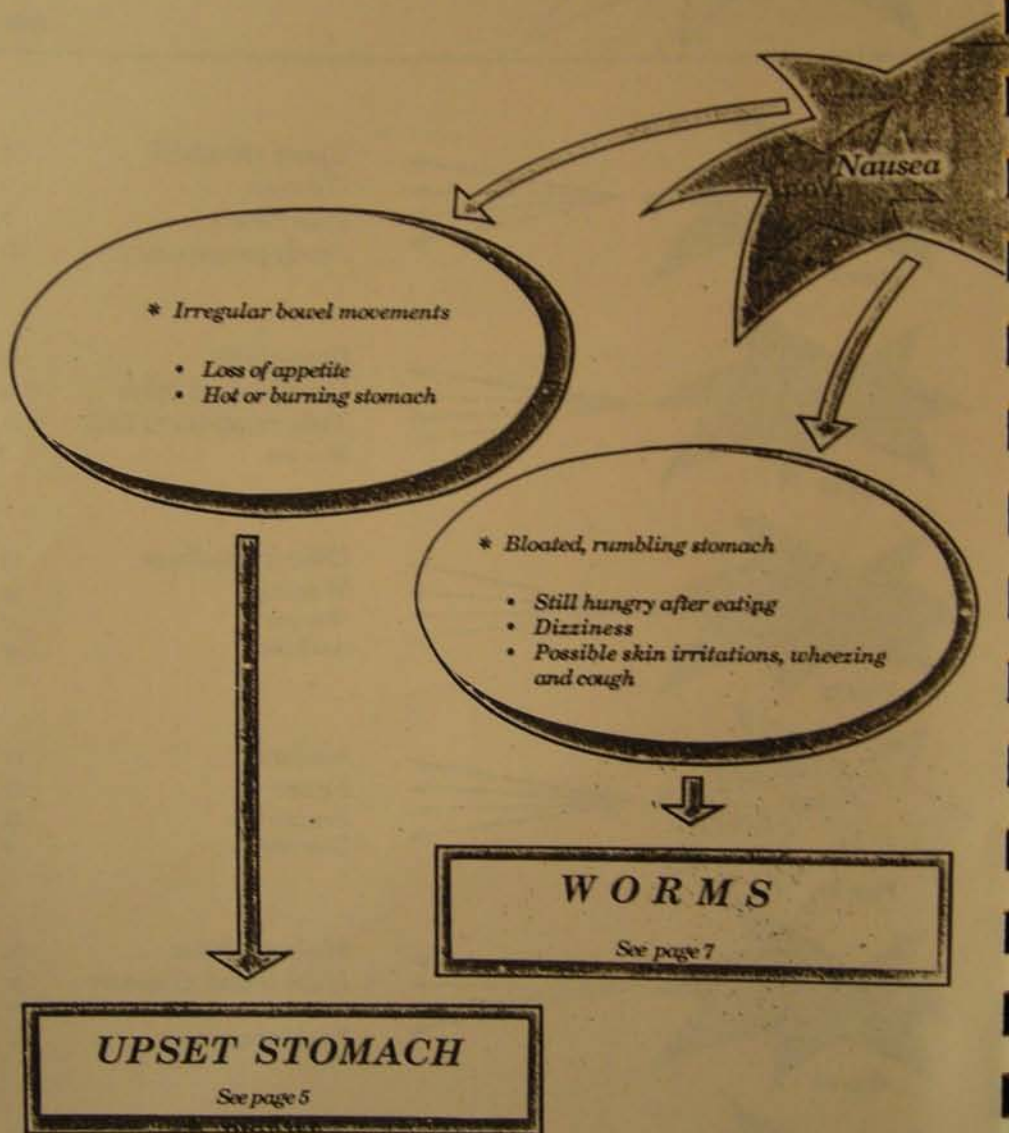
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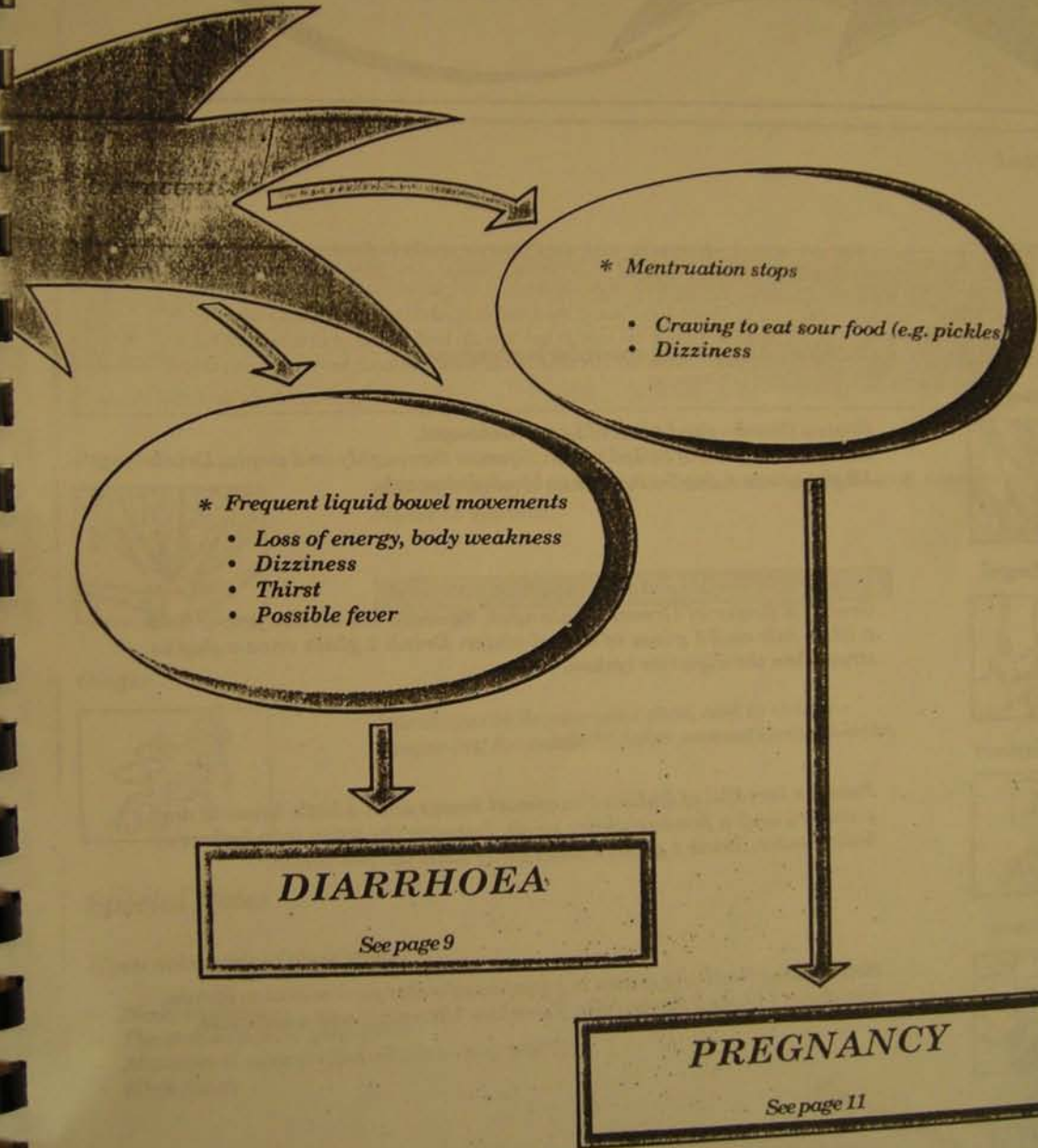
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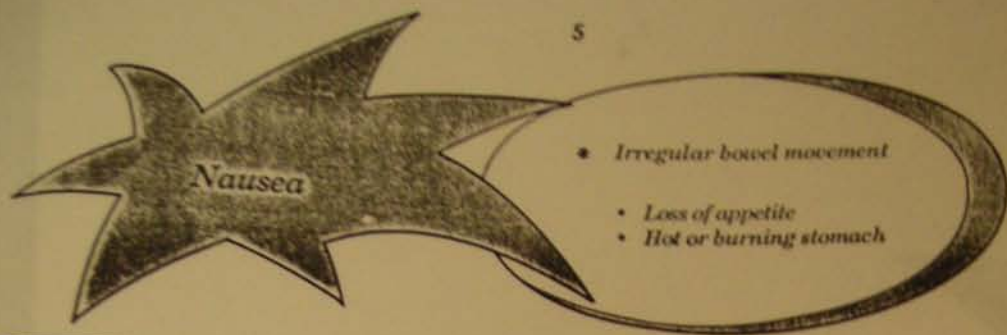


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Nausea

- Irregular bowel movement
- Loss of appetite
- Hot or burning stomach

Treatment

Papaya



For an upset stomach, eat 20 Papaya seeds before meals, 1 - 2 times a day until you feel better.

WARNING : not to be eaten during pregnancy!

Lesser Galangal



Grate a thumb - sized piece of Lesser Galangal. Mix with 1/2 glass of boiled water. Squeeze thoroughly and strain. Drink 1/2 glass, once a day for nausea or bloated stomach.

Greater Galangal



Grate 1/2 finger of Greater Galangal. Squeeze out all the juice, add a little salt and 1 glass of boiled water. Drink 1 glass once a day to strengthen the digestive system.

Indian Pennywort



Pound a handful of Indian Pennywort leaves with a little tumeric and pulosari, and a few coriander seeds. Squeeze the juice into 1 glass of boiled water. Drink 1 glass, 2 times daily until you feel better.

Sembung Leaves



Boil 3 young Sembung leaves in 2 glasses of water for 5 minutes. Strain, and drink 1 glass, 2 times a day. To reduce bitterness, add a little salt.

Chinese Keys



external use only

Pound 1/2 Chinese Keys leaf and finger of the root together. Add a little water and apply to stomach as a compress.



UPSET STOMACH

Preventive Action

- Always boil water for drinking.
- Protect all food and drinks from flies, rats, cockroaches and other insects.
- If food starts to smell bad do not eat it, not even with sauces. A bad smell is the sign that food is rotten and must not be eaten.

Papaya



Eat 20 Papaya seeds after meals to balance and regularise the digestive system.

WARNING : Not to be taken during pregnancy!

Ginger



Use Ginger to flavour your food, and in drinks. Ginger tea, for example, helps prevent stomach-ache.

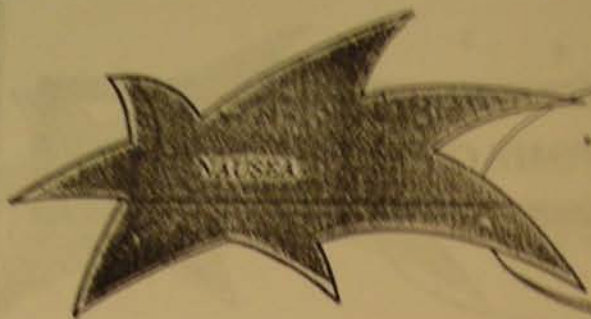
Special Notes

If you notice any of these signs :

- Blood in stools
- The stomach-ache gets worse
- Abdominal muscles feel stiff and very painful
- High fever



You must take the patient immediately to your District HEALTH CENTRE



- * Heated, rumbling stomach
- * Still hungry after eating
- * Dizziness
- * Possible skin irritations, wheezing, cough

Treatment

Temu giring



especially for children

Grate a well-washed, thumb-sized piece of Temugiring and add 1/2 glass of boiled water. Strain, and stir in a pinch of salt. Leave for 2 hours. Drink every morning before breakfast.



Peel 3 pieces of Garlic and chew well. Swallow and immediately drink a glass of hot water. Take 1 - 2 times a day.



thread worms

Pineapple



Peel and grate the flesh of a good-sized young Pineapple. Add 2 tablespoons of honey. Squeeze out all the juice and strain. Drink once a day.



round worms

Skin of Pomegranate Root



Finely slice the skin of 5 fingers of Pomegranate root and boil in 2 glasses water for 10 minutes. Cool, strain and add 1 tablespoon of pure honey.

Drink 1 glass before bed.



tape worms

Betel Nut



Finely grind 1/2 Betel nut and steep in 1 glass of hot water. When lukewarm, add 1 tablespoon of pure honey. Drink before bed.



hook worms

Papaya



Pound 20 Papaya seeds and mix with 1 ripe slice of the fruit. Add a little honey and eat immediately. Take once a day to treat all worms.



WORMS

Preventive Action

- Always wash your hands after bowel movements → to kill worm eggs which may remain on your fingers.
- Always use a clean toilet with water for bowel movements → to stop the spread of worms via eggs expelled in your stools.
- Drink Indian Pennywort "tea" regularly for increased strength and resistance to infection (see recipe below)

Indian Pennywort Leaves



Pound a handful of Indian Pennywort leaves. Squeeze out the juice, strain and mix with 2 glasses of boiled water. Add a little salt and fresh lime juice. Drink 1 glass, 2 times a day.

Papaya Seeds



Eat 20 Papaya seeds before a meal, once a day.

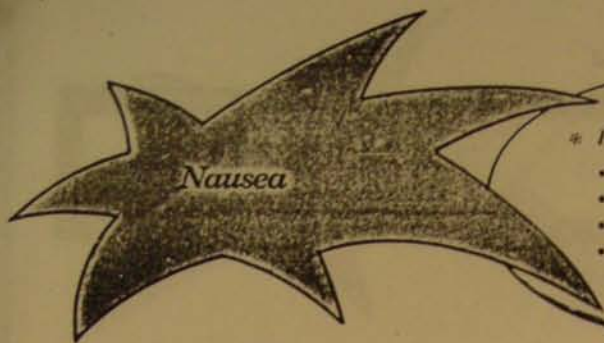
WARNING : Not to be taken during pregnancy!

Ask for worm medicine at your local **HEALTH CENTER** when you need it. Your Community Health Worker there can also give you further information concerning worms.

Special Notes

- While worms are considered to be a common complaint, they must be treated.
- Worms are spread by hands which have touched human or animal faeces. Their eggs are invisible to the eye, but are transmitted by dirty hands to the mouth, or by contaminated food. Once the eggs have been swallowed, they hatch in the gut to become adult worms ready to lay more eggs.

Worm infestations can severely affect your health.
 Effects in Children : retarded growth and development of the body and brain.



- * Frequent liquid bowel movements
- Loss of energy, body weakness
- Dizziness
- Thirst
- Possible fever

Treatment

Most Important : After every bowel movement, replace the fluid loss with either 1 glass of:

- Sugar/salt solution (SSS), or
- Oralit 200, or
- Young Coconut Water, or
- Use the recipes below

Guava Leaves



Pound 10 young Guava leaves to a paste. Add 1 glass of boiled water and a pinch of salt. Squeeze out all the juice and strain. Drink 1 glass, 1 - 2 times a day.

Javanese Curcuma



Bake or roast 1 finger of Javanese Curcuma until blackened on the outside. Grind finely and mix with 1 glass of boiling water. Let cool. Drink once a day.

Young Coconut



A diarrhoea patient should drink as much Young Coconut Water as possible ! After every bowel movement, stir a teaspoon of salt into a large glass of Young Coconut Water. Drink as you would a sugar/salt solution or Oralit 200.

Indian Pennywort Leaves



Boil a handful of dry Indian Pennywort leaves in 2 glasses of boiled water, for about 15 minutes. Strain and drink 1 glass, 2 times a day

Soft Leaf Cone Flower



Boil the whole plant in 4 glasses of water until 2 glasses remain. Drink 1 glass after each bowel movement.



DIARRHOEA

Preventive Action

Act now to fight the spread of diarrhoea!

- Always use a clean toilet with water.
- Protect all food and drinks from flies, rats, cockroaches and insects.
- Do not touch food or drinks with dirty hands.
- Always wash your hands with soap before eating, and after every bowel movement.
- Boil all water for drinking.

If there is diarrhoea or gastro-enteritis in your area, everyone must follow these directions.

*If the patient is a baby still breast-feeding - do not stop giving breast milk.
If the baby loses a lot of liquid with each bowel movement - add to breast milk liquid replacement with a sugar/salt solution, Oralit 200, Young Coconut Water, or use these recipes.*

Breast milk is the best, cleanest, most nutritious and most easily available basic medicine to prevent and cure diarrhoea in babies.

Special Notes

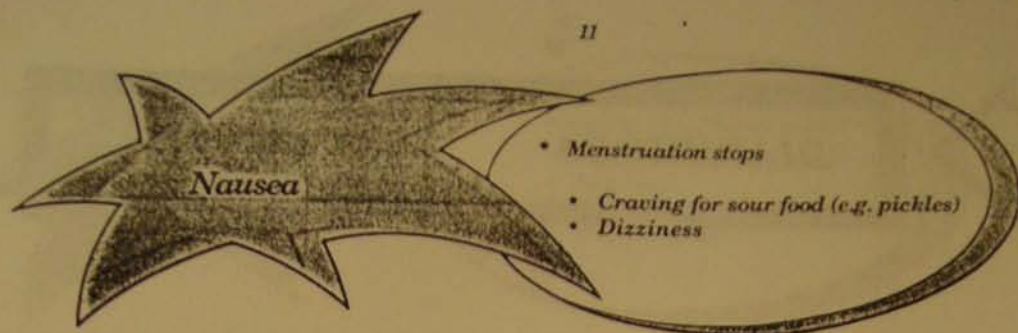
- Diarrhoea is an infectious disease. It is spread from the stools of infected people e.g. by flies, rats, ants and dirty hands and feet.
- Because of the loss of body fluids and important mineral salts, diarrhoea can very easily cause death in babies and young children.

*Basic treatment means: to maintain the vital balance of body fluids, i.e.:
After every bowel movement, you must replace lost body fluids with 1 glass of Young Coconut Water, or a sugar/salt solution, or Oralit 200, or these recipes.*

You must bring the patient immediately to your District HEALTH CENTRE if:

- there is no improvement within 1-2 days after using the recommended treatment.
- fever develops
- the patient vomits.





Treatment

Indian Pennywort Leaves



Pound a handful of Indian Pennywort leaves to a fine paste and add 2 glasses of boiled water. Squeeze out all the juice. Strain and add fresh lime or tamarind juice, and a little palm sugar. Drink as often as required.

Young Coconut Water



Drink as much Young Coconut Water as required.

What to eat ?

Eating as much sour food as you like will help control nausea (morning sickness) during early pregnancy.

Newly pregnant mothers must eat more : fresh fruit and vegetables, beans, nuts and lentils, soybean cake, soybean curd, eggs, and sea or river fish. Amounts of rice may be reduced.

Not to be eaten : young pineapple and papaya seeds : they can cause miscarriage.

1-4 months

PROHIBITED!



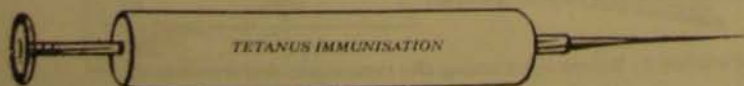
During the first 4 months of pregnancy, new mothers must not take any drugs or medicines (pills, capsules or injections) except vitamins or medicine prescribed by a doctor.

This prohibition must be followed until the 5th month of pregnancy has begun (the womb is level with the navel).

If you have these pregnancy symptoms - even if you are not sure you are pregnant - report them immediately to your Community Health Worker for registration.

5-8 months

Pregnant mothers in their 5-8th months must request immunisation against Tetanus for themselves and their babies (one injection for mother and baby).





EARLY PREGNANCY

Preventive Action

If you are not yet following a Family Planning programme, ask for information and advice from the Community Health Workers at your local

HEALTHY PINSY

Find out about Family Planning methods while you are still pregnant, so that when the baby is born you already know which one you and your husband want to use.

To prevent Pregnancy : Become a practising Family Planning Acceptor!

Pregnant mothers must be checked regularly at their local

HEALTHY PINSY

- bleeding
- swollen feet
- high or low blood pressure
- the baby's development seems abnormal
- signs of the baby's movement are weak, or absent.

Special Notes

..... Breast Feeding :

Breast feeding is the cleanest, cheapest and most nutritious way of feed your baby. Breast feeding protects your baby against infections. It provides immunisation from birth to about six months.

Therefore :

Do not discard your first breast milk, which will be yellow in colour. It is important to feed this milk to your baby immediately after delivery. This milk is not unclean ! It is natural, special milk which protects your baby against many diseases.

You will produce this special milk for about the first 1 - 5 days after birth.

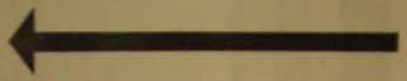
Cough

- Frequent cough and mucus
- Hot or painful chest
- Wheezing
- Possible fever

- Headache and aching bones
- A cold
- Wheezing
- Possible fever

- Chronic cough
- Loss of body weight
- Spitting in the morning
- Possible coughing blood and/or relieving

- Hoarse, raspy voice
- Still hungry after eating
- Distress
- Possible wheezing, tight, cough



BRONCHITIS

See page 15

COUGHS AND COLDS

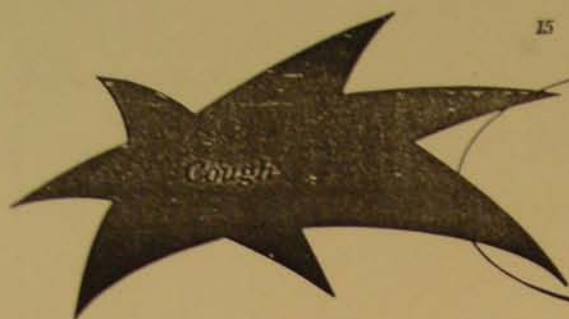
See page 17

TBC

See page 19

WORMS

See page 7



- * Frequent cough and mucous
- Hot or painful chest
- Wheezing
- Possible fever

Treatment

Indian Pennywort Leaves



Boil a handful of Indian Pennywort leaves in 3 glasses of water until 1/2 the amount remains. Add a pinch of salt. Drink 1/2 glass, 3 times a day.

Hibiscus flowers



Pound 2 nearly-open Hibiscus buds to a paste. Add 1 cup of boiled water and a pinch of salt. Squeeze out all the juice and strain. Drink 1 cup, 2 times a day.

Sembung Leaves

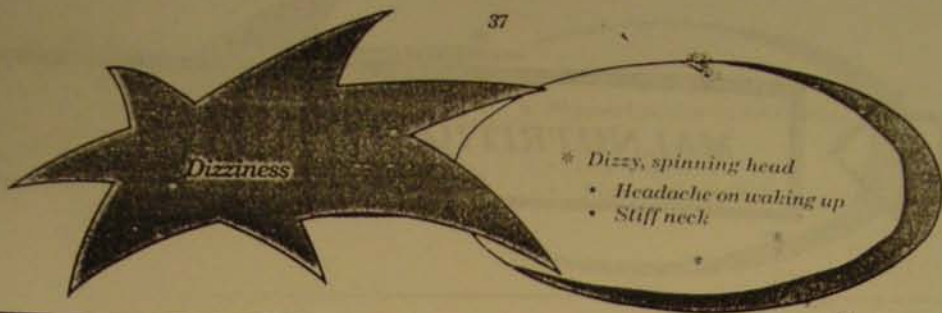


Steep 3 Sembung leaves in 2 glasses of boiling water. Drink 1 glass, 3 times a day.

For Children : When cool, mix with pure honey. Give 1 tablespoon whenever the child is thirsty, or as often as possible.

For babies, children and the elderly :

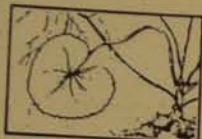
If the patient has difficulty in getting rid of mucous, incline his body so that the head is lower than the feet, then pat, or tap gently on his back. Drinking lots of liquids will help to clear mucous.



Treatment

High blood pressure which cannot be controlled by herbal medicine must be treated at your District HEALTH CENTRE.

Indian Pennywort Leaves



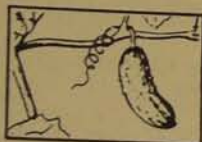
Boil a handful of Indian Pennywort leaves in 2 glasses of water until 1/2 remains. Strain and drink at once. Drink once a day for 10 days or more.

Garlic



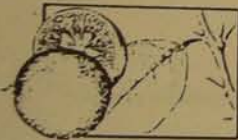
Peel 2 cloves of Garlic and pound to a paste. Steep in 1/2 glass of hot water. Drink 2 times a day.

Cucumber Leaves



Wash and grate 2 Cucumber. Squeeze out all the juice and strain. Drink 2 times a day.

Lime



Boil 20 nearly - open Lime flowers, 20 leaves and 2 sliced Limes in 4 glasses of water until 1/2 remains. When cool, strain and drink 1 glass, 2 times a day.

Tumeric



Wash and grate 2 fingers of Tumeric. Add 2 tablespoons of pure honey. Squeeze out all the juice and strain. Drink 1 glass, 2 times a day.

Java Tea



Wash 5 Java Tea leaves, then pound to a paste. Steep in 1 glass of boiling water. When cool, strain and drink 1 glass, 2 times a day.



MALNUTRITION

Preventive Action

The most important Preventive Action you can take is to:

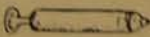
- Learn more about nutrition and nutritious food.
- Plant vegetables, lentils, beans and fruit trees.



Grow nutritious and medicinal plants in your house garden and environment.

- To increase your knowledge, awareness and understanding of nutrition and malnutrition problems, participate in the regular monthly

Weighing Programmes for Underfives

Also request  their immunisation against BCG, DPT, Polio and Measles at your local **HEALTH POST**

For a smaller, healthier family, join the Family Planning programme at your local **HEALTH POST**

Try to increase your awareness and practise what you learn! Become a Community Health Worker!

Special Notes

Malnutrition is a dangerous condition which retards the healthy development of your children and their ability to resist and fight diseases.

Act now against these problems - follow the advice above!

Check the malnourished person's background.

Is there:

- A lack of understanding about nutrition?
- A lack of attention towards nutrition?
- No interest in attending activities at the local **HEALTH POST** or:
- Are there signs of worms? see page 7
- Symptoms of TBC? see page 19
- Any other problems?

These must also be treated!



Dizziness

- * Physical weakness, no energy
- Pale
- Loss of appetite
- "Pins and needles"

Treatment

Indian Pennywort Leaves



Boil a handful of Indian Pennywort leaves in 2 glasses of water until 1/2 remains. Strain and drink 1 glass, 2 - 3 times a day.

Javanese Curcuma



Wash well, then grate 1 finger of Javanese Curcuma. Add 1 cup of boiled water and a pinch of salt. Squeeze out all the juice and strain. Drink 1 cup, 3 times a day.

Sembung Leaves



Boil 1/2 handful of Sembung leaves in 4 glasses of water until 1/2 remains. Drink 3-4 glass, 2 times a day.

Papaya Leaves



Wash, then pound, a handful of fresh, young Papaya leaves. Squeeze out all the juice and strain. Drink 1/2 glass, 2 - 3 times a day.

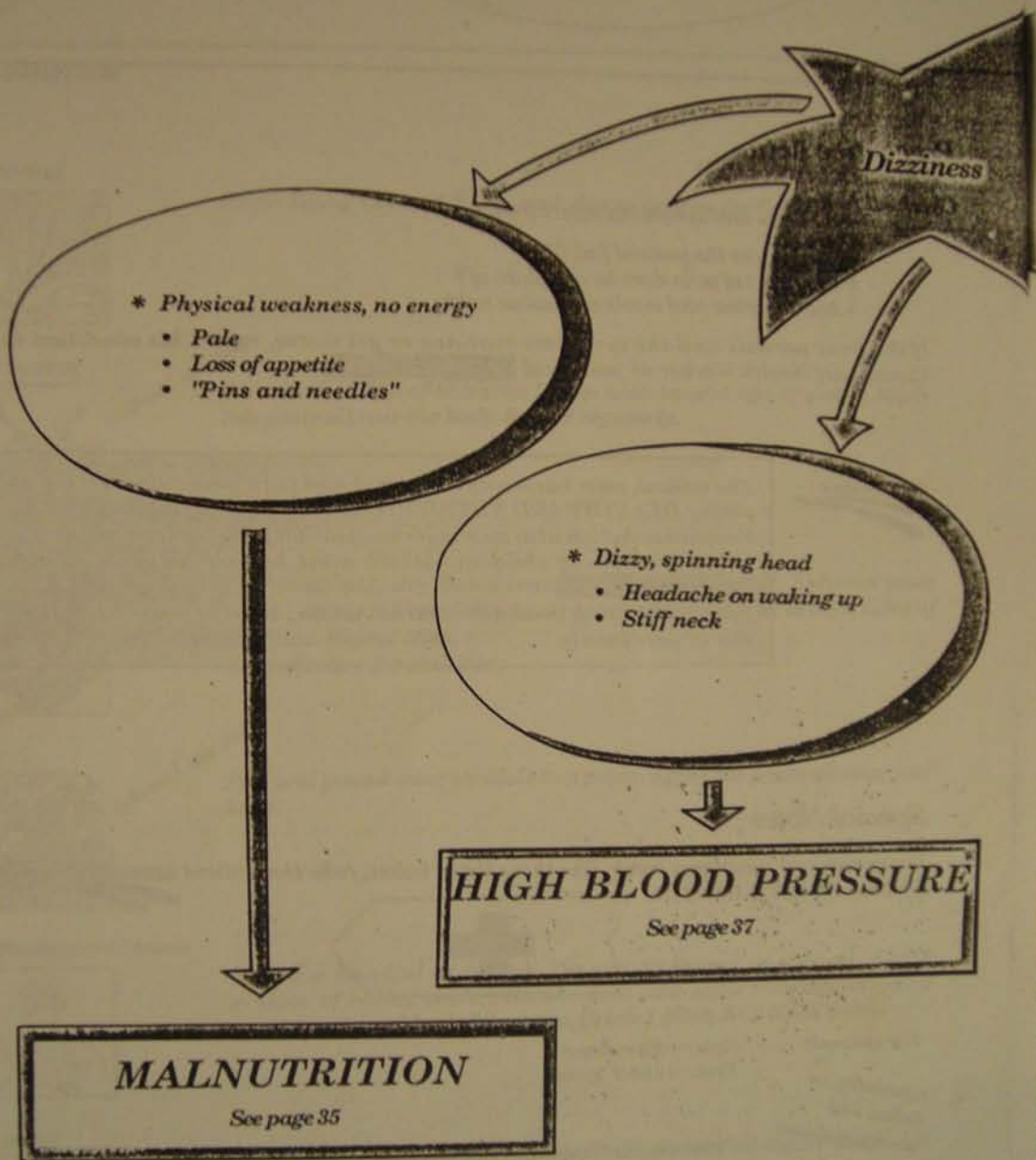
Amaranthus leaves

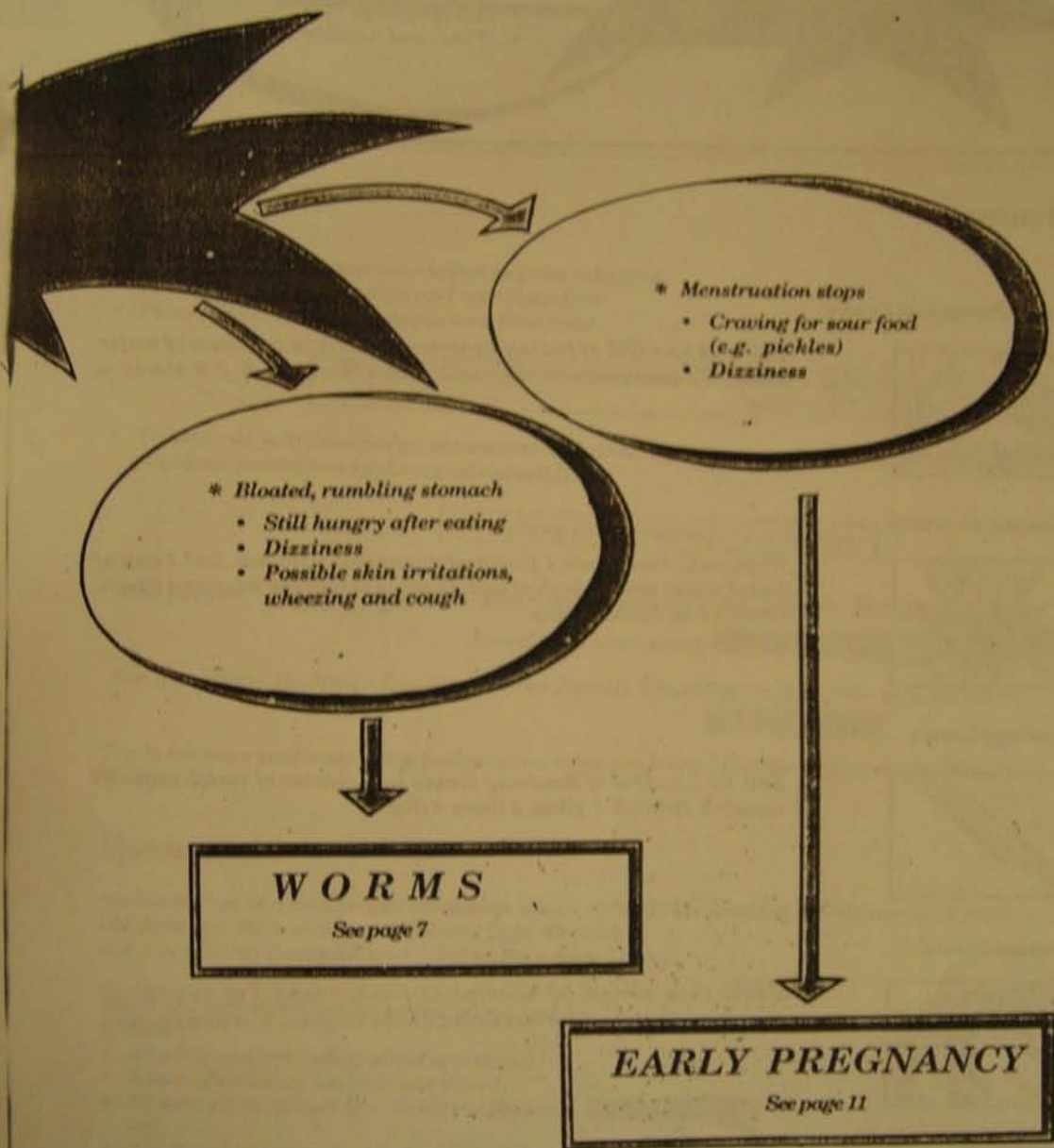


especially for anaemia

Pound a handful of Amaranthus leaves to a paste. Add 1/2 glass of boiled water. Squeeze out all the juice and strain. Add 1 raw, beaten egg yolk and 1 tablespoon of honey. Stir well. Drink 1 glass 2 times a day for 1 month.

Note: The raw egg yolk should be added once a day only.







FEVER

Preventive Action

Check all feelings and symptoms apart from fever :

- Where does the patient feel ill ?
- What sort of pain does he complain of ?
- Are his urine and stools normal or not ?

If the fever persists and the symptoms continue or get worse, report his condition to the Community Health Worker at your local **HEALTH CENTRE**.

Remember :

The easiest, most basic way to prevent and cure many illnesses is by eating **HEALTHY AND NUTRITIOUS FOOD**.

Preventive Action also means immunisation for pregnant mothers, babies and young children, which must be done at your local **HEALTH CENTRE**.

Family Planning is also Preventive Action : it helps you control the size of your family.

Special Notes

If any unusual symptoms occur, like those listed below, take the patient immediately to your District **HEALTH CENTRE**.

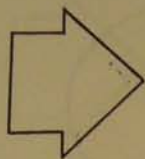


For example : Fever + diarrhoea
Fever + chest pains

especially in
babies and
young children



Fever + wounds, skin irritations or tattoos
Fever + stomach-ache
Fever + vomiting and diarrhoea
Fever + continuous vomiting
Fever + cramp, stiff muscles
Fever + inflamed skin lesions



MALARIA

Preventive Action

Pasak Bumi Root



Boil about 10 cm of Pasak Bumi root in 3 glasses of water until 1 glass remains. Drink 1 glass a day as a preventive and to strengthen resistance.

Young Papaya Leaves



Eat a handful of boiled Young Papaya leaves as a salad or side-dish. 3 times a day, as a preventive and to strengthen resistance.

Ginger



Wash, then chew, a piece of Ginger very well before swallowing. The smell of Ginger in your body repels mosquitoes.

Protect yourself from mosquito bites!

- * Use a mosquito net. The cost of the net is much cheaper than the cost of medical treatment!
- * Smoke-fires repel mosquitoes. Burn all your rubbish, e.g. leaves, cut grass etc., every morning and evening.
- * Hang a bunch of fresh, cut Legundi leaves in your room as a mosquito repellent.

Special Notes

Mosquitoes spread Malaria! If a mosquito bites an infected person and then bites someone else, that person can also become infected.

Remember: Prevention is better than cure!

You can get Malaria drugs at your District HEALTH CENTRE. A severe Malaria attack can be treated if you bring the patient immediately.



Fever

* High fever with cold shivers

- After cold shivers, heavy sweating
- Pale, tired
- Upset stomach

Malaria must be treated at your District HEALTH CENTRE. But these treatments will help reduce symptoms if there is no other alternative.

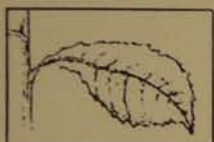
Treatment / Preventive Action

Creat Leaves



Boil a handful of Creat leaves in 4 glasses of water until 1/2 remains. Drink 1 - 2 glasses, 3 times a day to reduce fever and strengthen resistance.

Sembung Leaves



Boil a handful of Sembung leaves in 5 glasses of water until 1/2 remains. Cool and strain. You may add a little pulosari. Drink 1 - 2 glasses a day to reduce fever and strengthen resistance.

Papaya Leaves



Pound 1 - 2 fresh Papaya leaves to a paste. Add 1 glass of boiled water and a pinch of salt. Squeeze out all the juice and strain. Drink 1 - 2 glasses a day to reduce fever and strengthen resistance.

Javanese Curcuma

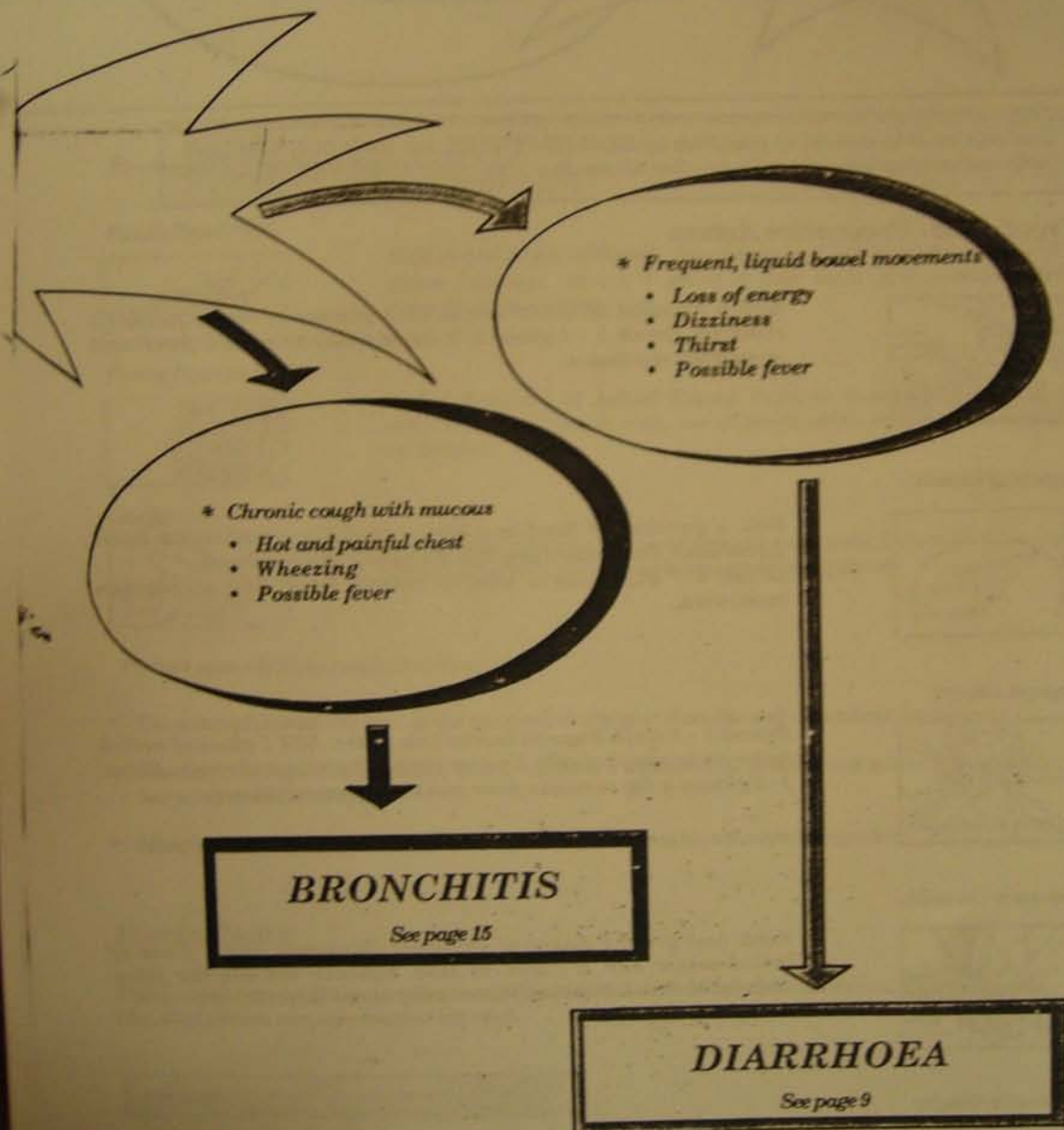


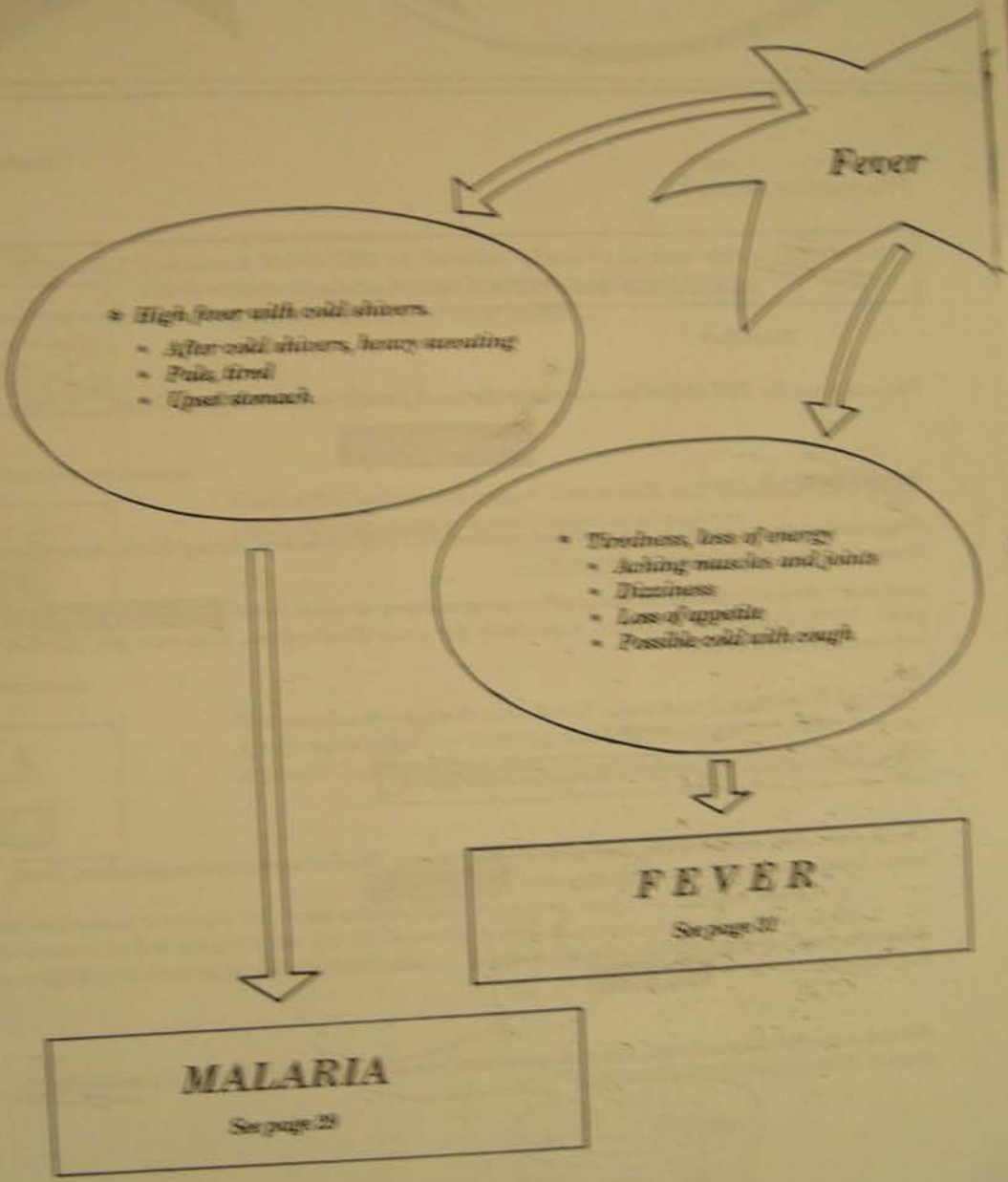
Wash and grate 1 finger of Javanese Curcuma. Add 1 glass of boiled water and a pinch of salt. Squeeze out all the juice and strain. Drink 1/2 glass, 2 times a day to reduce fever.

Aromatic Ginger



Wash a finger of Aromatic Ginger, then pound to a paste. Add 1 glass of fresh pineapple juice and a pinch of salt. Squeeze out all the juice and strain. Drink 1/2 glass, 2 times a day to strengthen resistance.





- High fever with cold shivers.
- After cold shivers, heavy sweating
- Pain, tired
- Upset stomach.

- Tiredness, loss of energy
- Aching muscles and joints
- Dizziness
- Loss of appetite
- Possible cold with cough.

MALARIA

See page 28

FEVER

See page 28



WOUNDS

Preventive Action

WARNING : Any wound is easily infected by TETANUS bacteria ! TETANUS is very dangerous, very hard to treat, and often causes death.

Therefore :

You must ask for TETANUS immunisation for each family member at your local

HEALTH POST

Immunisation is free !

Pregnant mothers must be immunised against TETANUS before giving birth, to protect themselves and their babies. **See page 11**

And don't forget to follow immunisation programmes at your local **HEALTH POST** for BCG, DPT, Polio and Measles, especially for your Underfives. You can get further information there as well.

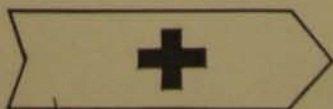
Special Notes

Wounds that do not heal are a sign of malnutrition !

Check your diet, both inside, and outside your home. Does it lack fresh vegetables, fruit, beans, lentils, soybean curd, fish, eggs etc ? **See page 15**

What's wrong ? Is your diet nutritious enough ?
But you have worms ? **See page 7**

What if a wound does not heal, but gets worse and you develop a high fever ? Go immediately to your District HEALTH CENTRE !





* Possible bleeding

- Burning or stinging sensation
- Swollen, inflamed skin
- Possible fever

Treatment

Betel leaves



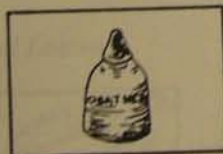
Wash a few Betel leaves well and chew them to a paste. Apply directly to wounds or lesions.

Indian Pennywort Leaves



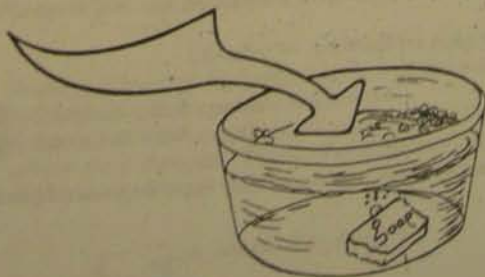
Wash a few Indian Pennywort leaves well, and chew them to a paste. Apply directly to wounds and lesions as a compress.

Mercurochrome



You can use Mercurochrome for all wounds or lesions. Apply regularly, after bathing, until the wound is dry. Use a bandage or plaster to protect from flies.

Painful, inflamed wounds, or those which discharge pus, must be bathed regularly: soak the wound in hot, soapy water for 1/2 hour every morning and afternoon. Let it dry in direct sun light and then apply Mercurochrome.





SKIN IRRITATION

Preventive Action

- Keep your body clean
- Eat nutritious food



For body cleanliness, you must bathe 2 times a day, using clean water. Wash and dry your clothes as often as possible.



Nutritious food is the best prevention against many illnesses. Recurring boils, ulcers, or scabies are often a sign that your body is not healthy enough to overcome infections and to heal itself. Why?

Malnutrition ?
Worms ?
TBC ?



These illnesses must be treated at the same time as you treat the skin problem.

Special Notes

Ulcers and skin lesions, or boils, should be bathed as shown on page 25. Bathing with soap helps to clean the skin, draw out, and heal boils and ulcers, as well as killing the bacteria which thrive under the scabs.

Skin infections like ringworm and white fungus take a long time to cure. When you bathe, use clean water and add some drops of vinegar or lime juice. This acidity is very effective against ringworm and fungus. Therefore, use less soap when you bathe.

For other skin irritations → check :

do you have Worms ?
do you have Asthma ?



If you have any of these problems, they must be treated immediately!

Itching

- * Chronic recurring ulcers and boils
- Reduced lesion-sensitivity
- Possible fever

Treatment

Indian Pennywort Leaves



Eating a handful of raw well washed Indian Pennywort leaves 3 times a day, as a salad or side-dish, is a helpful treatment for most skin problems.

Creast Leaves



external use only

Pound some Creast leaves to a paste and use as a compress to soothe itching and inflamed skin.

Soft Leaf Cone Flower



external use only

Use Soft Leaf Cone Flower leaves instead of soap when you bathe, to help reduce skin irritation and itching.



Itching

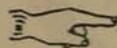
Tumeric



external use only

Pound together 1 finger of Tumeric and a little Powdered Lime. Make a paste with a little added fresh lime juice. Use as a compress for itching and ulcers.

Rub Tumeric leaves with a little coconut oil, then heat over a flame. When cool, apply to ulcers.



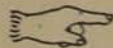
Itching

Betel Leaves



external use only

Carefully wash 5 Betel leaves and then pound to a paste. Apply 1-2 times a day directly to, and around, boils. Cover with a bandage or plaster.



ulcers

Chinese Keys



external use only

Pound 1 finger of Chinese Keys root with 1/2 leaf and a little pulosari. Add enough boiled water to make a paste. Use as a compress for ringworm.



boils

Greater Galangal

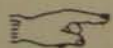


external use only

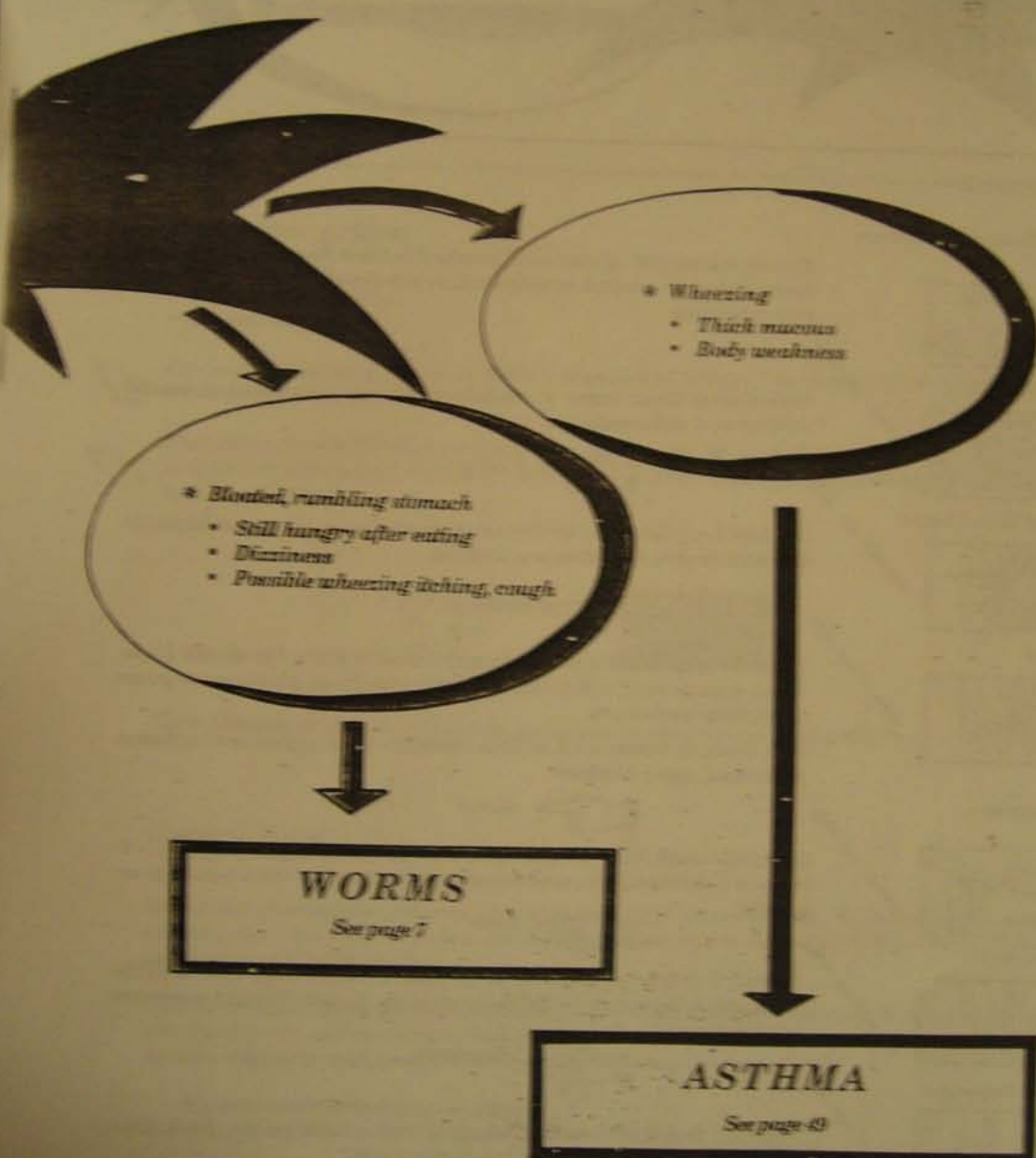
Pound 1 finger of Greater Galangal with a little garlic, fresh lime juice or vinegar. Apply this paste to ringworm. Pound 1 finger of Greater Galangal with a little salt. Apply this paste to white skin fungus (Tinea Versicolor), and let it dry in direct sunlight.



ringworm



white skin fungus

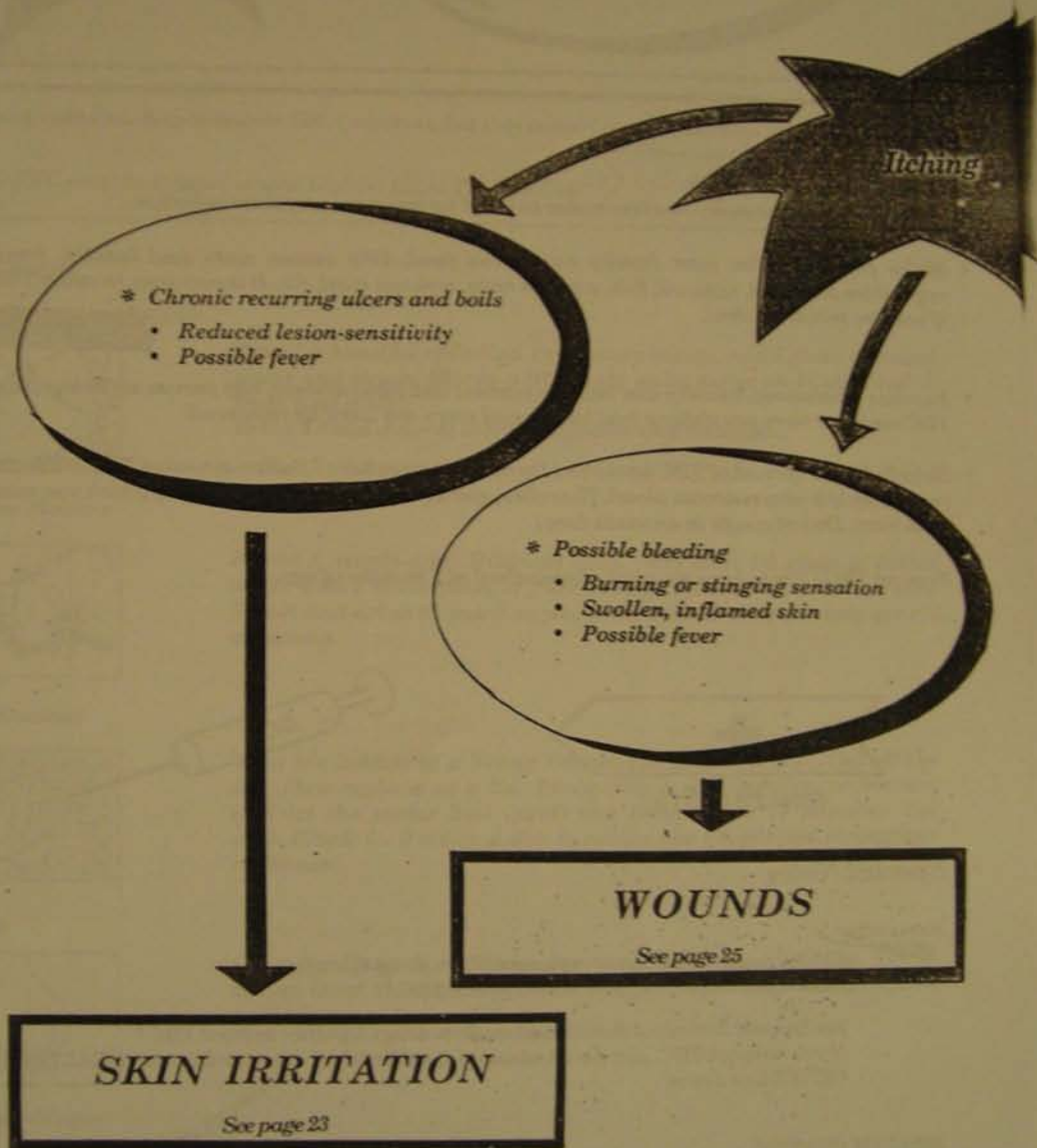


- * Bloating, rumbling stomach
- * Still hungry after eating
- * Dizziness
- * Possible wheezing, itching, cough

WORMS
See page 7

- * Wheezing
- * Thick mucus
- * Body weakness

ASTHMA
See page 49

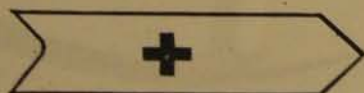




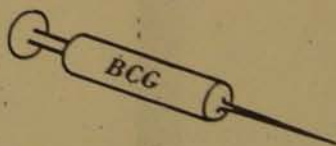
T B C

Preventive Action

- Drink Indian Pennywort "tea" every day to build up resistance against infection.
- Make sure you give your family nutritious food, like beans, nuts and lentils, fresh vegetables and fruit, eggs, oil, fish, soybean cake, soybean curd, etc. It is very easy to catch TBC if you are malnourished.
- Because a balanced, healthy diet helps to prevent and fight disease, any person suffering from TBC must eat more nourishing food than usual every day until he recovered.
- Help fight the spread of TBC bacteria ! Do not spit anywhere ! Saliva contains TBC bacteria, especially if it also contains blood. Therefore, spit into an old tin, for example, which you must then burn. Do not cough in anyone's face !
- Prevent TBC : Try to have your baby immunised at 3 months of age.



HEALTH CENTRE.



Special Notes

Remember

Herbal medicines cannot replace modern drug-therapy.
But they do help to support recovery from TBC.

you can use herbal medicines and modern drugs together to treat TBC!
If you suspect TBC, ask for treatment immediately from your District HEALTH CENTRE or Local

HEALTH CENTRE



TEAHPH POSH



Cough

- * Chronic cough
 - Loss of body weight
 - Sweating in the morning
 - Possible blood coughing and or wheezing

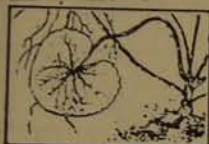
These treatments help to reduce TBC symptoms, but they cannot cure the disease.

TBC must be treated at your District HEALTH CENTRE



Treatment

Indian Pennywort Leaves



Pound a handful of Indian Pennywort leaves, add 1 glass of boiled water and strain. Stir in a little salt, palm sugar and tamarind or fresh lime juice.

Drink 3 times a day to increase appetite and resistance.

Hibiscus Flowers



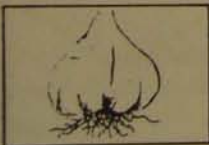
Pound 3 nearly-open Hibiscus buds. Mix with 1/2 glass of boiled water and 1 tablespoon of pure honey. Squeeze out all the juice. Strain and drink as much as you wish, 3 times a day, to help get rid of mucous.

Young Coconut



Trim the bottom of a Young Coconut so that it is flat. Cut off the top, then replace as a lid. Place over a cooking fire, or burner, and let the water boil inside the coconut for 15 minutes. Let cool. Drink 1 - 2 times a day to soothe the cough and strengthen resistance.

Garlic



Chew 2 - 4 pieces of Garlic very well before swallowing. Try to eat at least this amount each day to help build strength and resistance.

Aromatic Ginger



Wash a handful of Aromatic Ginger root, cut into small pieces and boil in 5 glasses of water until 1/2 remains. When cool, strain and drink 3/4 glass, 2 times a day to strengthen the blood.

especially for anaemia



COUGHS AND COLDS

Preventive Action

Lesser Galangal



Pound 1/2 finger of Lesser Galangal. Grind a small handful of rice into a powder, or paste, and mix with the Lesser Galangal. Add 1 glass of boiled water. Strain and add honey or palm sugar, a little fresh lime juice, and a pinch of salt. Drink 1 glass every morning.

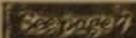
Indian Pennywort Leaves



Pound a handful of Indian Pennywort leaves to a paste. Add 2 glasses of boiled water. Strain and add a little pure honey and fresh lime juice. Drink as often as required, each day.

As a basic preventive, pay attention to what you eat. Try and prepare nutritious food each day, e.g. fresh vegetables, beans, nuts and lentils, fresh fruit, etc.

If you see signs of worms, especially in children, treat immediately.



Special Notes

Coughs and colds which are not treated can lead to dangerous diseases, like :

- TBC
- Bronchitis
- Pneumonia

Coughs and colds are easily caught and easily spread !

If : you do not prepare enough nutritious food for yourself and your family, especially your children for good protection against infections !

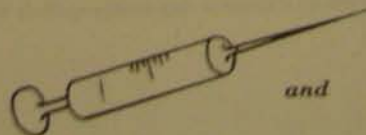
That's why :



As mothers, you must participate in the weighing programmes for your Underfives, and request their immunisation against BCG, Polio, DPT and Measles.

at your local

HEALTH POST



and



Cough

- Headache and aching bones
- A cold
- Wheezing
- Possible fever

Treatment

Indian Pennywort Leaves



Boil a handful of Indian Pennywort leaves in 6 glasses of water until 1/2 remains. Add a little palm sugar. Drink 1 - 2 glasses, 3 times a day.

Betel Leaves



Boil 15 Betel leaves in 6 glasses of water until 1/2 remains. Add a candlenut-sized piece of palm sugar. Strain when cool. Drink 1 glass, 3 times a day.

Ginger



Pound 1/2 finger of Ginger and boil in 2 glasses of water for about 1/2 hour. Drink 1 glass, 2 - 3 times a day as treatment for coughs and fever.

Lesser Galangal



Peel 1/2 finger of well-washed Lesser Galangal. Chew with a little salt until thoroughly crushed, then swallow, 3 times a day.

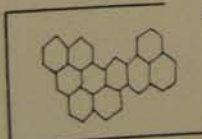
Kalanchoe Leaves



external use only

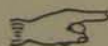
Pound some Kalanchoe leaves to a paste. Apply to the chest to reduce a cough and chest-pain.

Pure Honey



for babies and children.

Pure Honey is an excellent cough medicine, especially for babies and children. Give 1 - 3 tablespoons a day. If you mix honey into any drink only use warm water. Hot water destroys the medicinal value of the honey.



Treatment for →

FEVER

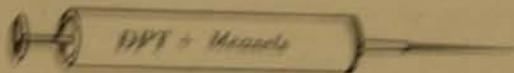
turn to page 31.



BRONCHITIS

Preventive Action

- Make sure you sleep in night clothes that are dry and sufficiently warm. This is especially important for babies and the elderly.
- Do not use night clothes made from synthetic fibres. An ordinary covering and cotton shirt will help to reduce night sweating.
- Have your children immunised, preferably when they are between 8 - 14 months of age, especially against DPT and Measles, at your local



15/01/1988

Why? See below!

Also ask for full information about immunisation from the Community Health Worker at your local

Remember: A nutritious diet is the most basic medicine to help you prevent and overcome illness.

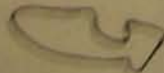
For example: beans, fresh vegetables and fruit, eggs, soybean curd, soybean cake, etc. should be eaten every day! Never forget - a little is better than nothing at all!

Special Notes

Bronchitis is an infection spread by coughing. People who are weak, or malnourished, are easily infected.

- Bronchitis with fever can cause death.
- People suffering from Bronchitis can develop TBC more easily.
- Children suffering from Measles or Whooping Cough can develop Bronchitis, which can cause death.

Therefore:



Prevent them through immunisation

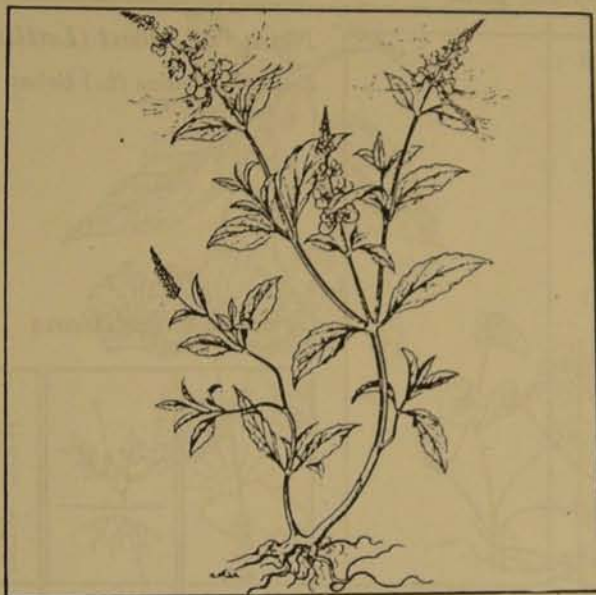
Bronchitis with fever must be treated immediately at your District HEALTH CENTRE.



JAVA TEA

Local Names

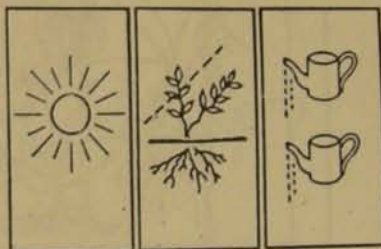
- Sumatra : Kumiskucing
 Jawa : Kumiskucing, remuk jung
 Madura : Sengkot koceng, sesalaseyam



Name of Plant (Latin)

Orthosiphon stamineus Benth.

Growth Conditions



Indication

Part of Plant & Effect

Urination

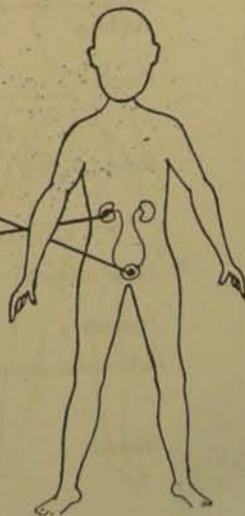
leaves

→ diuretic

Kidneys

leaves

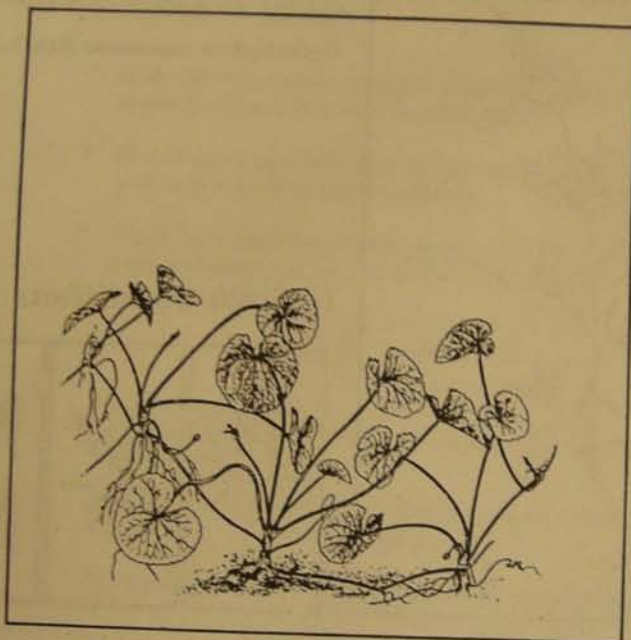
→ dissolves kidney stones



INDIAN PENNYWORT

Local Names

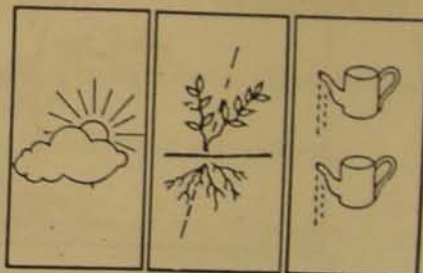
Sumatra	: kaki kuda
Java	: kaki kuda, pegagan, antanan gede, gagan-gagan, gang-gagan, kerok batok, panegowang, rendeng, calingan rambat, kos tekosan
Sulawesi	: pagaga, tungke-tungke
Bali	: papaiduh, pepiduh, piduh



Name of Plant (Latin)

Centella Asiatica (L.) Urban

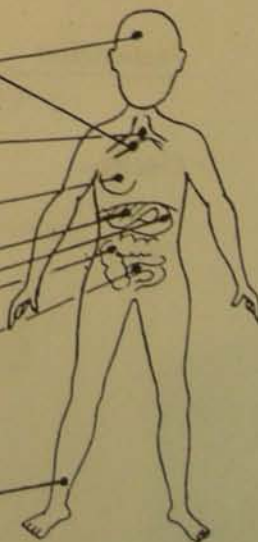
Growth Conditions



Indication

Part of Plant & Effect

Asthma	leaves	→ sedative
Cough	leaves	→ expectorant
Breast feeding	leaves	→ induces milk flow
Malnutrition	leaves	→ tonic, increases appetite
Upset stomach	leaves	→ anti-bacterial
Dysentery	leaves	→ controls dysentery
Inflamed appendix	leaves	→ blood-cleanser
		→ anti-bacterial
Wounds	leaves	→ stops bleeding



HIBISCUS

Local Names

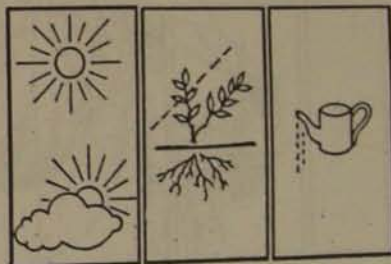
Sumatra	: Bungong raja, bunga-banga, soma-soma, bunga raja, kembang sepatu
Jawa	: Uribang, kembang wera, wora-wari, bunga rebhang, mandhaleka
Nusatenggara	: Pucung, waribang
Sulawesi	: Amburanga, embuhanga, kuyanga, ulango, bunga bisu
Maluku	: Letaw, kua-kua



Name of Plant (Latin)

Hibiscus rosa - sinensis

Growth Conditions



Indication

Fever

Coughs

Boils,
Ulcers

Childbirth

Part of Plant & Effect

leaves and flowers

→ reduces fever

leaves and flowers

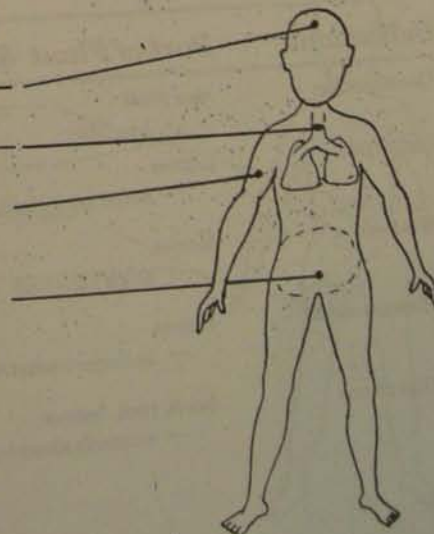
→ expectorant

leaves and flowers

→ drawing agent

sap

→ eases delivery



GUAVA

Local Names

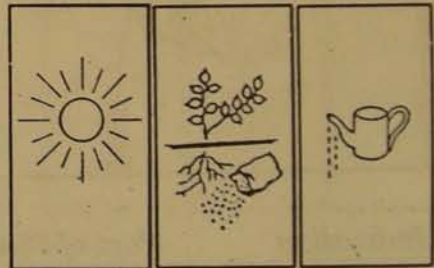
- Sumatra : Glima breueh, glimen beru, galiman, masiambu, biawas, jambu biaoas, jambu biji
 Jawa : Jambu klutuk, bayawas, jambu krutuk, petokal, jambhu bhender
 Nusatenggara : Kojabas, guawa, sotong
 Maluku : Kajowase
 Sulawesi : Bayuwas
 Kalimantan : Libu, nyibu



Name of Plant (Latin)

Psidium guajava L

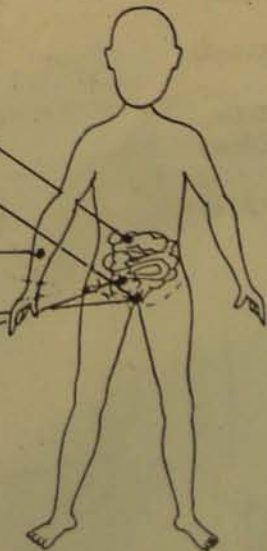
Growth Conditions



Indications

Part of Plant & Effect

- | | |
|--------------|--|
| Constipation | ripe fruit
→ laxative |
| Childbirth | leaves
→ helps post-delivery |
| Wounds | leaves
→ stops bleeding |
| Menstruation | leaves
→ induces menstruation |
| Diarrhoea | bark, root, leaves
→ controls diarrhoea |



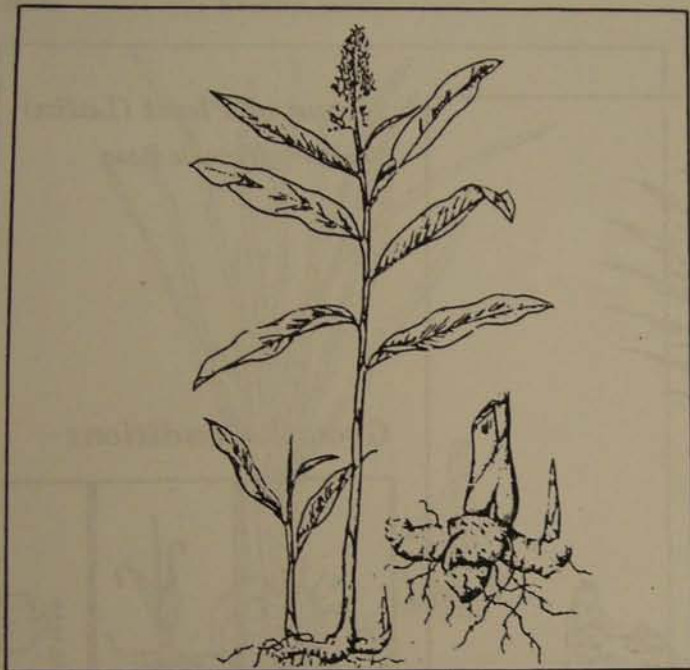
GREATER GALANGEL

Local Names

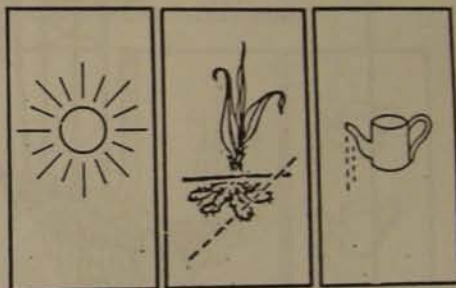
- Sumatra : Lengkuueh, lengkueus, kelawas, lengkuwas, lengkuweh, lawas
 Jawa : Laja, laos
 Kalimantan : Langkuwas
 Sulawesi : Lingkuwas, ringkuwas, lingkoboto, laja, langkuwasa, aliku
 Nusatenggara : Isen, kalawasan, laja, lahwas, laos

Name of Plant (Latin)

Languas galanga L.



Growth Conditions



Indication Part of Plant & Effect

Upset stomach

root

→ aids digestion

→ anti-toxic

→ blood-cleanser

White skin fungus

root

→ kills fungus (*Tinea Versicolor*)

Ringworm

root

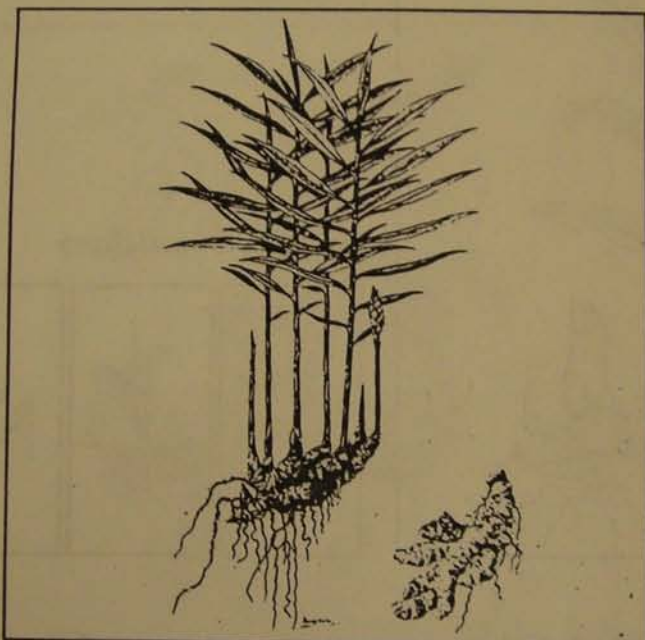
→ kills fungus



GINGER

Local Names

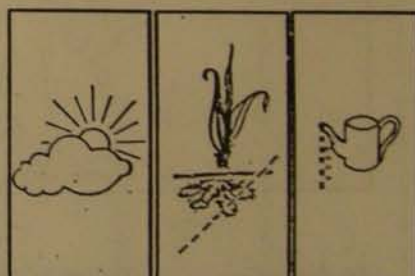
Jawa	: Jahe, jae, jhai
Sumatra	: Halia, beuing, bahing, pege, sipode, lahia, sipadeh, sipodah, jahi
Kalimanan	: Halia, peds, pemedas
Bali	: Jae, isen
Madura	: Jhai
Sulawesi	: Luya
Maluku	: Hairalo



Name of Plant (Latin)

Zingiber officinale Rosc.

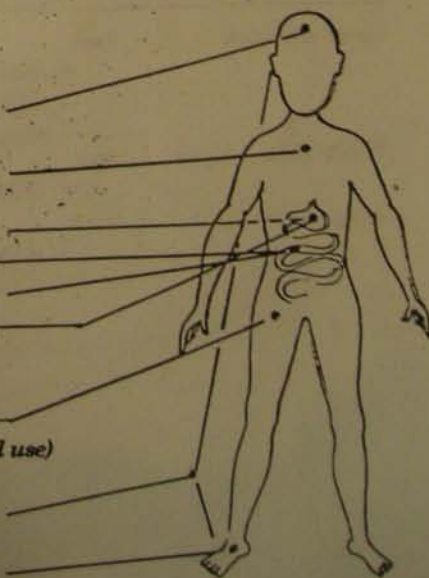
Growth Conditions



Indication

Part of Plant & Effect

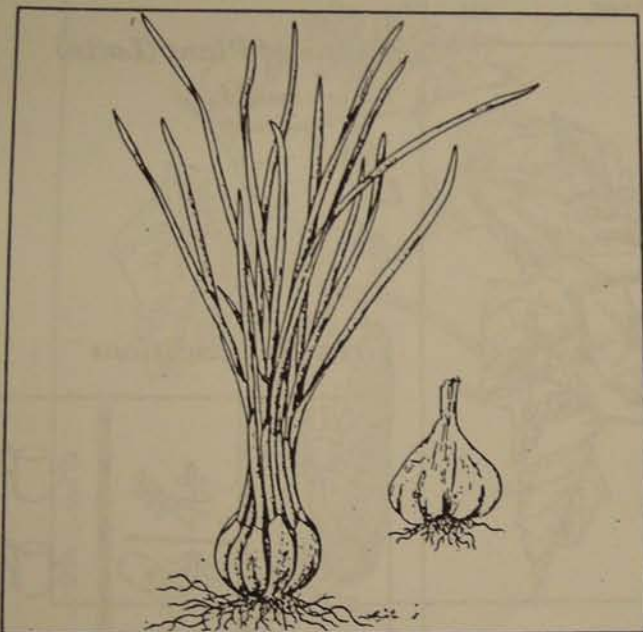
Fever	root	→ reduces fever
Cough	root	→ expectorant
Upset stomach	root	→ controls nausea → clears flatulence → strengthens digestive system → increases appetite
Rheumatism	root	→ anti-toxic → helps reduce pain (for external use)
Mosquito repellent	root	→ prevents malaria
Snake bite	root	→ anti-toxic



GARLIC

Local Names

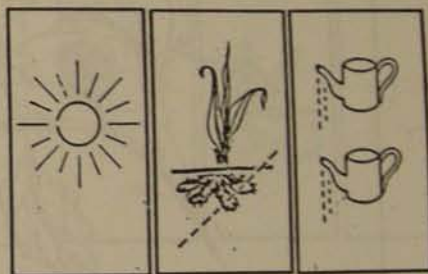
- Sumatra : Lasum, bawang mental, lasuna, palasuna, bawang hong, bawang putih, bawang hendak
 Jawa : Bawang bodas, bawang putih, bawang, bhabang putih
 Kalimantan : Bawang basihong, uduh bawang, bawang putih, bawang pulak
 Nusatenggara : Kesuna, langsuna, lesune, n'cuma, lansuma mawira laisoma, maboteik
 Bali : Kesuna, suna.



Name of Plant (Latin)

Allium sativum L.

Growth Conditions



Indication

Part of Plant & Effect

Asthma,
Cough

bulb
→ expectorant

High blood
pressure

bulb
→ reduces high
blood pressure

Upset stomach

bulb
→ anti-toxic
→ blood-cleanser
→ clears flatulence

Worms

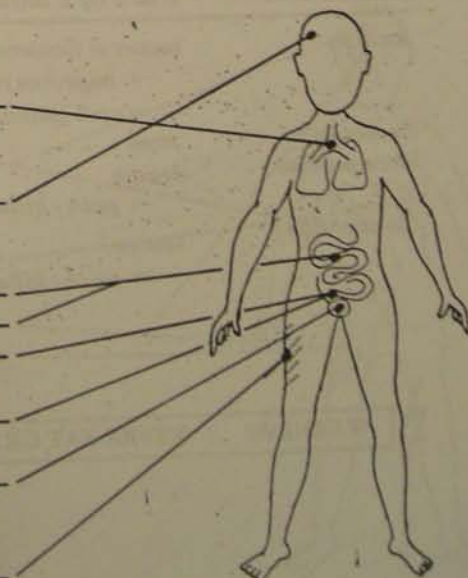
bulb
→ kills and expels worms

Urination

bulb
→ diuretic

Insects

bulb
→ repels insects



DATURA

Local Names

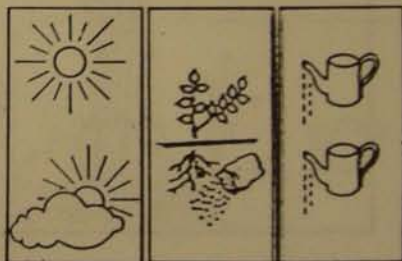
Sumatra	: Toru mabo, kecubung, kucubu, kecubueng
Java	: Kecubung, kacubung, kacobhung, cobhung
Bali	: Kecubung
Sulawesi	: Korantungan, tahuntungan
Maluku	: Lablabis
Madura	: Kacobhung, cobhung



Name of Plant (Latin)

Datura metel L.

Growth Conditions



Indication

Asthma

Backache

Rheumatism

Constipation

Part of Plant & Effect

leaves & flowers

→ improves respiration

→ anti-spasmodic

stem

leaves

→ pain-killer

leaves

→ pain-killer



WARNING : NEVER EAT OR DRINK DATURA !

CUCUMBER

Local Names

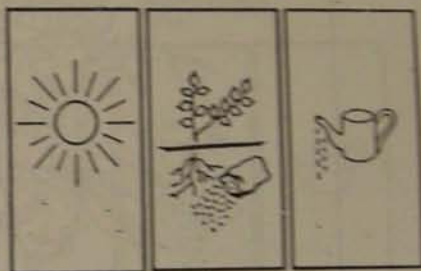
- Sumatra : Kimuni, timon, temon, ancimun, cimen, ansimun, acimun, melike, laiseu
 Jawa : Bonteng, katimun, timun, temon, antemon, boyuk
 Kalimantan : Entimun, ketimun, mentimun, betiak, betik, hantimun lempang
 Nusatenggara : Katimun, ketimun, antimun, timun, dimu, timu, kadingir



Name of Plant (Latin)

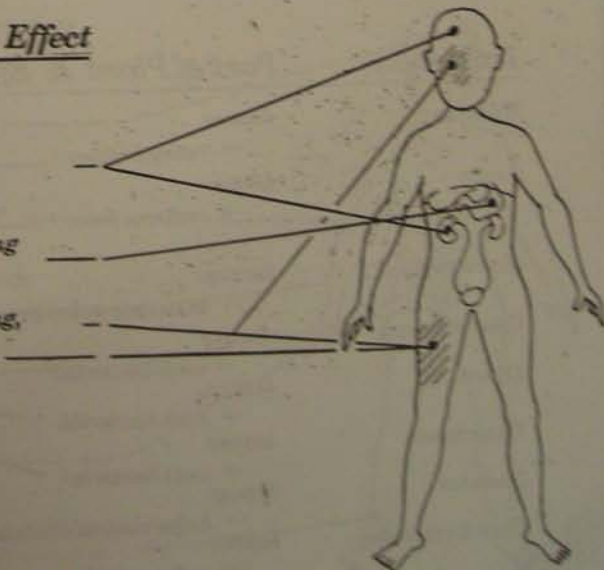
Cucumis sativus L.

Growth Conditions



Indication Part of Plant & Effect

- | | |
|---------------------|---|
| High blood pressure | fruit / juice
→ diuretic |
| Poisoning | leaves
→ induces vomiting |
| Skin irritations | fruit / juice
→ reduces itching,
→ heals skin |



CREAT

Local Names

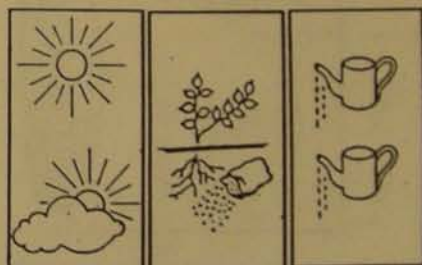
Sumatra : Pepaitan
 Jawa : Ki orai, Ki peurat, takilo, bidara, sadilata, sambilata, takila



Name of Plant (Latin)

Andrographis paniculata

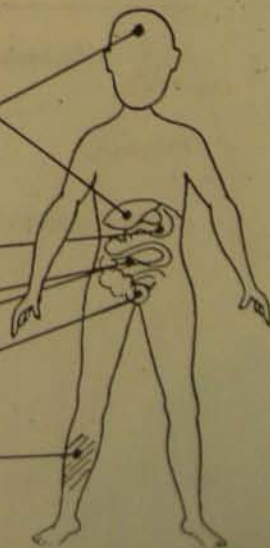
Growth Conditions



Indication

Part of Plant & Effect

Malaria	leaves → reduces fever
Fever	leaves → reduces fever
Malnutrition	leaves → increases appetite
Upset stomach	leaves → anti-bacterial
Dysentery	leaves → anti-bacterial
Diarrhoea	leaves → anti-bacterial
Diabetes	leaves → helps control diabetes
Skin irritations	leaves → reduces inflammation and itching



COCONUT

Local Names

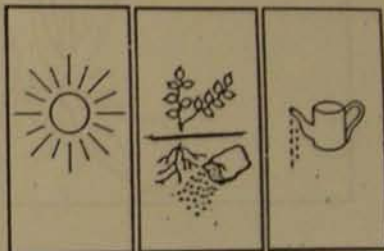
- Sumatra : Bak-u, krambil, tuwalah, hau ni harambir, aeambir, kelapa, harambie, nyiui
 Jawa : Kelapa, krambil, enyor, nyenyor, nyenyong
 Nusatenggara : Niu, niuh, nyir, nio
 Kalimantan : enyu, nyoh
 Sulawesi : Bango, tokhulu, bongo, kaluku, anyoro



Name of Plant (Latin)

Cocos nucifera L.

Growth Conditions



Indication

Part of plant & Effect

Fever

root

→ reduces fever

Malnutrition

flesh of nut

→ increases appetite

Diarrhoea

water

→ replaces body fluids
and minerals

Urination

root

→ diuretic

Upset stomach

root

→ anti-toxic

Wounds

flesh of nut

→ anti-toxic



CHINESE KEYS

Local Names

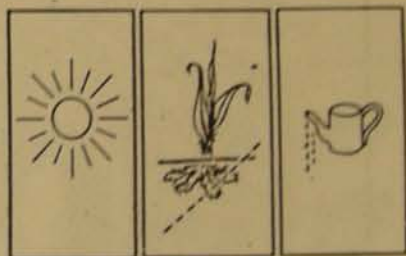
- Sumatra : Temu kunci, tamu kunci
 Jawa : temu kunci, kunci, temo kuncce, koncih
 Sulawesi : tamu konci, temu konci
 Nusatenggara : temu konci



Name of Plant (Latin)

Boesenbergia pandurata Roxb.

Growth Conditions



Indication Part of Plant & Effect

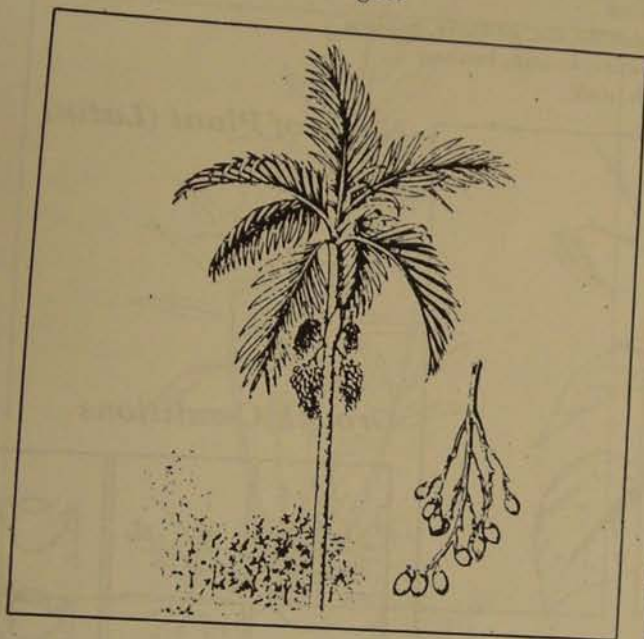
Indication	Part of Plant & Effect
Cough	root → expectorant
Malnutrition	root → increases appetite
Worms	root and leaves → expels worms
Upset stomach	root and leaves → clears flatulence
Urination	root and leaves → diuretic
Skin irritation	root and leaves → stops itching
Ringworm	root and leaves → kills fungus



BETEL NUT

Local Names

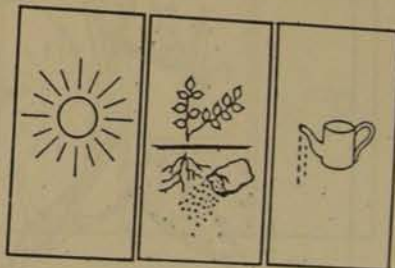
- Sumatra : Pineng, pineung, pinang, batang mayang, batang pinang, batang bengkah, pining, boni
 Jawa : Jambe, penang, wohan
 Kalimantan : Gahat, gehat, kahat, taan, pinang
 Nusatenggara : Buah jambe, bua, winu, pua, wenji, keu, ua, ehu, wua, tilade, glok
 Sulawesi : Luhuto, luguto



Name of Plant (Latin)

Arceca catechu L.

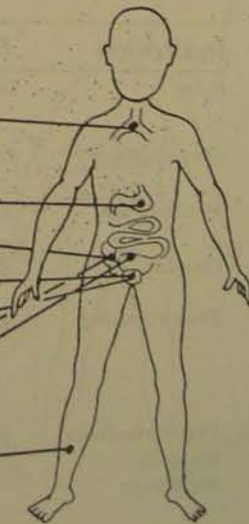
Growth Conditions



Indication

Part of Plant & Effect

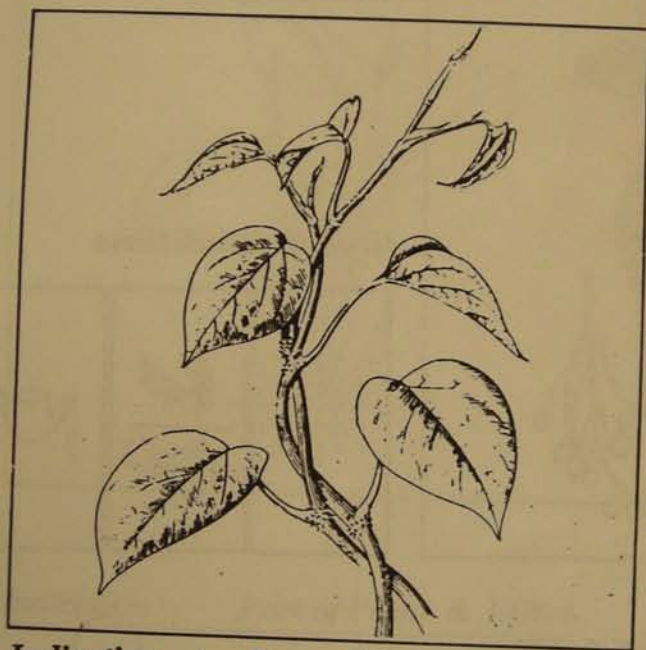
- | | | |
|--------------|-------------|-----------------------------|
| Cough | nut | |
| | | → expectorant |
| Malnutrition | nut | |
| | | → increases appetite |
| Diarrhoea | nut | |
| | | → controls diarrhoea |
| Menstruation | nut | |
| | | → induces menstruation |
| Urination | skin of nut | |
| | | → diuretic |
| Constipation | skin of nut | |
| | | → laxative |
| Worms | nut | |
| | | → kills most kinds of worms |
| Wounds | nut, leaves | |
| | | → antiseptic |



BETEL LEAF

Local Names

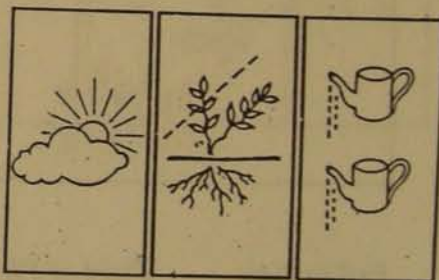
- Sumatra : Ranub, belo, demban, burangir, ibun, serasa, seweh, sihe
sirie, cambai
- Jawa : Seuhreuh, sedah, suruh, sere
- Kalimantan : Uwit, leut, buyu, ayap, uro sepa, dawai, udah, sipa, laur, kakam,
ban, luat, rawut, sirih
- Sulawesi : Kondama, balas, dontile, biu, ganjeng, gapuru
- Nusatenggara : Base, sedah, leko, kuta, kowak, kenana
- Bali : Base, sedah, suruh, sirih



Name of Plant (Latin)

Piper betle L

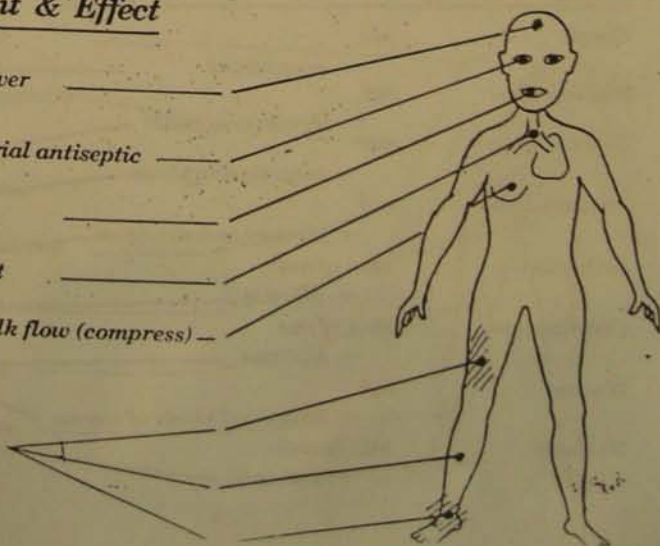
Growth Conditions



Indication

Part of Plant & Effect

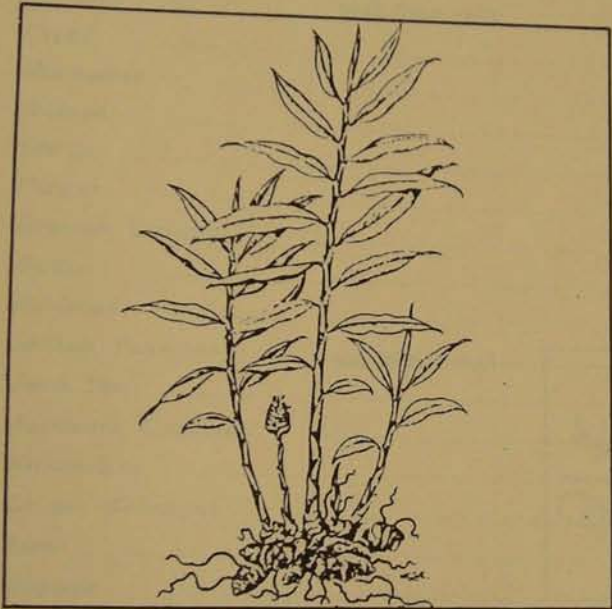
- Fever : leaves
→ reduces fever
- Eye infections : leaves
→ anti-bacterial antiseptic
- Mouth ulcers : leaves
→ antiseptic
- Coughs : leaves
→ expectorant
- Breast feeding : leaves
→ reduces milk flow (compress)
- Skin irritations : leaves
→ antiseptic
- Wounds
- Swellings



AROMATIC GINGER

Local Names

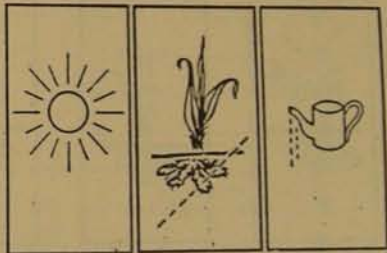
Jawa : Lempuyang wangi, lempuyang ruum, lampuyang wangi, lempuyang prit, lempuyang rum, lampoyang room, lampoyang nase



Name of Plant (Latin)

Zingiber aromaticum Val.

Growth Conditions



Indication

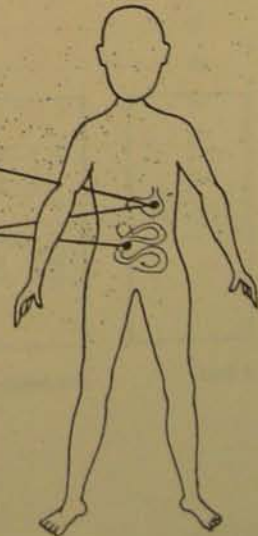
Part of Plant & Effect

Anaemia

root
→ increases appetite

Upset stomach

root
→ blood-cleanser



SYMBOLS FOR GROWING MEDICINAL PLANTS



moderate



a lot

How much light



Cutting



root



seeds

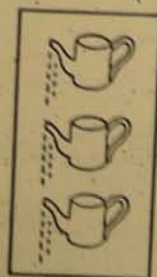
How to cultivate



A little



moderate



a lot

How much water

Chapter II

List of Medicinal Plants

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A S T H M A

Preventive Action

Avoid anything which may cause an allergic reaction and bring on an asthma attack e.g. : animal proteins like milk, eggs, prawns, fish, meat etc. :

- Try to pinpoint what food is causing the reaction. Do not eat it again !
- Chemicals like insecticide sprays may cause, or aggravate, asthma. Always cover your mouth and nose with a wet cloth to protect your lungs and respiratory system while using them.

Special Notes

Asthma is often caused by an allergic reaction. Many foods are unsuitable for asthma sufferers.

But remember :

- Foods which must not be eaten has to be replaced by non - allergy causing, nutritious foods, such as fresh vegetables, bean, lentils, soybean cake, soybean curd etc.
- If this is not done, the asthma patient may also develop malnutrition, especially children !

Asthma patients are often afraid to breathe during an attack. The more afraid they become, the more difficult it is for them to breathe. Get the patient to sit in a relaxed position. Breathe in slowly and deeply until the lungs are completely filled. Breathe out the same way, very slowly, until the lungs are completely empty.



This breathing method can help overcome a moderate asthma attack.

If the attack cannot be controlled, e.g. if the face becomes pale, if the lips turn blue, or there is profuse sweating and the patient's fear in creases you must take him immediately to your District HEALTH CENTRE.

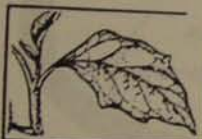


Wheezing

- * Rasping breath
- Thick mucous
- Physical weakness
- Possible skin irritation (e.g. itching)

Treatment

Datura



to be smoked

Finely chop some Datura leaves and dry them in the sun. Crush, roll into a cigarette and smoke as you would an ordinary cigarette.

WARNING : Datura can be poisonous. Smoke ONLY ONE CIGARETTE PER ASTHMA ATTACK !

Indian Pennywort Leaves



Pound a handful of Indian Pennywort leaves to a paste. Add 2 glasses of boiled water. Squeeze out all the juice and strain. Add a little roasted, crushed garlic, salt and fresh lime juice. Drink 3 times a day, before meals, as a sedative.

Purple Ginger Root



Boil a small piece of Purple Ginger root in 6 glasses of water until 1/2 remains. Strain and drink 2 - 3 glasses during an asthma attack.

Lesser Galangal



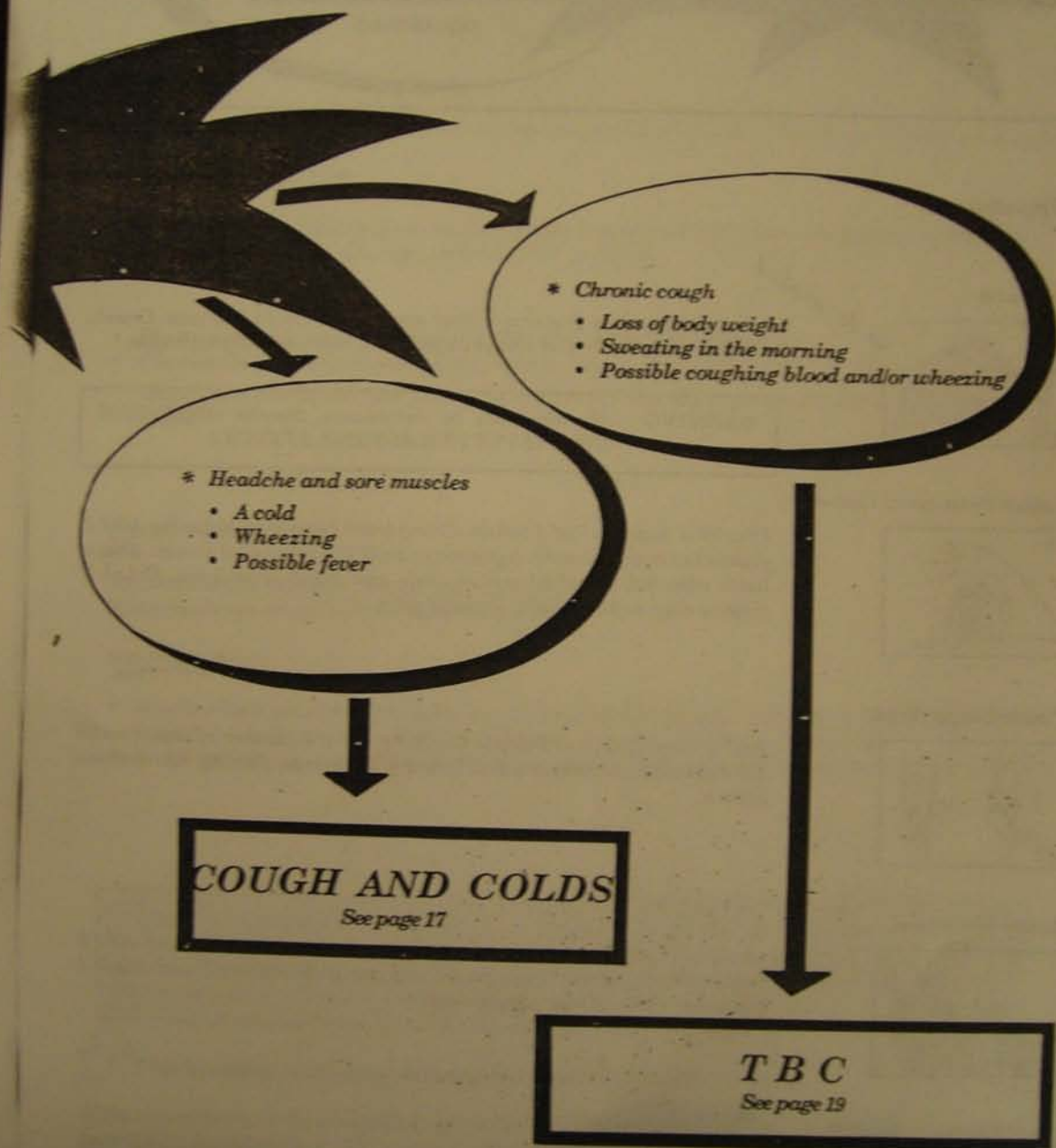
Grate 1 finger of Lesser Galangal. Squeeze out all the juice. Add 2 tablespoons of pure honey and 1 raw egg yolk. Mix well and drink 1 glass every day, as an expectorant.

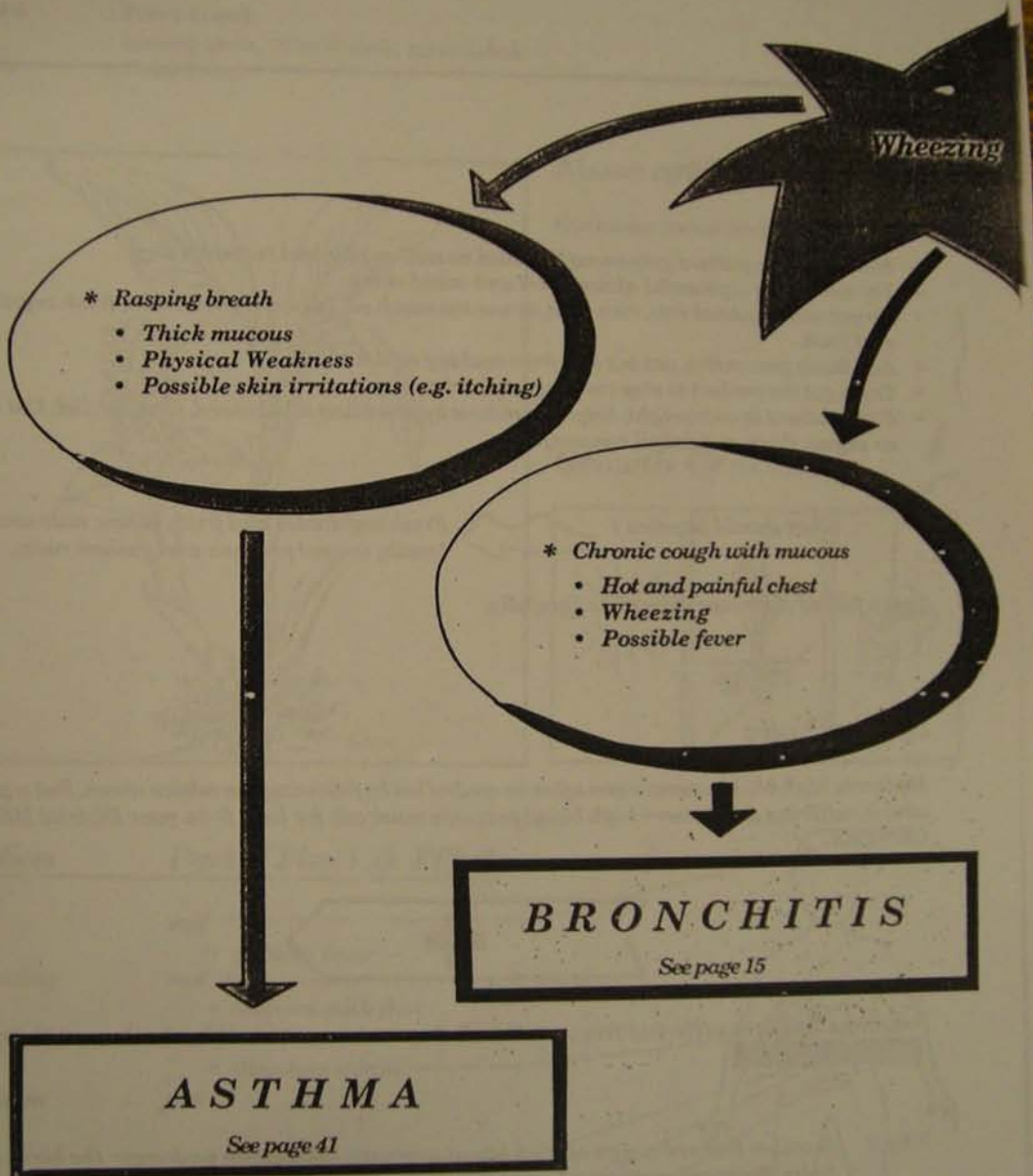
Betel Leaves



external use only

Pound 7 Betel leaves with 1 teaspoon of white pepper powder. Mix with a little pure Cajuput oil to form an ointment for the chest and neck.







HIGH BLOOD PRESSURE

Preventive Action

- Make sure the patient gets enough mental as well as physical rest each day.
- Try and make a peaceful atmosphere and avoid stress.
- Do not serve animal fats, rich food, or use too much oil. Instead, serve lots of fresh vegetables and fruit.
- As a basic preventive, cut out salt from cooking and food.
- Try to get the patient to stop smoking, or cut down.
- If the patient is overweight, help him reduce by providing a balanced, healthy diet. Cut down on sugar, flour and fat/oil consumption.

What should be eaten ?



Fresh vegetables and fruit, beans, nuts and lentils, (except peanuts and cashew nuts).

Try to follow the above directions carefully.

Special Notes

Moderate high blood pressure can often be controlled by following the advice above. But a patient who is suffering from severe high blood pressure must ask for help from your District HEALTH CENTRE.



Pregnant mothers suffering from swollen feet must have a monthly checkup at their local

Health Centre.

Why ? Swollen feet are a sign of high blood pressure, which can endanger the birth of the baby. Pregnant mothers who are regularly checked by a midwife can be treated.

See Page 11.

JAVANESE CURCUMA

Local Names

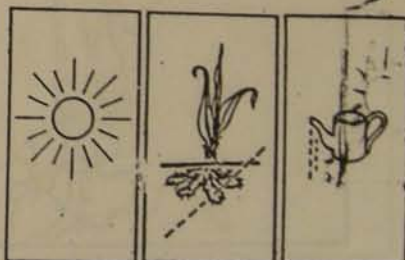
Sumatra	: Temu lawak
Jawa	: Koneng gede, temu lawak, temo labak
Madura	: Temo labak



Name of Plant (Latin)

Curcuma xanthorrhiza Roxb.

Growth Conditions



Indication

Part of Plant & Effect

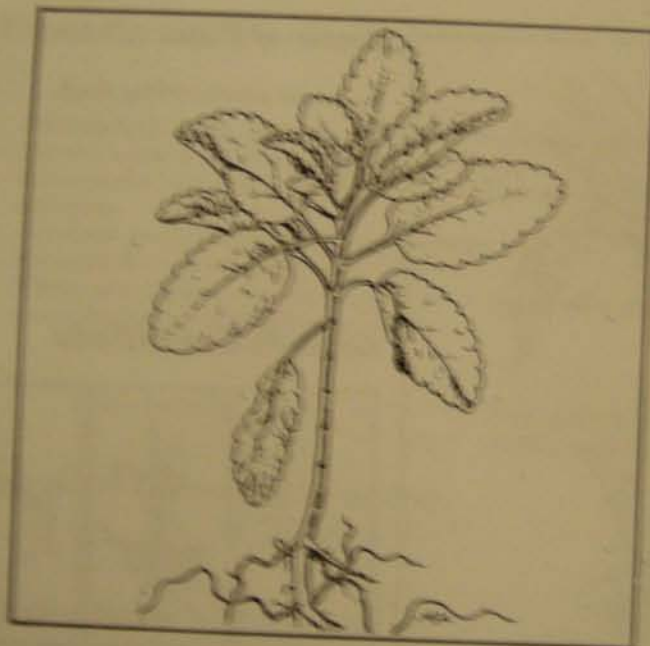
Fever	root	→ reduces fever
Breast feeding	root	→ induces milk flow
Gall-bladder	root	→ dissolves stones
Malnutrition	root	→ increases appetite
Sour stomach	root	→ blood-cleanser
Diarrhoea	root	→ anti-bacterial
Wounds	root	→ antiseptic



KALANCHOE

Local Names

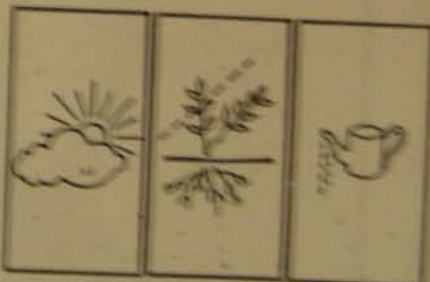
- Sumatra* : Diliagin bouon, daun sejuk, upohari, cakar bebek
Jawa : Buniro, jumpe, jakut kawasa, tura, cakar itik, sara bebek, uras, taju dengan, daun aucar bebek, daun ghomat, jumpe cacar bhidhik, caribeh, cacar stak, tambu daun, kayu temon
Malaya : Cacar bhidhik



Name of Plant (Latin)

Kalanchoe pinnata Pers.

Growth Conditions



Indication

Part of Plant & Effect

Fever

leaves

→ reduces fever

Rheumatic

leaves

→ pain-killer

Coughs

leaves

→ expectorant

→ reduces chest pain

Urination

leaves

→ diuretic

Boils

leaves

→ drawing agent

Swelling

leaves

→ reduces swelling



LESSER GALANGAL

Local Names

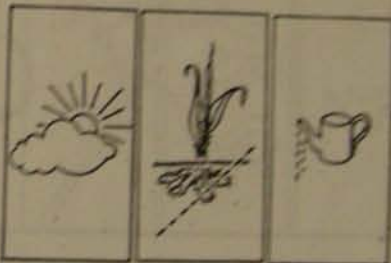
Sumatra	: Ceuko, tekur, kaciwer, cakue, cokur
Jawa	: Kencur, cikur, kencur, kencor, cekor
Sulawesi	: Batako, watan, suhur, humpoto, cakuru, ceku
Nusatenggara	: cekuh, cekur
Maluku	: asaui



Name of Plant (Latin)

Kaempferia galanga

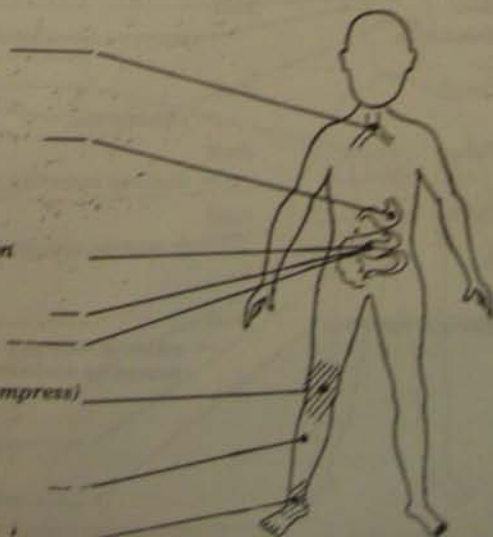
Growth Conditions



Indication

Part of Plant & Effect

Coughs	root → expectorant
Malnutrition	root → increases appetite
Upset stomach	root → anti-toxic → strengthens digestion → clears flatulence → anti-nausea
Swelling	leaves → reduces swelling (compress)
Boils	root → drawing agent
Exhaustion	root



LIME

Local Names

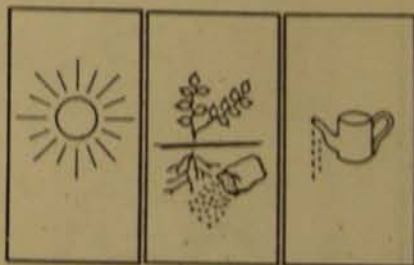
Sumatra	: Kelangsa
Jawa	: Jeruk pecel
Bali	: Lemo, juuk longis
Sulawesi	: Lemo ape
Kalimantan	: Lemau nipis



Name of Plant (Latin)

Citrus aurantifolia

Growth Conditions



Indication

Part of Plant & Effect

Blood circulation	fruit → improves circulation
Cough	fruit → expectorant
Fever	fruit → induces sweating
Colds	fruit → increases resistance to infection
Early pregnancy	fruit → controls nausea (morning sickness)



PAPAYA

Local Names

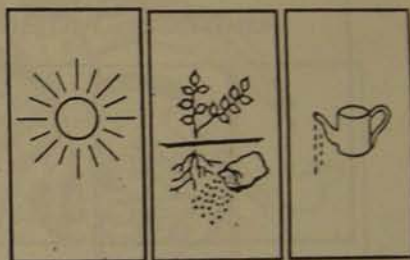
- Sumatra** : ralem paya, botik, betik, kates, kalikih, pancene pisang katuka, kunti kayu
Jawa : gedang, katela gantung, kates, ghedhang
Sulawesi : kopaya, papaya, unti, kaliki riangre
Nusatenggara : gedang, kates, kampaja, kalujawa



Name of Plant (Latin)

Carica papaya L.

Growth Conditions



Indication

Part of Plant & Effect

- | | | |
|--------------------------|---|--------------------------------------|
| Fever | leaves
→ reduces fever | _____ |
| Malaria | leaves
→ preventive | _____ |
| | → and helps cure | _____ |
| Night blindness | leaves
→ preventive (vitamin A) | _____ |
| | Upset stomach | root, fruit
→ strengthens stomach |
| Chronic dysentery | → stimulates digestive enzymes | _____ |
| | fruit
→ anti-amoebic | _____ |
| | → regulates digestive system | _____ |
| Worms | seeds
→ expels worms | _____ |
| Menstruation | seeds, leaves
→ induces menstruation | _____ |

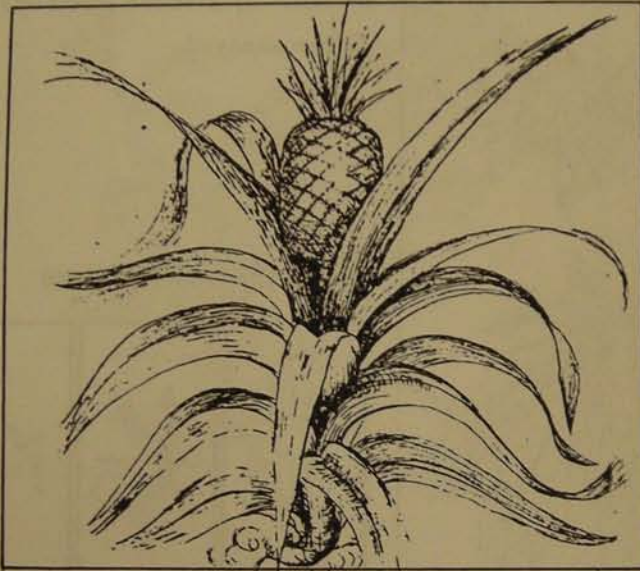


WARNING : SEEDS NOT TO BE EATEN DURING PREGNANCY!

PINEAPPLE

Local Names

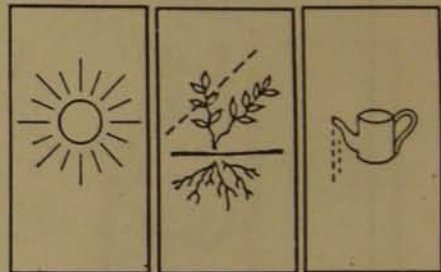
- Sumatera : Ekakauku, anes, nas, henas, kenas, honas, hanas gona, asit, masit, enas, kanas, nanas, naneh, kanyas, nyanyas
- Jawa : Danas, ganas, nanas, lanas
- Kalimantan : Kanas, samblaka, malaka, uro usan, kayu usan, kayu uyan belasan
- Nusatenggara : Manas, nanas, aruna, fanda pandal, panda jawa, nana peda, anana, pedang, parangena, nanasi



Name of Plant (Latin)

Ananas Fructus

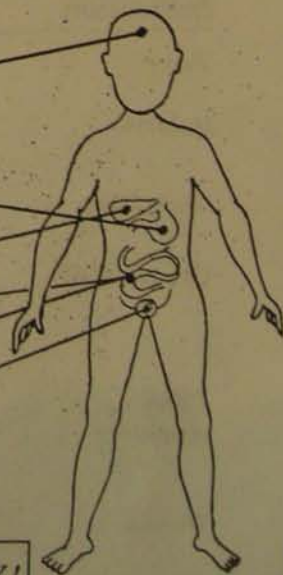
Growth Conditions



Indication

Part of Plant & Effect

- | | |
|----------------------|---|
| Fever | leaves
→ reduces fever |
| Malnutrition | ripe fruit
→ increases appetite |
| Upset stomach | young fruit
→ stimulates digestive enzymes |
| Worms | young fruit
→ expels worms |
| Blood tonic | ripe fruit
→ vitamin therapy |
| Urination | ripe fruit
→ diuretic |

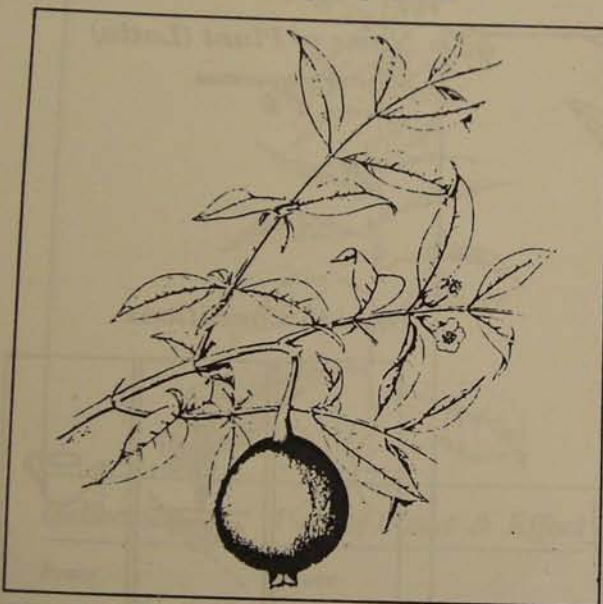


WARNING : DO NOT EAT YOUNG PINEAPPLE DURING PREGNANCY !

POMEGRANATE

Local Names

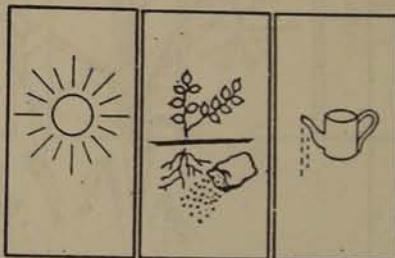
- Sumatera : Glima glimen mekah, dalimo, ende limau
 Jawa : Dlima, gangsalan, dhalima
 Nusatenggara : Jeliman, talima, dila dae lok, lelo kase, rumau
 Maluku : Dilimene
 Madura : Dhalima
 Bali : Delima putih, delima



Name of Plant (Latin)

Punica granatum L.

Growth Conditions



Indication

Part of Plant & Effect

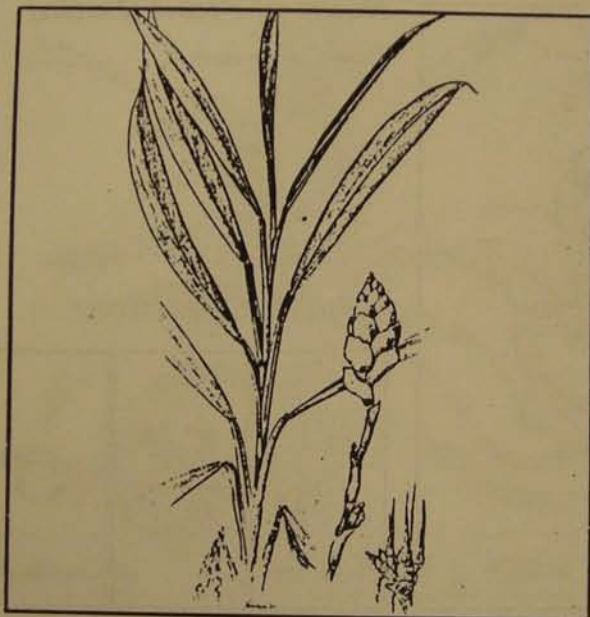
- | | |
|--------------|---|
| Cough | bark, skin of root
→ expectorant |
| Tapeworm | skin of root
→ expels tapeworms |
| Diarrhoea | skin of root, bark,
fruit skin
→ controls diarrhoea |
| Menstruation | leaves
→ induces menstruation |



PURPLE GINGER

Local Names

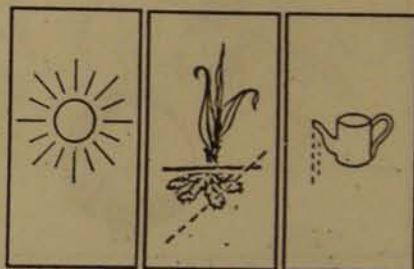
Sumatra	: Mugle, bengle, bungle, baglai, banlai, banglai, kunit bolai, kunyit bolai
Jawa	: Panglai, bengle, pandhyang, bangege
Kalimantan	: Bangalai
Nusatenggara	: Banggulai, bangege, (Bima)
Madura	: Pandhiyang
Sulawesi	: Bangle
Bali	: Bangle, bengle



Name of Plant (Latin)

Zingiber purpureum

Growth Conditions



Indication

Part of Plant & Effect

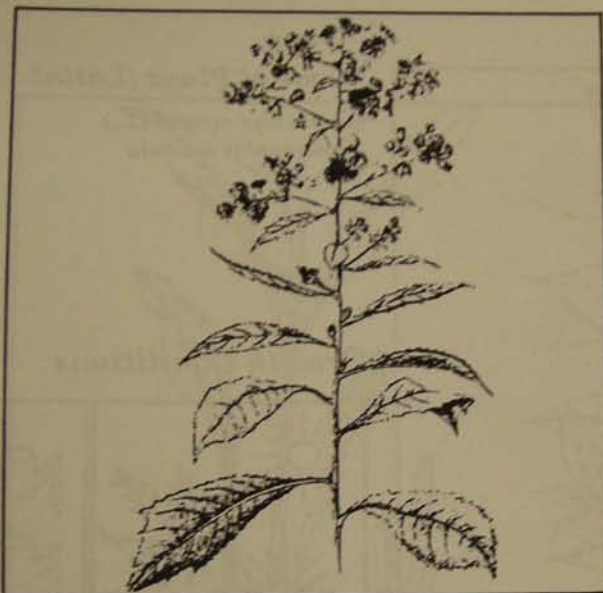
Asthma	root	→ expectorant
Rheumatic fever	root	→ reduces fever and infection
General tonic	leaves	→ increases appetite
Upset stomach	leaves	→ blood-cleanser → clears flatulence



SEMBUNG

Local Names

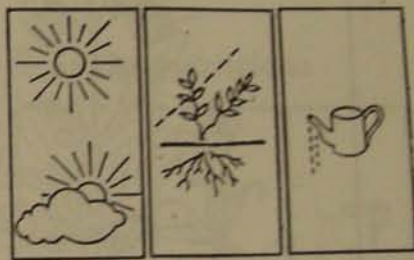
- Jawa : Sembung, sembung utan, sembung gantung, sembung gula, sembung kuwuk, sembung legi, sembung mingsa kamadlin
 Bali : Sembung
 Madura : Kamandhin



Name of Plant (Latin)

Blumea balsamifera L. DC.

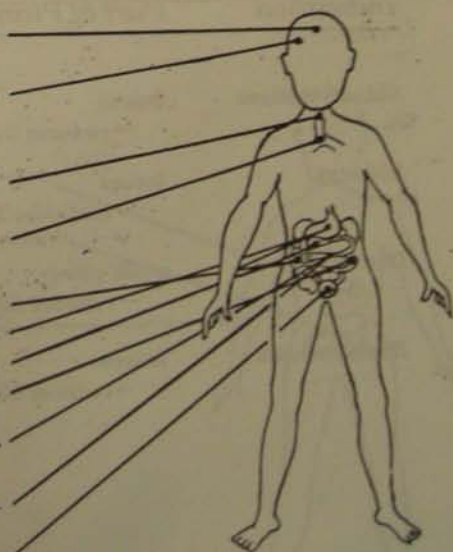
Growth Conditions



Indication

Part of Plant & Effect

- | | | |
|---------------|--|-------|
| Fever | leaves
→ reduces fever | _____ |
| High blood | leaves
→ lowers blood pressure | _____ |
| Coughs | leaves
→ expectorant | _____ |
| Bronchitis | all parts
→ expectorant | _____ |
| Upset stomach | leaves
→ clears flatulence
→ increases appetite
→ strengthens stomach
→ and digestive system | _____ |
| Diarrhoea | young root
→ strengthens
intestines | _____ |
| Diabetes | leaves
helps control
diabetes | _____ |



SOFT LEAF CONE FLOWER

Local Names

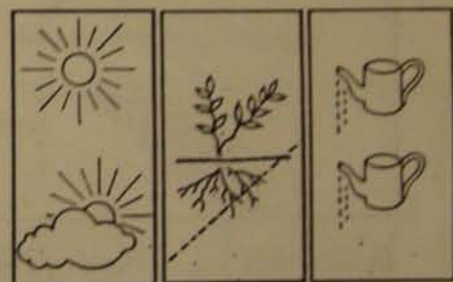
Java : Picah beling, enyoh kelo, kecibeling, daun bulu ayam, kejibeling
otok waliketupa, rendetan, kalkal otek



Name of Plant (Latin)

Sericocalyx crispus (L.)
Hemigraphis colorata

Growth Conditions



Indication Part of Plant & Effect

Skin Irritations

leaves
→ reduces itching

Kidneys

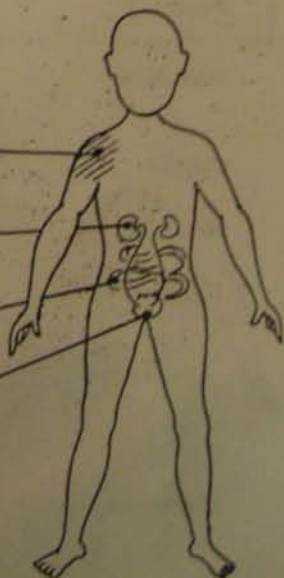
leaves
→ dissolves kidney stones

Diarrhoea

whole plant
→ reduces inflammation

Haemorrhoids

leaves
→ reduces bleeding



TEMUGIRING

Local Names

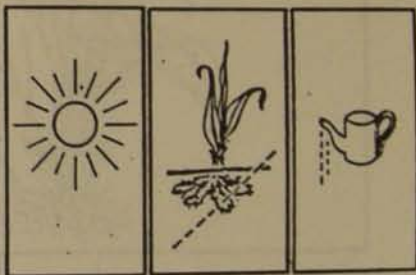
Jawa : Temugiring



Name of Plant (Latin)

Curcuma heyneana
Val. & V. Zijp

Growth Conditions



Indication

Part of Plant & Effect

Upset stomach

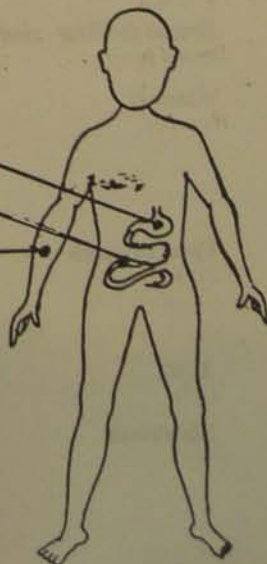
root
→ blood cleanser

Worms

root
→ expels worms

Wounds

root
→ antiseptic



TUMERIC

Local Names

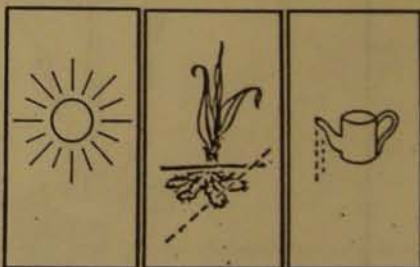
- Sumatra : Kuyet, kuning, hunik, unik, kunyit, kunyir
 Jawa : kunyir koneng, kunir, temu kuning, konyet, temo koneng
 Kalimantan : Henda, kunyit, cahang, dio kalesiau, kunir
 Sulawesi : Kuni, hanu, uinida, kolawak, kuni, alawahu, uni, kunyi, unyi
 Nusatenggara : Kunyi, huni, kunyit



Name of Plant (Latin)

Curcuma domestica Val.

Growth Conditions



Indication Part of Plant & Effect

Breast feeding root

→ increases milk flow

Wounds

root

→ blood-cleanser

→ antiseptic

→ stops bleeding

Upset stomach

root

→ clears flatulence

→ blood-cleanser

→ increases appetite

Boils

root

→ drawing agent

Childbirth

root

→ eases delivery

