Guidelines for
The Use of Herbal Medicines
in Family Health Care

MINISTRY OF HEALTH
REPUBLIC OF INDONESIA
2010
Captions for illustrations in the front cover:
Lower row L to R: Hibiscus rosa sinensis Linn., Aloe vulgaris Lam. and Lantana camara L.
Guidelines for
The Use of Herbal Medicines
in Family Health Care

Sixth Edition

MINISTRY OF HEALTH
REPUBLIC OF INDONESIA
2010
GUIDELINES FOR THE USE OF HERBAL MEDICINES IN FAMILY HEALTH CARE

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Indonesia Ministry of Health
Directorate General of Public Health
Directorate of Community Participation

Ministry of Health, 1991

I. Title
   1. Medicinal Plants
   2. Family Health
### Guidelines for the Use of Herbal Medicines in Family Health Care

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<td>4th Print</td>
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<tr>
<td><strong>Sixth Edition</strong></td>
<td></td>
</tr>
<tr>
<td>11th Print</td>
<td>Year 2009</td>
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</table>

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DIRECTORATE, COMMUNITY HEALTH
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SUPPORTED BY WHO
COUNTRY OFFICE, INDONESIA AND REGIONAL OFFICE, SOUTH-EAST ASIA
MESSAGEx
DIRECTOR-GENERAL OF PUBLIC HEALTH
SIXTH EDITION

Health development is an integral and important part of national development. Therefore holistic, multi-tier and integrated health efforts are needed to achieve the goal of health development.

Continuous mobilization of awareness, motivation and capacity for healthy living will accelerate the achievement of an optimal health status. Therefore, implementing Primary Health Care (PHC) principles, in community empowerment by health providers and cadres, should collectively improve the community’s capacity for health. It is recognized that the Government of the Republic of Indonesia has implemented a wide range of health efforts with active participation of the community. One of such efforts is the application and utilization of medicinal plants in the communities, which promotes self sufficiency in seeking solutions for health problems through recognition and utilization of medicinal plants as home-based first aid according to the PHC principles.

This book is a practical field guide for community members, health providers and cadres to introduce Medicinal Plants in support of the current back-to-nature life style trend alleviate the family’s economic burden and helps conserve a noble heritage.

We sincerely hope that these guidelines of medicinal plants application will be a means to maintain the family’s health and assist the community and family members in self sufficient healthy living, especially in the rural and or remote areas that have insufficient access to the health centre.

We thank the Team of Writers and each person that has contributed to the revision of this book “Guidelines for the Use of Herbal Medicine in Family Health Care”, and our very special thanks to WHO Country Office Indonesia and WHO Regional Office for South East Asia for their support and cooperation.

Director-General, Public Health
Ministry of Health, Republic of Indonesia

Dr Budirahardja, DTM&H, MPH
MESSAGE

DIRECTOR-GENERAL, PUBLIC HEALTH

FIRST EDITION

The objective of health development is that every citizen will have the capacity to live healthily in order to achieve an optimal community health status as one of the elements of social welfare in the national goal.

To achieve the above objective, the Government of the Republic of Indonesia has implemented a wide range of health efforts with active participation of the community. One of the efforts is the application and utilization of medicinal plants in communities, which promotes self-sufficiency in seeking solutions for health problems through recognition and utilization of medicinal plants.

These guidelines for the Use of Herbal Medicine in Family Health Care will assist the community in healthy living, especially in the rural and or remote areas that are not yet reached by the health centre services.

We sincerely hope that this book will be used by the community in acquiring additional knowledge and practices to overcome mild symptoms of sickness before the patient is brought to the health centre.

It is our hope that cadres will also benefit from this book in their activities to develop and promote the use of medicinal plants by the community.

We thank the Team that has developed the book ‘Guidelines for the Use of Herbal Medicine in Family Health Care’ for their contribution.

Jakarta, November 1991

DIRECTOR-GENERAL, PUBLIC HEALTH
MINISTRY OF HEALTH, REPUBLIC OF INDONESIA

Dr. S.L. LEIMENA, MPH
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FOREWORD

FIRST EDITION

The health development’s mission is to fulfil the right of every individual to attain the highest possible health status. This implies that every individual, family and community should be able to obtain good health. In other words, no one should be left out however remote or left behind their circumstances.

Health should be within reach of every family as an integral part of the communities’ daily life. Therefore communities should participate in health development to improve their self sustenance and reduce dependency on outside support.

Many factors influence health problems and are not always directly related to health itself nor could be overcome by health efforts only. Therefore the Primary Health Care (PHC) strategy should mostly be applied in health development.

Since ancient times, communities have used various remedies of medicinal plants in preventing and treating their ailments, which is in line with the PHC principles. The PHC principles also advise to use appropriate technology in health care, focusing on prevention, with community participation in the spirit of self sufficiency.

These guidelines describe many ways and means to solve the community and family problems by using remedies derived from medicinal plants. The book will equip cadres to provide health promotion means to improve the communities’ capacity and self sufficiency in overcoming part of their health problems.

We are aware that this book is still far from perfect, therefore we very much welcome suggestions and recommendations for improvement.

Jakarta, January 1991

Director of Community Participation

Dr. WIDYASTUTI WIBISANA, M.Sc. (PH)
FOREWORD
SECOND EDITION

In the publication of the second edition, materials were added and some corrections made. Four pages were added in the annex covering following plants: Pacing, Daun Landep, Sri Gading, Pulasari, Patikan Kebo, Temulawak, Bakung dan Adas. Matters pertaining to editing were also done.

It is our sincere wish that the additions and corrections in this book may increase the usefulness of this book in society.

Jakarta, January 1993
Director of Community Participation

Dr. WIDYASTUTI WIBISANA, M.Sc. (PH)

FOREWORD
FOURTH EDITION

In the publication of this fourth edition, several contributors provided inputs. Corrections pertaining to editing and annexes were added containing additional recipes to process medicinal plant (materials) and a change of the cover design.

The book *Use of Herbal Medicines in Family Health Care* has generated great interest and is much needed by the community, which is proven by the many requests from health professionals and NGOs, community organizations and the private sector. We hope that changes made will aid community members in solving their health problems in the family by using medicinal plants in their environment.

We thank the Centre for development and Implementation of Traditional Medicine, Yogyakarta Province, especially the Traditional Medicine Development unit and all stakeholders that have provided their suggestions for improvement of this edition. We welcome any suggestion and corrections to improve the quality and usefulness of this book for family health in particular and community health in general.

Jakarta, October 2000
Director of Special Health

Dr. Rachmi Untoro
FOREWORD
FIFTH EDITION

Increased awareness in using traditional medicine, especially medicinal plants, becomes important to improve the community’s knowledge and skills in processing home remedies and processing medicinal plants as alternative medicine at the family level.

Therefore, the community is in great need of guidelines about application of medicinal plants, their cultivation and initiating family medicinal gardens around their home.

The ninth reprint of the guideline is needed to fulfil the health centre needs for Cadre Guidelines about application of medicinal plants for family health. This ninth reprint did not have considerable changes, except for minor ones pertaining to editing in the annex that contains the local names of the medicinal plants.

We thank the contributors that have revised the book ‘Guidelines for the Use of Herbal Medicines in Family Health Care’ for their significant inputs.

Jakarta, November 2004
Director of Community Health

Dr. Faizati Karim MPH
FOREWORD
SIXTH EDITION

We are grateful that the review of the book “Use of Herbal Medicines in Family Health Care” for Community, Cadres and Families has been completed. The publication of the Fifth Edition contains several improvements, i.e. additions inserted in Second Chapter: General directions; Third Chapter: Remedies for fever, cough, stomach-ache, wounds; Fourth Chapter: additional mother’s health care, improved accuracy of the remedy recipes based on research with clearer pictures, also mentioning the respective local medicinal plants name of the different areas, in order that they are easily recognized.

This publication was supported by WHO. It was prepared in partnership with a herbal expert team from Universities, NGOs and MOH in order to respond to the need for herbal medicine and self use, which aims to empower the community.

This publication on medicinal plants application in maintaining family health is highly needed by the rural or isolated communities, which have difficulty in accessing health service facilities.

This enriched and more complete edition will provide a wider horizon and facilitate the use of medicinal plants, by promoting a healthy lifestyle in the society, and preserving the fore fathers’ heritage.

We thank the Team that has developed the book ‘Guidelines for The Use of Herbal Medicines in Family Health Care’ for their contributions.

We thank all stakeholders and the Team that has developed the book and have provided their support and valuable suggestions in the review of this book. We are aware that this book is still far from perfect, therefore, we welcome your critique and suggestions for improvement.

Jakarta, Maret 2009
Director of Community Health

Dr Bambang Sardjono, MPH
GUIDELINES FOR THE USE OF HERBAL MEDICINES IN FAMILY HEALTH CARE

REMEDIES FROM MEDICINAL PLANTS IN THIS BOOK ARE SELECTED MEDICINAL PLANTS OR HERBS BASED ON RECIPES FROM VARIOUS INDONESIAN COMMUNITIES, BEING USED FOR MORE THAN THREE GENERATIONS. THESE PLANTS WERE SELECTED AND HAVE EVIDENCE BASED ON THE PRE-CLINICAL STUDIES, TOXICITY STUDIES AND PHARMACODYNAMIC STUDIES.

THEREFORE, THEY ARE CONSIDERED TO BE SAFE AND BENEFICIAL TO OVERCOME AILMENTS IN THE FAMILY.
The Government of Indonesia has stipulated Primary Health Care (PHC) as a policy in health care efforts, using it as a strategy to achieve health for all in 2000. In 2008, the WHO Regional Office for South-East Asia introduced revitalization of PHC to its Member States in order to achieve the Millennium Mid Decade Goals. One of the important elements of PHC, is among others, application of appropriate technology and community participation.

Traditional health efforts with application of traditional medicine is also a form of community participation applying appropriate technology, which has great potential in supporting health development. Historically, traditional medicine has been used by our ancestors since ancient times and the ingredients are available in abundance in every part of Indonesia.

To improve equitable health services, the use of traditional medicine becomes very important. This guideline on application of herbal medicine use in Indonesia could be used by cadres, housewives and the Family Welfare Movement (PKK) for self help in solving their health problems at home and community level.

This book describes how to treat ailments. However, signs and symptoms are also given as well as preventive measures using traditional methods. In Chapter III the following presentation is used:

- Main signs and symptoms
- Additional symptoms
- Treatment with one of the recipes. In each recipe the ingredients, method of preparation and directions for use are described.
- General advice, precaution and things to pay attention to, are also given.

Recipes in this book had been selected to treat the most common ailments in the community and the ingredients that are available, easy to obtain and well known in communities in Indonesia. Annex contains the description of medicinal plants mentioned in this book.
This chapter describes the general and technical guide that should be followed for the preparation and use of herbal medicines in recipes.

1. Ingredients

Ensuring to use of the correct herbal medicine is the important entry to further steps of preparation and its use. Incorrect herbal medicine being selected could have undesirable effects or cause poisoning. The selected ingredients should be the best quality, fresh and clean thoroughly before using it.

Selection of the ingredients such as leaves, flowers, fruits, roots (rhizome), bulb, bark, stem, and whole herbal materials should consider the following points:

- The color of the herbs should be bright.
- Ripe and fresh, the bark should be intact, the fruit should have fresh and smooth skin.
- Select ingredients that are free from caterpillar, insects, fungus, other plants’ diseases or moss (on roots).
- Do not select fruits, leaves, flowers, bark or bulbs that have already changed colour or withered.
- Before using, clean ingredients thoroughly.

2. Water

Use clean water to wash the ingredients. Drain the water carefully after washing.

Some herbal medicine need to be prepared by pouring boiling water. Use boiled and cooled water (or warm water if required), to prepare recipes.

3. Utensils

All utensils must be cleaned before use. Use earthen ware, porcelain, enamel pots or pans to boil the ingredients. Use steel knives or wood spatula, plastic or nylon sieve to prepare the recipes. Do not use any metal utensils, such as aluminum, tin or copper that could have a chemical reaction with certain plants’ materials and become toxic, or may reduce the effect.

4. Preparation

Before preparing: - Wash hands thoroughly.
- Have the selected ingredients ready.
- Prepare clean containers to put the finished recipes.
5. Method
- Boil over low fire.
- Use clean utensils.
- For remedies that need boiling, keep decoction until half of the original fluid remains, e.g., 2 glasses become 1 glass.

6. Weight and measurement
Weight and measurement that are known in the household and community level, such as:

- **Glass** → 1 glass = 200 cc
- **Cup** → Tea cup, 1 cup = 100 cc
- **Tablespoon** → 1 tablespoon = 15 cc
- **Teaspoon** → 1 teaspoon = 5 cc
- **Handful** → 1 handful
- **Finger length** → 1 finger length = the length of forefinger.
- **Thumb** → as great as the thumb.
- **Leave** → measuring equal to each leave such as papaya leave, Erythrina subrubrans.
- **Frond** → 1 frond of aloe has a length of over 10 cm.
- **Egg size** → usually one should mention the size of a duck egg, chicken egg or dove egg. If it states the size of an egg, it means the size of a chicken egg.
- **Sufficient amount** → according to need, e.g., add sugar, lump sugar, water, etc.

**Important Notes!**
1. Select the correct herbs according to the recipe.
2. Before preparing the ingredients, assess their composition in the recipe.
3. Use the right measurement according to the directions. Do not use more or less.
4. In boiling the decoction, use low heat. Use appropriate utensils for boiling using earthenware preferably.
5. Refer to health centre if there is no improvement after the recipe has been consumed as prescribed. Remember to always apply the correct dosage.
6. **THE HERBAL INGREDIENTS SHOULD HAVE GOOD QUALITY, AND RIPE/MATURE ENOUGH. DO NOT USE WHEN ROTTEN, MOLDED OR WITH FUNGUS, WRINKLED OR HAVING SIGNS OF INSECTS BITES.**
### Table 1. Parts of plant and time and method of harvest.

<table>
<thead>
<tr>
<th>Part of plant</th>
<th>Part of plant used</th>
<th>Time of harvest (selecting plant)</th>
<th>Method of harvest (taking plant)</th>
</tr>
</thead>
<tbody>
<tr>
<td>1. Leaves (folium)</td>
<td>Leave without stalk.</td>
<td>Before blooming/ before flower falls.</td>
<td>Cut the branch before taking the leaves.</td>
</tr>
<tr>
<td>2. Leaves with volatile oil</td>
<td>Leaves.</td>
<td>Before 10 a.m. Do not take wet leaf after rain.</td>
<td>Cut the branch and take the leaves.</td>
</tr>
<tr>
<td>3. Herb, whole plant</td>
<td>All part of the plant, root, stem, leaves.</td>
<td>Close to blooming.</td>
<td>Pull up the plant including the roots (better done manually, with hand).</td>
</tr>
<tr>
<td>4. Rhizome</td>
<td>Rhizome part of stem/big root inside the earth.</td>
<td>When plant stops growing, the leaves begin to wither, better in dry season.</td>
<td>Pull out entire rhizome without scraches.</td>
</tr>
<tr>
<td>5. Stem</td>
<td>Stem.</td>
<td>Main stem, branch medium age. Every part of plant has different age.</td>
<td>Cut the lowest stem, using stainless steel knife.</td>
</tr>
<tr>
<td>6. Radix</td>
<td>Root.</td>
<td>Tuber.</td>
<td>Dig earth around the plant, then cut the roots. Clean the roots from remaining soil, then cut.</td>
</tr>
<tr>
<td>7. Fructus</td>
<td>Fruit.</td>
<td>When it is ripe.</td>
<td>Pick fruit manually by hand.</td>
</tr>
<tr>
<td>8. Semen (seed)</td>
<td>Seed.</td>
<td>When the fruit is ripe, before it cracks.</td>
<td>Pick manually by hand.</td>
</tr>
<tr>
<td>9. Cortex</td>
<td>Bark.</td>
<td>Select the middled-age bark, but without crack.</td>
<td>Cut the stem and peel the bark. For the creeping herb cut only one branch, using stainless steel knife.</td>
</tr>
<tr>
<td>10. Wood</td>
<td>Stem with wood.</td>
<td>Choose the mature wood.</td>
<td>Cut the stem as in harvesting stem.</td>
</tr>
<tr>
<td>11. Flower</td>
<td>Whole flower.</td>
<td>When the flower blossoms, early in the morning, before it withers.</td>
<td>Pick manually by hand.</td>
</tr>
</tbody>
</table>
TREATMENT OF AILMENTS IN THE FAMILY BASED ON GENERAL SYMPTOMS

1. FEVER
2. COUGH
3. STOMACHACHE
4. ITCHING
5. WOUNDS
6. CARBUNCLES
GUIDELINES FOR THE USE OF HERBAL MEDICINES IN FAMILY HEALTH CARE

MALARIA

- Fever & Chills
- Cold Sweat
- Muscle Pain
- Pale and Weak
- Headache

MEASLES

- High Fever
- The child is cranky
- Weak
- Cough
- Small red spots on the skin
1 RECIPE I

Ingredients
Lime fruit 1 fruit
Onion 3 shallots
Coconut oil 1 tablespoon
Salt sufficient amount

Preparation
Grate the onion shallots, mix with the lime juice and coconut oil. Add salt and blend with fingers until the mixture becomes homogenous.

Direction for use
Put the mixture as compress on the crown of the head, forehead, armpit and groin.

2 RECIPE II

Ingredients
Fresh leaves of Erythrina subumbrans 1 handful
Lime fruit 1 fruit
Water 5 teaspoons

Leaves of Erythrina subumbrans can be replaced with fresh leaves of Hibiscus schizopelatus

Preparation
1. Pound fresh leaves add lime juice and mix to pulpy mass.
2. Pound fresh leaves of Hibiscus schizopelatus or Gardenia agusta or Kalanchoe pinnata and mix with a small amount of water.

Direction for use
1. Put the pulpy mass no.1 on the crown of child’s head as compress, renew the compress if the previous mixture becomes dry, and repeat the medication until the fever subsides.
2. Gently rub pulpy mass no.2 throughout the body. Repeat the medication until the fever subsides.
3  RECIPE III

**Ingredients**
- Fresh onion shallots: a sufficient amount

**Preparation**
Peel, wash and pound the onion bulbs.

**Direction for use**
Rub the pounded onion gently over the body surface, particularly on forehead and crown of head, forehead, armpit and groin.

**BAWANG MERAH**
*Allium cepa* L.

4  RECIPE IV

**Ingredients**
- Leaves of Indian pennywort: 1 handful
- Fresh fruit of *Foeniculum vulgare*: 3 fruits
- Bark of *Alyxia*: 1 finger length
- Onion: 1 shallot
- Water: 3 cups

**Preparation**
Clean all ingredients thoroughly. Boil with water until 1 cup of decoction remains and filter.

**Direction for use**
Children: ½ cup once a day.
Adult: 1 cup once a day.
If fever still remains, drink twice a day.

**PULO SARI**
*Alyxia* specie
ATTENTION

1. THE REMEDIES SHOULD BE APPLIED OR TAKEN AS SOON AS POSSIBLE WHEN THE CHILD RUNS A FEVER.
2. IF THE CHILD HAS HIGH FEVER, DO NOT COVER WITH BLANKET OR USE THICK CLOTHES. THIN CLOTHES, PARTICULARLY THOSE MADE OF COTTON, IS ADEQUATE FOR THE CHILD.
3. DO NOT KEEP THE ROOM HUMID AND HOT, BUT OPEN ALL WINDOWS IF THE WEATHER IS HOT.
4. PLACE THE ABOVE MENTIONED REMEDIES AS COMPRESS, ESPECIALLY ON THE CHILD’S HEAD, ARMPIT, GROIN AND ABDOMEN AREA, OR USE COLD WATER AS COMPRESS.
5. DURING FEVER THE CHILD SHOULD DRINK PLENTY OF WATER, FRUIT JUICE AND NUTRITIOUS FOOD.
6. FEED THE CHILD SOFT FOOD ACCORDING TO AGE, IN ORDER THAT THE FOOD IS DIGESTED EASILY.
7. CONTINUE BREASTFEEDING OF CHILDREN UNDER 2 YEARS.
8. IF FEVER IS ACCOMPANIED BY OTHER SYMPTOMS, GIVE AN APPROPRIATE REMEDY SUITABLE FOR THE SYMPTOMS.
9. IF THE FEVER PERSISTS FOR MORE THAN 3 DAYS OR OTHER SYMPTOMS OCCUR, REFER THE CHILD TO A NEAREST HEALTH CENTRE OR HOSPITAL.
10. TO LOWER THE FEVER, REPEATLY APPLY THE CONCOCTION EVENTHOUGH THE CHILD HAS TAKEN MEDICINE FROM THE PHYSICIAN.
**GUIDELINES FOR THE USE OF HERBAL MEDICINES IN FAMILY HEALTH CARE**

**.recipe I**

**Fever**

- **Ingredients**
  - Fresh young papaya leaves 1 leaf
  - Fresh whole plant of *Phyllanthus niruri* 5 plants
  - Rhizome of turmeric 7 slices
  - Rhizome of *Curcuma aeruginosa* 7 slices
  - Rhizome of red *Languas galanga* 7 slices
  - Bark of *Alstonia scholaris* 1 thumb
  - Water 1 cup
  - Salt tip of spoon

**Preparation**

1. Clean all ingredients thoroughly and rinse with boiled water, pound with 3 tablespoons of hot water, mix with 1 cup of warm water and salt. Squeeze and filter with clean cotton cloth.

2. Clean all ingredients thoroughly and boil with 4 glasses of water until 2 glasses of decoction remains, cool and filter.

**Direction for use**

Adult: Drink ½ cup of filtrate no. 1 or ½ glass of decoction no. 2, 2 times day for 14 days.

Child: Drink ¼ cup of filtrate no. 1 or ¼ glass decoction no. 2, 2 times a day for 14 days.
2  RECIPE II

Ingredients
Fruit of *Piper betle* 1 handful
Leaves of *Coleous atropurpureus* 5 leaves
Honey 2 tablespoons
Egg yolk 1 yolk

Preparation
Beat egg yolk with honey until they are homogenous.
Clean the leaves and fruits thoroughly and pound until a smooth mixture is obtained. Mix all ingredients together and stir to obtain a homogenous mixture.

Direction for use
Take the mixture orally, once a day for 7 days.

3  RECIPE III

Ingredients
Leaves of *Cassia siamea* ¾ handful
Honey 1 tablespoon
Water 3 glasses

Preparation
Clean the leaves thoroughly and boil until 2 glasses of decoction remains, cool, filter, and add honey.

Direction for use
Drink ¾ glass (150 ml), 3 times a day.
PRECAUTIONS

1. HIGH FEVER IN CHILDREN SHOULD BE REDUCED RAPIDLY WITH COLD COMPRESS OR HERBAL REMEDIES.

2. DO NOT COVER THE SICK CHILDREN WITH BLANKET OR WEAR THICK CLOTHES.

3. IF HE/SHE FEELS COLD OR HAS CHILLS, WRAP WITH BLANKET AND EMBRACE. REMOVE THE BLANKET WHEN THE TEMPERATURE IS GETTING TO BE NORMAL.

4. FEED THE SICK CHILD WITH NUTRITIOUS FOODS AND DRINKS.

PREVENTION

1. PROTECT YOUR FAMILY FROM MOSQUITO BITES, ESPECIALLY CHILDREN.

2. SLEEP INSIDE BED NETS.

3. USE WIRE MESH AT AIR VENTS TO PREVENT MOSQUITOES FROM ENTERING THE HOUSE.
1 RECIPE I

Ingredients
Leaves of *Andrographis paniculata* 4 leaves
Bark of *Alstonia scholaris* 1 thumb
Water 1 glass

Preparation
Clean the leaves and bark thoroughly and boil them until ½ glass remains.

Direction for use
Drink ½ glass, 2 times a day; once in the morning and once in the evening until the temperature returns to normal.

SAMILOTO
*Andrographis paniculata* Nees.
TO ENHANCE IMMUNITY

Ingredients

Turmeric 3 finger lengths
Egg yolk 1 yolk
Honey 2 tablespoons
Lime fruit 1 teaspoon

Preparation

- Clean the rhizome thoroughly and grate, add 2 tablespoons of boiled water, filter, and stand still.
- Take ½ cup of supernatant. Stir with yolk, honey and lime juice

Direction for use

- Child 2 – 5 years: 6 tablespoons, once a day.
  6 - 8 years: 6 tablespoons, 2 times a day.
- Adult ½ glass, once a day.

If the fever is high and there is difficulty in passing urine, drink coconut water from young fruit of Cocos nucifera and apply compress.
3  RECIPE III

Ingredients
Turmeric 2 fingers
Whole plant of *Phyllanthus niruri* ¼ handful
Leaves of Indian pennywort ½ handful
Water 3 glasses
Palm sugar or honey sufficient amount

Preparation
Clean all ingredients thoroughly, boil with low heat until half volume of decoction remains. Cool and drink with palm sugar or honey.

Direction for us
1. Infant: 1 tablespoon, 4 times a day.
2. Child 1-5 years: 1 tablespoon, 4 times a day.
3. Child > 5 years: 1 tablespoon, 6 times a day.

PRECAUTIONS
1. INFANTS 9 TO 11 MONTHS SHOULD BE GIVEN MEASLES IMMUNIZATION.
2. KEEP THE SICK CHILD, HOUSE AND THE ENVIRONMENT CLEAN. DO NOT SHOWER THE CHILD, BUT RUB HIM/HER WITH WET WARM TOWEL.
3. GIVE NUTRITIOUS AND SOFT FOOD. CONTINUE BREAST FEEDING IN INFANTS.
4. SEPARATE THE HEALTHY CHILD FROM MEASLES PATIENTS.
5. REFER CHILD WITH MEASLES AND HEAVY COUGH TO A HEALTH CENTRE OR HOSPITAL.
GUIDELINES FOR THE USE OF HERBAL MEDICINES IN FAMILY HEALTH CARE

Cough

- Runny nose, sometimes with fever
- Headache
- Nasal congestion
- Muscle pain

Cough \& Cold

- Wheezing
- Sweating
- Difficulty in breathing

Asthma
COUGH DUE TO COMMON COLD

1. RECIPE I

Ingredients
- Rhizome of Kaempferia galanga 3 finger lengths
- Water 3/4 cup

Preparation
Peel, and clean the rhizome thoroughly. Grate, add water, squeeze and filter with clean cloth.

Direction for use
Child more than 12 years and adult: 1 tablespoon, 4 to 5 times a day.

2. RECIPE II

Ingredients
- Young leaves of Hibiscus tiliaceus 11 leaves
  or Leaves of Abrus precatorius 2 handfuls
- Lump sugar egg size
- Water 2 glasses

Preparation
Clean either leaves thoroughly. Cut, add water and lump sugar. Boil until 1 glass of decoction remains.

Direction for use
Drink 2 times a day: 1 glass before breakfast and another before going to bed.
GUIDELINES FOR THE USE OF HERBAL MEDICINES IN FAMILY HEALTH CARE

3 RECIPE III

Ingredients
- Lime juice 1 tablespoon
- Boiled water 4 tablespoons
- Soybean sauce or honey sufficient amount

Preparation
Mix lime juice with sweet soybean sauce or honey in equal quantity and stir until homogenous mixture is obtained.

Direction for use
Adult: Drink 1 tablespoon, 4 times a day.
Child: Drink 1 teaspoon, 4 times a day.

COUGH IN CHILDREN

1 RECIPE I

Ingredients
- Onion 1 shallot
- Bark of Alyxia 1 thumb size
- Fruit of Foeniculum vulgare 5 fruits
- Lump sugar or honey sufficient amount
- Water sufficient amount

Preparation
Peel onion. Clean all the ingredients thoroughly except lump sugar. Pound and wrap with banana leaf. Steam for 15 minutes. Squeeze and filter with clean cloth. Add lump sugar into the filtrate and stir.

Direction for use
Drink the prepared solution all at once, 2 times a day; before breakfast and before going to bed at night.
2 RECIPE II

Ingredients

- Fresh flower of *Averrhoa bilimbi* 1 handful
- Onion 1 shallot
- Nutmeg 1/4 marble size
- Lump sugar 1 tablespoon
- Water 1/2 glass

Preparation

Clean all the ingredients thoroughly. Cut onion into 4 slices, and pound with nutmeg. Mix all ingredients in small bowl, cover it and steam for 1 hour. Filter the decoction.

Direction for use

Drink the prepared solution all at once, 2 times a day; before breakfast and before going to bed at night.

PRECAUTIONS

1. INFANTS LESS THAN 2 MONTHS WITH MILD COUGH, WITH OR WITHOUT FEVER, SHOULD BE TAKEN TO A HEALTH CENTRE OR HOSPITAL SINCE THEY ARE PRONE TO DEVELOP PNEUMONIA!!

2. IN BOTH CHILD AND ADULT, IF OTHER SYMPTOMS ARE PRESENT BESIDES COUGH, TAKE ADDITIONAL RECIPE(S) RELATED TO THE OTHER SYMPTOM(S).
GUIDELINES FOR THE USE OF HERBAL MEDICINES IN FAMILY HEALTH CARE

COUGH

RECIPE 1

Ingredients
- Liquorice root 3 finger length
- Fresh mint leaves 1 handful
- Water 2 cups

Preparation
Clean all the ingredients thoroughly, boil with 2 cups of water until half volume remains.

Direction for use
Children: ¼ cup, 2 times a day.
Adult: ½ cup, 2 times a day.
Before breakfast and before going to bed at night.

POKO = MENTA
Mentha arvensis L.

- RUNNY NOSE, SOMETIMES WITH FEVER
- HEADACHE
- NASAL CONGESTION
- MUSCLE PAIN
2 RECIPE II

Ingredients
- Ginger 3 thumb size
- Lemon grass 3 finger lengths
- Palm sugar sufficient amount
- Water 3 cups

Preparation
Clean the ingredients thoroughly and boil until 1½ cups remain.

Direction for use
Adult: 1½ cups, 3 times a day.
Children: ½ cup, 3 times a day.
Do not give to children under 5 years.

3 RECIPE III

Common cold with sore throat

Ingredients
- Lime juice 1 tablespoon
- Cajuput oil ½ teaspoon
- Lime paste ¼ teaspoon

Preparation
Mix lime juice, cajuput oil, lime paste and stir thoroughly.

Direction for use
Rub gently on neck, chest, and the back.

Precaution
Be careful of sensitive skin to lime paste. If the skin is painful, or if there is burning or itching sensation, remove the paste with a clean cloth.
4 RECIPE IV

Ingredients
- Leaves of Indian pennywort ½ handful
- Lime juice 3 tablespoons
- Water 3 glasses

Preparation
Clean the leaves thoroughly, and boil until 2 glasses of decoction remains. Cool and add lime juice.

Direction for use
Drink 1 glass once a day.

JERUK NIPIS
Citrus aurantifolia Swingle

PRECAUTIONS
1. KEEP INFANTS AND CHILDREN AWAY FROM PEOPLE WITH COUGH AND COLD.
2. A BREAST FEEDING MOTHER WITH COUGH AND COLD SHOULD WEAR MASK.
3. IF A CHILD HAS COUGH WITH BREATHING DIFFICULTY, REFER IMMEDIATELY TO A HEALTH CENTRE.
GUIDELINES FOR THE USE OF HERBAL MEDICINES IN FAMILY HEALTH CARE

1 RECIPE I

Ingredients
- Leaves of Indian pennywort 1 handful
- Lump sugar and honey sufficient amount
- Boiled water 1 cup

Preparation
Clean the leaves thoroughly. Pound, add boiled water and filter. Add lump sugar or honey to the filtered solution and stir.

Direction for use
Drink one cup before breakfast once a day.
For maintenance, drink one cup once a week.

- WHEEZING
- SWEATING
- DIFFICULTY IN BREATHING

PEGAGAN (Indian Pennywort)
Centella asiatica (L.) Urban
2 RECIPE II

Ingredients
- Herbs of Euphorbia hirta 7 branches
- Leaves of Indian pennywort 1 handful
- Rhizome of Kampheria galanga 3 thumb size
- Palm sugar / honey sufficient amount
- Hot water 1 glass

Preparation
Clean all the ingredients thoroughly and pound with small amount of hot water. Mix with the rest of hot water and filter. Add lump sugar or honey into the filtrate and stir.

Direction for use
Drink one cup once a day before breakfast.
For maintenance, drink one cup once a week.

PRECAUTIONS
1 AVOID ALLERGENS SUCH AS DUST, CAT DANDER, DOG HAIRS, ETC. ALSO AVOID COLD WEATHER AND STRESS.
2 DO REGULAR LIGHT PHYSICAL EXERCISE AND BREATHING EXERCISE.
3 SIT DOWN AND RELAX DURING AN ASTHMATIC ATTACK.
4 WHEN THERE IS NO RELIEF FROM ASTHMA OR IF IT GETS WORSE, REFER IMMEDIATELY TO A HEALTH CENTRE OR HOSPITAL. ALSO, WHEN THERE ARE FREQUENT RELAPSES.
Stomach-ache

- Watery stools more than 3 times a day
- Stomachache during defecation
- Stomachache with nausea and flatulence

Diarrhoea

- Epigastirc pain
- Nausea
- Sometimes with cold sweat and dizziness

Gastritis
1 RECIPE I

Ingredients
- Sugar 3/4 tablespoonful
- Cajuput oil 3 drops

Preparation
Drop cajuput oil onto the sugar. Mix thoroughly.

Direction for use
Put the mixture in a glass of hot tea, stir and drink when it becomes warm.

(RECIPE II)

(FOR FLATULENCE)

Ingredient
Seeds of *Parkia roxburghii* sufficient amount

Preparation
Clean the seeds thoroughly. Fry until they become crispy, then pound them into powder.

Direction for use
Take 2 teaspoons of the powder and mix with a glass of water. Drink all at once, 2 times a day.
3 RECIPE III

Ingredients

- Rhizomes of Kaemperia pandurata  5 rhizomes
- Water  2 glasses
- Palm sugar  sufficient amount

Preparation

Peel and clean the rhizomes thoroughly. Boil all ingredients until one glass of decoction remains.

Direction for use

Drink one glass 2 times a day; before breakfast and before going to bed at night.

PRECAUTIONS

1. AVOID ALLERGENS SUCH AS DUST, CAT DANDER, DOG HAIRS, ETC. ALSO AVOID COLD WEATHER AND STRESS.
2. DO REGULAR LIGHT PHYSICAL EXERCISE AND BREATHING EXERCISE.
3. SIT DOWN AND RELAX DURING AN ASTHMATIC ATTACK.
4. WHEN THERE IS NO RELIEF FROM ASTHMA OR IF IT GETS WORSE, REFER IMMEDIATELY TO A HEALTH CENTRE OR HOSPITAL. ALSO, WHEN THERE ARE FREQUENT RELAPSES.
FOR INFANT AND CHILDREN
STOMACHACHE IN CHILDREN

Ingredients
- Turmeric 1 finger length
- Bark of Alyxia 1 finger length
- Fresh whole plants of Euphorbia prostrata 1 handful
- Water 2 cups

Preparation
Clean all the ingredients thoroughly. Pound and boil with two cups of water until one cup of decoction remains. Filter with a clean cloth.

Direction for use
Infants to 1 year: drink 1 tablespoon, 3 times a day.
Children < 2 years: drink 4 tablespoons, 3 times a day.
Children > 2 years: drink 1/2 cup, 3 times a day.

(FLATULENCE)

Ingredients
Several leaves of Noni or Tinospora crispa.

Preparation
Clean the leaves thoroughly. Heat them on fire, add coconut oil and blend with fingers.

Direction for use
Put blended leaves on infant’s tummy and wrap with a piece of cloth.
DIARRHOEA COULD BE CAUSED BY:

- Eating contaminated food or due to food poisoning.
- Common cold and infection with microbes or germs, e.g.: viruses, Bacillus Dysentery, amoeba, etc. Especially in infants and children, even if diarrhoea is mild, they should be given immediate care. Replace the loss of body fluid with oral rehydration solution (ORS). If ORS is not available or the child does not like to drink it, give other liquids, e.g., water of young coconut fruit, rice water, vegetable broth, soup, tea, and plain boiled water.

### RECIPE I

**Ingredients**

- Fresh young guava leaves 1 handful
- Fruit of Foeniculum vulgare 5 fruits
- Bark of Alyxia spec. 2 finger lengths
- Water 2 cups

**Preparation**

Cut the leaves and bark into small pieces. Clean all the ingredients thoroughly, and boil until 1 cup of decoction remains.

**Direction for use**

Drink ½ cup of decoction 2 times a day.
MERICA BOLONG (CAJUPUT)
*Melaleuca leucadendron* L.

**RECIPE II**

**Ingredients**
- Fresh young guava leaves 3 leaves
- Salt sufficient amount

**Direction for use**

a. Clean the leaves thoroughly, and chew them with a pinch of salt and swallow. Do twice a day.

b. Pound the leaves, mix with ½ cup boiled water, squeeze, and drink all at once, 2 times a day.

KAYU ANGIN
*Usnea misaminensis* (Vain.) Mot. / *Usnea lichen*

**RECIPE III**

**Ingredients**
- Turmeric 1 finger length
- Roots of *Usnea lichen* 1 handful
- Flower of Cajuput 7 flowers
- Coriander 7 seeds
- Leaves of *Blumea balsamifera* 2 leaves
- Water 2 cups

**Preparation**
Clean all the ingredients thoroughly and mix with water. Boil until 1 cup of decoction remains.

**Direction for use**
Drink the decoction luke warm as needed.
PRECAUTIONS

TREATING DIARRHOEA WITH HERBAL MEDICINES SHOULD FOLLOW GENERAL GUIDELINES FOR TREATING DIARRHOEA:

1. FLUIDS SHOULD BE GIVEN IMMEDIATELY TO REPLACE THE LOST OF BODY FLUIDS AFTER EACH DEFAECATION. THE FLUID COULD BE ORAL REHYDRATION SOLUTION, YOUNG COCONUT FRUIT WATER OR EVEN SOUP.

2. ONE OF THESE REMEDIES CAN BE GIVEN TO PERSONS SUFFERING FROM DIARRHOEA WITHOUT BLOOD OR MUCUS IN STOOL.

3. TREATMENT AGAINST DYSENTERY IS RECOMMENDED FOR PERSONS SUFFERING FROM DIARRHOEA WITH BLOOD OR MUCUS IN STOOL.

4. TREATMENT AGAINST VOMITING SHOULD BE GIVEN TO PERSONS SUFFERING FROM DIARRHOEA WITH VOMITING.

5. DIARRHOEA IN CHILDREN COULD BE CAUSED BY WORM INFESTATION. WHEN DIARRHOEA SYMPTOMS ARE OVER AND PRESENCE OF WORM INFESTATION IS FOUND, THE CHILD SHOULD BE GIVEN DEWORMING MEDICINE OR REMEDIES.

6. WHEN DIARRHOEA IS STILL PRESENT AFTER THE SECOND DAY, REFER THE PATIENT TO A HEALTH CENTRE.
DIARRHOEA WITH VOMITING

1 RECIPE I

**Ingredients**
- Nutmeg 1 seed
- Salt a small amount
- Honey 2 teaspoons
- Hot water ½ cup

**Preparation**
Clean the nutmeg thoroughly and grate. Mix the ingredients until homogenous mixture is obtained.

**Direction for use**
Drink it while warm as needed.

Palas (Nutmeg)
Myristica fragrans Houtt.

2 RECIPE II

- Ginger 1 piece
- Hot water ½ cup
- Palm sugar or honey 2 teaspoons

**Preparation**
Roast ginger, scrape it clean, and pound. Mix ginger with palm sugar or honey with hot water and filter.

**Direction for use**
Drink the entire decoction while warm, 2 times a day.

Jahe (Ginger)
Zingiber officinale Roscoe.

3 RECIPE III

**Ingredients**
- Ripe fruit of Myristica fragrans 1 fruit
- Hot water ½ glass
- Honey 2 teaspoons

**Preparation**
Peel the skin of the fruit and clean it thoroughly. Cut the flesh (throw away the seed) into small pieces, and pound thoroughly. Pour hot water, cool it and add honey.

**Direction for use**
Drink all of it while warm, 2 times a day.

Palas (Nutmeg)
Myristica fragrans Houtt.

Jahe (Ginger)
Zingiber officinale Roscoe.
GUIDELINES FOR THE USE OF HERBAL MEDICINES IN FAMILY HEALTH CARE

Refer the child with prolonged diarrhoea and vomiting, who cannot drink sufficient fluid, to a health centre or hospital.

- Prolonged diarrhoea and vomiting
- Weakness
- Thirsty
- Dry lips
- Pass urine less frequently
- Possible fever

DIARRHOEA & VOMITING

REFER IMMEDIATELY TO HEALTH CENTRE

Precautions
If it will take a long time to transport a child to a health centre or health provider, let the child continue to drink ORS or other fluids/remedies, especially if there are signs of dyspepsia or infrequent urination.

RECIPE FOR DIARRHOEA AND VOMITING

Ingredients
- Young green coconut water ½ glass
- Salt ½ teaspoonful
- Boiled water ½ glass

Preparation
Mix the ingredients, stir until the salt is dissolved.

Direction for use
Drink as single dose every 2 hours until diarrhoea stops. Then continue to take every 4 hours.
GUIDELINES FOR THE USE OF HERBAL MEDICINES IN FAMILY HEALTH CARE

Bloody Diarrhoea ➔ Dyentery

1. RECIPE I

Ingredients
- Leaves of Andrographis paniculata 7 leaves
- Water 1 glass

Preparation
Clean the leaves thoroughly and boil for ¼ hour in 1 glass of water, filter.

Direction for use
Drink ½ glass, 2 times a day.

2. RECIPE II

Ingredients
- Bark of Alyxia 1 finger length
- Turmeric 1 finger length
- Fruit of Foeniculum vulgare ½ teaspoonful
- Lemon grass 1 finger length

Preparation
Peel turmeric, slice it and clean all the ingredients thoroughly. Mix the ingredients and boil with 3 glasses of water until 2 glasses remain, filter.

Direction for use
Children 3-5 yrs: drink 3 table spoons, 3 times a day.
6-8 yrs: drink ¼ glass, 3 times a day.
9-12 yrs: drink 1/3 glass, 3 times a day.
Adult: drink ½ glass, 3 times a day.

ATTENTION
1. BOIL THE DRINKING WATER.
2. PROTECT ALL FOOD AND DRINKS FROM FLIES, DUST AND OTHER CONTAMINANTS.
3. WASH HANDS WITH SOAP BEFORE TAKING FOOD.
4. KEEP THE ENVIRONMENT CLEAN AND USE LATRINE.
5. PATIENT SHOULD DRINK FLUIDS AS MUCH AS POSSIBLE.
6. TAKE THE PATIENT IMMEDIATELY TO A HOSPITAL WHEN DIARRHOEA OR VOMITING DOES NOT STOP.

DAUN SAMBILOTO
Andrographis paniculata Ness

ADAS
Foeniculum vulgare Mill.
Stomach-ache

**GUIDELINES FOR THE USE OF HERBAL MEDICINES IN FAMILY HEALTH CARE**

**RECIPE I**

**Ingredients**
- Turmeric 2 finger lengths
- Boiled water ½ cup

**Preparation**
Clean the rhizome thoroughly, peel and grate, mix it with boiled water. Squeeze and filter using clean cloth, and take the supernatant liquid.

**Direction for use**
Adults, drink ½ cup 2 times a day, before breakfast and before going to bed at night.

**RECIPE II**

**Ingredients**
- Rhizomes of *Kaempferia angustifolia* 7 pieces
- Boiled water ½ cup

**Preparation**
Peel and clean the rhizome thoroughly, pound thoroughly, mix with boiled water, squeeze and filter with clean cloth. Take the supernatant liquid.

**Direction for use**
Adults: drink ½ cup 2 times a day, before breakfast and before going to bed at night.
3  RECIPE III

For colic from getting a cold, delayed meals.

Ingredients
- Fresh leaves of *Blumea balsamifera* 4 leaves
- Cajuput oil 2 drops
- Water 1 glass

Preparation
Clean the leaves thoroughly, boil with 1 glass of water until ½ glass of decoction remains. Cool it and, filter. Then add 2-3 drops of cajuput oil.

Direction for use
Drink as a drinking tea.

4  RECIPE IV

Ingredients
- Fresh leaves of *Paederia foetida* 25 leaves

Preparation
Clean the leaves thoroughly, and steam. Do not boil, because it will not be effective.

Direction for use
Eat as salad.

ATTENTION
1. TAKE SUFFICIENT AND REGULAR MEALS.
2. AVOID EATING SPICY AND SOUR FOOD THAT COULD CAUSE IRRITATION. ALSO AVOID FOOD WITH HIGH FIBRE CONTENT.
3. LIVE ACCORDING TO A REGULAR ROUTINE AND AVOID STRESS.
4. IF THERE IS HEARTBURN (STOMACH STARTS ACHING), TAKE FOOD IN SMALL AMOUNTS.
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GUIDELINES FOR THE USE OF HERBAL MEDICINES IN FAMILY HEALTH CARE

ITCHING

- WHITE DELICATE SPOT WITH DISTINCT BOUNDARIES
- ITCHES DURING SWEATING

PTYRIASIS VERSICOLOR

- CLUSTERS OF SPECKLES
- INTENSE ITCHING
- PARTICULARLY BETWEEN FINGERS & TOES, THE INNER SIDE OF ANKLE OR WRIST, AND BUTTOCK AREA

RINGWORM

ROUND SPOT, A FEW CENTIMETERS WITH DISTINCT BORDERS, REDDISH, SCALY, MOSTLY LOCATED AT ARM PIT, GROIN, BETWEEN TOES & FINGERS AND ON THE SCALP

SCABIES
1. RECIPE I

Ingredients
- Stems of Tinospora crispa 2-3 finger lengths
- Water 6 glasses

Preparation
Clean the ingredients thoroughly and boil for ½ hour.

Direction for use
Use the decoction to wash the affected skin.

2. RECIPE II

Ingredients
- Rhizome of Zingiber zerumbet 1 finger length
- Water ½ cup

Preparation
Clean the rhizome thoroughly and grate. Mix with water, and squeeze. Let the liquid stand for a while, and use the supernatant.

Direction for use
- Child 6-8 years: drink ¼ cup, once a day.
- Child 8-9 years: drink ⅓ cup, once a day.
- Adult: drink ½ cup, once a day.
Repeat every day until recovery.

Note
Don’t give the recipe to children under 5 years.
3 RECIPE III

Ingredients
- Stem of *Tinospora crispa* ½ finger length
- Fresh leaves of *Sida rhombifolia* 1 handful
- Palm oil 2 table spoons
- Powder of sulphur ¼ teaspoon

Preparation and direction for use
Clean the ingredients thoroughly and pound. Blend with palm oil and smear the affected area.

4 RECIPE IV

Ingredients
- Fresh leaves of *Andrographis paniculata* 1 handful
- Water 5 litres

Preparation and direction for use
Clean the leaves thoroughly and boil. Pour the boiled solution into water and take a bath.

5 RECIPE V

Ingredients
- Leaves of *Piper betle* 5-7 leaves
- Water 1 litre

Preparation
Clean the leaves thoroughly, crush them in water and let it stand for ½ hour.

Direction for use
Use it to wash the affected area after bath. Do not dry with towel.
1 RECIPE I

Ingredients
- Rhizome of Languas galanga 1 finger length
- Vinegar 1 spoon

Preparation
Cut rhizome obliquely and clean thoroughly. Pound one side of rhizome until it becomes flat/thin. Soak the flat/thin part in the vinegar.

Direction for use
Rub the affected area with soaked rhizome, 2 times a day.

2 RECIPE II

Ingredients
- Leaves of Cassia alata 1 handful
- Salt ½ teaspoon
- Boiled Water ½ glass

Preparation
Clean the leaves thoroughly and pound. Mix with salt and water to form a mixture.

Direction for use
Rub the mixture on the affected area, 2 times a day.
GUIDELINES FOR THE USE OF HERBAL MEDICINES IN FAMILY HEALTH CARE

ITCHING

Ingredients
- Roots of Barleria prionitis 1 handful
- Lime juice from 1 fruit

Preparation
Clean the roots thoroughly. Pound into a pulpy mass, and mix with lime juice.

Direction for use
Apply the pulp on the affected skin.
Use also recipe I and II for Ptyriasis versicolor to treat ringworm.

ATTENTION
1. KEEP THE BODY CLEAN.
2. TAKE BATHS WITH SOAP 2 TIMES A DAY.
3. DO NOT SHARE PERSONAL CLOTHES (TOWELS, SHIRTS, UNDERWEARS, ETC.).
4. WASH BED SHEETS AND DRY UNDER THE SUN. ALSO, THE SLEEPING MATS OF THE AFFECTED PERSON.

RINGWORM

ROUND SPOT, A FEW CENTIMETERS WITH DISTINCT BORDERS, REDDISH, SCALY, MOSTLY LOCATED AT ARM PIT, GROIN, BETWEEN TOES & FINGERS AND ON THE SCALP

1. RECIPE I

RECIPE I

LANDEP
Barleria prionitis L.
GUIDELINES FOR THE USE OF HERBAL MEDICINES IN FAMILY HEALTH CARE

ITCHING

- CLUSTERS OF SPECKLES
- INTENSE ITCHING
- PARTICULARLY BETWEEN FINGERS & TOES, THE INNER SIDE OF ANKLE OR WRIST, AND BUTTOCK AREA

DAUN SENDOK
Plantago major L.

DAUN SAMBILOTO
Andrographis paniculata Nees

1 RECIPE I

Ingredients
- Fresh leaves of Andrographis paniculata ½ handful
- Powder of sulphur ½ teaspoon
- Turmeric 1 finger length
- Palm oil sufficient amount

Preparation
Clean the ingredients thoroughly. Pound into a homogenous mass and mix thoroughly.

Direction for use
Rub it onto the affected skin areas and drink Recipe II.

2 RECIPE II

Ingredients
- Fresh leaves of Plantago major 5 leaves
- Fresh leaves of Andrographis paniculata 7 leaves
- Water 2 glasses

Preparation
Clean the ingredients thoroughly, boil with 2 glasses of water until 1 glass of decoction remains, and filter.

Direction for use
- Child 6-8 years: drink 1/3 glass once a day.
- Child 9-11 years: drink 1/2 glass once a day.
- Adult: drink 1 glass once a day.
GUIDELINES FOR THE USE OF HERBAL MEDICINES IN FAMILY HEALTH CARE

Wound

- Cut Wound (Vulnum Scissum)
- Suppurated Wound
- Bruise
- Burns
- Insect Bite
- Finger and toe nail infection
- Foreign sharp matter under the skin
  “Telusupan”
GUIDELINES FOR THE USE OF HERBAL MEDICINES IN FAMILY HEALTH CARE

CUT WOUND (Vulnum Scissum)

CUT-WOUND, FRESH WOUND, SCRATCHES

1 RECIPE I

**Ingredient**
Subterraneous stem of banana 

**Preparation**
Clean it thoroughly and pound into a pulpy mass.

**Direction for use**
Apply the pulpy mass on the cut wound.

PISANG
Musa paradisiaca L.

KAYU URIP = PATAH TULANG
Euphorbia tirucalli L.

2 RECIPE II

**Ingredient**
Latex from the stem of Plumiera acuminata or Euphorbia hirta or Euphorbia tirucalli.

**Preparation**
Use any one of the above-mentioned latex that is available.

**Direction for use**
Clean the wound and apply the latex to it.

**Precaution**
Contact of latex with eyes should be avoided.
GUIDELINES FOR THE USE OF HERBAL MEDICINES IN FAMILY HEALTH CARE

SUPPURATED WOUND

PROLONGED SUPPURATING WOUND

1. **RECIPE I**

**Ingredients**
- Leaf of *Piper betle* 1 leaf
- Coconut oil sufficient amount

**Preparation**
Clean the leaf thoroughly and heat it over a small fire until it withers. Smear the leaf with coconut oil, roll the leaf between the palms of both hands to make it soft.

**Direction for use**
Apply the leaf on the wound.

2. **RECIPE II**

**Ingredients**
- Fruit of *Areca catechu* 1 fruit
- Coconut oil sufficient amount

**Preparation**
Peel the fruit, clean thoroughly and pound it. Mix with coconut oil to make a pulpy mass.

**Direction for use**
Clean the wound with cold boiled water or decoction of *Cassia fistula*. Then put the pulpy mass on the clean wound.

3. **RECIPE III**

**Ingredient**
- Turmeric 1 finger length
- Leaves of *Tinospora crispa* 3 leaves

**Preparation**
Peel the turmeric, clean thoroughly and pound it into a pulpy mass.

**Direction for use**
Apply to the clean wound, 2 times a day for a week or until the wound heals.
BRUISE - SWOLLEN

1  RECIPE I

Ingredients
- Rhizome of *Kaempferia galanga*  5 fingers
- White rice  1 tablespoon

Preparation
Clean the rhizome thoroughly. Wash the rice and soak it in water for 30 minutes. Pound together the rhizome and water to make a pulpy mass.

Direction for use
Apply the pulpy mass to the bruised skin, 2 times a day. Remove the previous pulpy mass before the next application. Do not use the pulpy mass in open wound.

2  RECIPE II

Ingredients
- Rhizome of *Kaempferia galanga*  5 fingers
- Nutmeg (corn seed size)  1 piece

Preparation
Clean the rhizome and nutmeg thoroughly. Pound them together and add 5 tablespoons of water, and stir thoroughly.

Direction for use
Follow the direction of Recipe I.

3  RECIPE III

Ingredients
Sufficient amounts of
- leaves of *Graptophyllum pictum*
- leaves of *Gynura segetum*, and
- leaves of *Coleus scutellarioides*

Preparation
Clean the leaves thoroughly. Crush them with hand until they become a watery mass.

Direction for use
Apply to the bruised skin.
1  RECIPE I

**Ingredients**
- Papaya latex 1 tablespoon
- Coconut oil 1 tablespoon

**Preparation**
Mix the ingredients until a blended mixture is obtained.

**Direction for use**
Apply to the new burn-wound.
Do not apply to the open wound. Do not let it come in contact with the eye. It causes blindness.

2  RECIPE II

**Ingredients**
Sufficient amounts of
- leaves of Gynura segetum or
- leaves of Kalanchoe blossfeldiana

**Preparation**
Clean the leaves thoroughly. Crush them together with fingers until a watery mass is obtained.

**Direction for use**
Apply to the burnt area of the skin to prevent oedema.
RECIPE III

Ingredients
Aloe vulgaris

Preparation
Peel and clean the aloe frond thoroughly. Crush the flesh.

Direction for use
Apply to new burn-wound.

LIDAH BUAYA
Aloe vulgaris Lamk.

PRECAUTIONS
1. The recipes are only for mild and new burn-wounds, stage 1.
2. If burn area is wide, soak in cold water to cool the hot sensation.
3. For moderate or severe burns, or burns in certain places such as face, chest, and genital area, refer the patient directly to a hospital or health centre.
4. Consume nutritious food, vegetables and fruits to keep fit and hasten wound healing.
1 RECIPE I

Ingredients
Leaves of *Andrographis paniculata* 1 handful

Preparation
Clean the leaves thoroughly, pound into a homogenous mass.

Directions:
Apply by rubbing it at the affected area.

2 RECIPE II

Ingredients
- Rose flower or sufficient amount
- Jasmine or
- *Gardenia jasminodes* or
- *Hedychium coronarium*, or
- any aromatic flower

Direction for use
Clean sufficient amount of flowers thoroughly, and squeeze and blend with fingers and apply to the affected area.

3 RECIPE III

Ingredients
Garlic 3-5 shallots
Vinegar 2-3 drops

Preparation
Clean the garlic thoroughly and pound into a mixture with vinegar.

Direction for use
Apply the mixture to the affected area.
GUIDELINES FOR THE USE OF HERBAL MEDICINES IN FAMILY HEALTH CARE

FINGER AND TOE NAIL INFECTION

SUPPURATING WOUND AT EDGE OR END OF THE TOE OR FINGER, SWOLLEN, INFLAMED, USUALLY PRESENT FOR SEVERAL DAYS.

1  RECIPE I

Ingredients
- Ginger 1 finger
- Onion 1 shallot
- Tamarind sufficient amount

Preparation
Clean the ingredients thoroughly, roast ginger and onion, blend them with tamarind.

Direction for use
Apply and put dressing on the affected area. Apply several times.

2  RECIPE II

Ingredients
Leaves of Lawsonia inermis 1 handful
Turmeric 1 finger
Salt sufficient amount

Preparation
Clean the ingredients thoroughly, pound and mix with salt.

Direction for use
Apply the mixture to the affected area and apply wound dressing.

PACAR JAWA
Lawsonia inermis L.
(Lawsonia alba Lam.)

KUNYIT
Curcuma longa Linn.
FOREIGN SHARP MATTER UNDER THE SKIN
“Telusupan”

1 RECIPE I

Ingredients
- Latex of leaves of *Plumeria acuminata* sufficient amount
  flower or latex of *Euphorbia tirucalli* stem
- Leaves of Indian pennywort 1 handful

Preparation
Clean the leaves and pound them into a homogenous mixture.

Direction for use
Apply the latex to the affected area and dress the wound. The foreign matter will be expelled spontaneously without pain. Afterwards, apply the pounded leaves of Indian pennywort to the affected area, then apply wound dressing.

KAMBOJA
*Plumeria acuminata* Ait.
**1 RECIPE I**

**Ingredients**
- Garlic ½ shallot
- Water 1 teaspoon

**Preparation**
Clean the garlic thoroughly and mix with water, and stir.

**Direction of use**
Apply to the affected area, particularly at the center.

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**2 RECIPE II**

**Ingredients**
- Leaf of Coleus scutellarioides 1 leaf
- Coconut oil sufficient amount

**Preparation**
Clean the leaf, smear it with coconut oil, wither it on small fire, then blend with fingers.

**Direction for use**
Apply to the affected area.
3 TREATMENT OF AILMENTS IN THE FAMILY

B - TREATMENT OF SPECIFIC SYMPTOMS IN THE FAMILY

1. TOOTHACHE AND MOUTH
2. HEADACHE
3. MUSCLE PAIN
4. WORM INFESTATION
5. ANAEMIA
6. LOSS OF APPETITE
GUIDELINES FOR THE USE OF HERBAL MEDICINES IN FAMILY HEALTH CARE

STOMATITIS

- ULCERS IN THE MOUTH, TONGUE, GUM, & LIPS
- SOMETIMES WITH FEVER
- CRACKED LIPS

**RECIPE I**

**Ingredients**
- Fresh leaves of *Piper betle*  
  1 to 2 leaves

**Preparation and direction for use**

Clean leave(s) thoroughly, and chew slowly. Keep a moment in the mouth before swallowing. Drink boiled warm water afterwards. Do it 3 times a day.

**RECIPE II**

**Ingredients**
- Fresh leaves of *Coleus amboinicus*  
  5 leaves

**Preparation and direction for use**

Clean the leaves thoroughly, and chew slowly. Keep a moment in the mouth, and then spit it out. Do not swallow the leaves.
3 RECIPE III

Ingredients
- Fresh leaves of *Abrus precatorius*  2 handfuls
- Water  4 glasses

Direction for use
Clean the leaves thoroughly and boil with water until 2 glasses remain.
Drink in small portions during the day, up to 2 glasses a day.

PRECAUTIONS
1. KEEP THE MOUTH CLEAN.
2. EAT A LOT OF VEGETABLES AND FRUITS.
3. HAVE REGULAR MEALS, AND
4. HAVE ENOUGH SLEEP.
TOOTH ACHE

CENGKEH
Syzygium aromaticum L.

1 RECIPE I

Ingredients
• Dried cloves sufficient amount

Preparation
Clean the cloves thoroughly, dry fry and crush.

Direction for use
Insert the crushed clove into the aching tooth, and cover it with a small piece of cotton wool.

Alternative
Wet some cotton wool with clove oil. Put it into the dental cavity.
Instead of clove, garlic can be used.
In addition to the above remedies, one can use RECIPE II as gargle.

2 RECIPE II

Ingredients
- Fresh leaves of Piper betle 2 leaves
- Salt ½ teaspoon
- Water 1 glass

Preparation
Clean the leaves thoroughly, boil with water. Add salt to the decoction, stir and let it cool.

Direction for use
Use the decoction as gargle, especially before going to bed.

PRECAUTIONS
1 KEEP TEETH AND MOUTH CLEAN. BRUSH TEETH REGULARLY AFTER MEALS.
2. USE THE DECOCTION OF PIPER BETLE LEAVES AS GARGLE EVERY MORNING, TO KEEP THE MOUTH ASEPTIC AND HAVE FRESH ODOUR.
3. MAKE THE CHILD BRUSH HIS/HER TEETH REGULARLY SINCE CHILDHOOD.
GUIDELINES FOR THE USE OF HERBAL MEDICINES IN FAMILY HEALTH CARE

1. RECIPE I

Ingredients
Use any of leaves below:
- Leaves of *Piper betle*
- Leaves of *Ageratum conyzoides*
- Leaves of *Euphorbia pulcherrima*
- Leaves of Guava

Direction for use
Use one leaf. Clean the leaf thoroughly, squeeze it and make it into a small roll. Plug it into bleeding hole of the nose and press the nose gently.

2. RECIPE II

Ingredients
- Tuber of *Merremia mammosa* 2 finger lengths
- Honey 1 tablespoon
- Hot water 1 glass

Preparation
Clean the tuber of *Merremia mammosa* thoroughly, chop and pour hot water on it, let it stand still, then filter. Add honey and stir.

Direction for use
Drink 1 glass, 2 times a day.

3. RECIPE III

Ingredients
- Coarse grass 1 handful
- Curcuma 5 thumbs
- Palm sugar sufficient amount
- Water 2 glasses

Preparation
Clean the ingredients thoroughly, boil with 2 glasses of water and palm sugar.

Direction for use
Drink ¾ glass, 2 times a day.
GUIDELINES FOR THE USE OF HERBAL MEDICINES IN FAMILY HEALTH CARE

1 RECIPE I

(Adult Only)
Ingredients
- Ginger 1 thumb
- Palm sugar 1 tablespoon
- Water 1 glass

Preparation
Clean the ginger thoroughly, and roast for a while, peel the skin and pound. Then put it into a glass of boiling water, add palm sugar and stir.

Direction for use
Drink the mixture while warm.

2 RECIPE II

(Adults Only)
Ingredients
- Leaves of Indian pennywort 1 handful
- Caraway seeds 1/4 spoon
- Water 1 glass
- Palm sugar or honey 1 teaspoon

Preparation
Clean the ingredients thoroughly. Boil until ½ glass of decoction remains. Add palm sugar or honey.

Direction for use
Drink the decoction.

JAHE
Zingiber officinale Roscoe

PEGAGAN
Centella asiatica L. Urban
3 RECIPE III

FOR MIGRAINE

Ingredients
- Curcuma 7 thumbs
- Leaves of Indian pennywort 1 handful
- Water 3 glasses

Preparation
Clean the ingredients thoroughly. Boil the mixture until ½ glass of decoction remains.

Direction for use
Drink ½ glass during the day and at night time until migraine is relieved.

Beside drinking the decoction, rubbing with TOPICAL RECIPE is also recommended.

TOPICAL RECIPE

Ingredients
- Rhizome of *Zingiber purpureum* 2 finger lengths
  or
- Ginger 2 finger lengths

Preparation
Clean the rhizome thoroughly, and grate.

Direction for use
Rub gently on the forehead, temple and nape of neck.

PRECAUTIONS
1. REFER TO A HEALTH CENTRE OR HOSPITAL, IF THERE IS NO RELIEF OF HEADACHE.
2. HEADACHE IN PATIENTS WITH HYPERTENSION, SHOULD BE REFERRED TO A HEALTH CENTRE OR HOSPITAL.
1. **RECIPE I**

**Ingredients**
- Fresh leaves of *Barleria prionitis* ½ handful
- Lime (paste) ½ teaspoon
- Boiled water 2 tablespoons

**Preparation**
Clean the leaves thoroughly and pound with lime. Mix with boiled water and stir into a smooth paste.

**Direction for use**
Rub gently on the painful area 2 times a day. Be careful for sensitive skin, stop applying if the skin feels hot or itchy.

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2. **RECIPE II**

**Ingredients**
- Fresh leaves of *Justicia gendarussa* 25 leaves
- Lime (paste) ¼ teaspoon
- Water 2 tablespoons

**Preparation**
Clean the leaves thoroughly and pound with lime juice and water.

To fortify the recipe, 3 seeds of pepper can be added.

**Direction for use**
Rub on the affected area 2 times a day.
Or put the paste on the affected area and apply bandage.
GUIDELINES FOR THE USE OF HERBAL MEDICINES IN FAMILY HEALTH CARE

3 RECIPE III

ARM AND LEG PAIN, STIFFNESS

Ingredients
- Ginger 1 thumb
- Lemon grass 2 finger lengths
- Water 2 glasses
- Palm sugar 1 tablespoon
- Salt a tip of teaspoon

Preparation
Clean the ingredients thoroughly. Roast ginger for a moment and pound. Boil ginger and lemon grass with water until 1 glass remains. Add palm sugar, stir and let it cool.

Direction for use
Drink it while warm in the morning and afternoon.

4 RECIPE IV

For body pain due to exhaustion or flu.
“JAMU BERAS KENCUR”.

Ingredients A
- Rhizome of Kaempferia galanga 1 ounce
- Turmeric 1 finger length
- Rhizome of Curcuma xanthorrhiza 1 finger length
- Ginger 1 finger length
Clean the ingredients thoroughly, peel, cut and pound until all ingredients blend into a smooth paste.

Ingredients B
- Seeds of Parkia roxburghii 10 seeds (dry fried), peel the carp.
- Rice 2 tablespoonfuls, soak in water for 1 night. Dry fry until brownish colour is obtained.
- Cinnamon ½ finger length
- Fruits of Amommmum compactum 7 fruits
- Clove 7 pcs.
- Fruits of Foeniculum vulgare 1 teaspoon

Ingredients C
- Leaves of Pandanus amarylli 2 leaves
- Water 4 glasses
- Tamarin 1 teaspoon
- Palm sugar ¼ kg

Mix ingredients A and B, add a sufficient amount of salt. Pour 4 glasses of hot water to it, and stir. Boil ingredients C, pour it into the mixture and stir. It is ready to serve.
WORM INFESTATION (Round worm)

1 RECIPE I

**Ingredients**
- Fresh rhizome of *Curcuma heynnea*na 1 finger length
- Fresh rhizome of *Curcuma aeruginosa* 1 finger length
- Garlic ½ bulb
- Salt sufficient amount
- Water ½ glass

**Preparation**
Clean the ingredients thoroughly and boil. Squeeze and filter with clean cloth. Add salt and stir until completely dissolved.

**Direction for use**
Child 1 - 2 years: drink 1 tablespoon, 2 times a day.
Child 3 - 5 years: drink 3 tablespoons, 2 times a day.
Drink the decoction in the morning before breakfast and before going to bed. Repeat for 3 consecutive days.

**PRECAUTIONS**
1. WASH HANDS BEFORE TAKING MEALS. PROTECT ALL FOOD AND DRINKS FROM RATS, FLIES, OTHER INSECTS AND DUST.
2. USE TOILET APPROPRIATELY AND WASH HANDS.
3. KEEP ENVIRONMENT CLEAN, INSIDE AND OUTSIDE THE HOUSE.
WORM INFESTATION (Pin worm)

- ITCHING AT THE ANUS
- SCRATCHES ON THE BUTTOCK

1 RECIPE I

Ingredients
- Root of papaya 1 finger length
- Garlic 1 bulb
- Milk 1/2 glass
- Coconut water 1 glass

Preparation
Clean the ingredients thoroughly. Boil with low heat until half volume of decoction remains. Filter while still warm into a glass, add milk and stir.

Direction for use
Drink ½ glass, 2 times a day.

2 RECIPE II

Ingredients
- Papaya seeds 30 seeds
- Rhizome of Curcuma heyneana 1 finger length

Preparation
Clean the ingredients thoroughly. Peel rhizome, boil with 2 glasses of water until 1 glass remains and filter.

Direction for use:
- Children: drink 2 times a day in the morning before breakfast and in the evening before going to bed for 3 consecutive days. Dosages according to age are as follows:
  - Child 2-3 years: 3 tablespoons twice a day.
  - Child 4-5 years: 5 tablespoons twice a day.
  - Child 6-8 years: ¼ glass twice a day.
  - Child 8-12 years: 1/3 glass twice a day.
  - Adult: ½ glass, twice a day.
3 RECIPE III

**Ingredients**
- Pericarp of *Punica granatum* half fruit
- Water 1½ glasses

**Preparation**
Clean thoroughly. Boil with 1½ glasses of water until 1 glass remains and filter.

**Direction for use**
Drink once a day with pure honey before going to bed at night.

DELIMA PUTIH
*Punica granatum* L.

**ATTENTION**
1. WASH HANDS BEFORE TAKING MEALS, PROTECT ALL FOODS AND DRINKS FROM RATS, FLIES, OTHER INSECTS AND DUST.
2. USE LANTRINE. WASH HANDS THEREAFTER.
3. KEEP ENVIRONMENT OF THE HOUSE CLEAN, BOTH INSIDE AND OUTSIDE.
4. AVOID SCRATCHING OF ITCHING AREA.
Ingredients
- Fresh leaves of *Amaranthus spinosus* 1 handful
- Egg yolk 2 yolks
- Honey 2 tablespoons

Preparation
Clean the leaves thoroughly and pound. Add ½ glass cool boiled water. Squeeze and filter. Beat the egg yolk, add the filtrate and honey, then mix thoroughly.

Direction for use (ADULT)
Drink the whole mixture at once.

Ingredients
- Rhizome of *Zingiber aromaticum* 2 finger lengths
- Water 2 glasses

Preparation
Clean the rhizome thoroughly and pound, boil with 2 glasses of water until 1 glass of decoction remains.

Direction for use (ADULT)
Drink ½ glass, 2 times a day.
**3 RECIPE III**

**Ingredients**
- Fresh leaves of *Moringa oleifera* 2 handfuls
- Water 2 glasses

**Preparation**
Boil leaves until 1 glass of decoction remains.

**Direction for use**
Adult: Drink 1 glass, 2 times a day.
Child: Drink ½ glass 2 times a day.

For chronic mal-nutrition of prolonged period, eat the leaves as vegetable in daily meal.

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*Moringa oleifera* leaves are a source of high nutrition. It contains:

- **VITAMIN A, VITAMIN B1, VITAMIN B2, VITAMIN B3, VITAMIN C, E, K, MAGNESIUM, POTASSIUM, CALCIUM, IRON AND PROTEIN (9 ESSENTIAL AMINO ACIDS)**

**NUTRITION IN KELOR LEAVES**

- **IRON** = 25 TIMES HIGHER THAN IN SPINACH
- **VITAMIN A** = 10 TIMES HIGHER THAN IN CARROTS
- **PROTEIN** = 9 TIMES HIGHER THAN IN MILK
- **CALCIUM** = 17 TIMES HIGHER THAN IN MILK
- **POTASSIUM** = 15 TIMES HIGHER THAN IN BANANA
- **VITAMIN C** = ½ THAT OF AN ORANGE
GUIDELINES FOR THE USE OF HERBAL MEDICINES IN FAMILY HEALTH CARE

APPEARS MOSTLY IN CHILDREN
1. In transition from soft to solid food (1 - 2 years of age).
2. Suffering from worm infestation.
3. Recovering from illness.

1 RECIPE I

Ingredients
- Rhizome of Curcuma aeruginosa 1/2-1 finger length
- Salt a sufficient amount
- Palm sugar a sufficient amount
- Warm boiled water 1 cup

Preparation
Clean the rhizome thoroughly, grate and blend with fingers using warm boiled water. Squeeze and filter with clean cloth, let it stand still and take the supernatant. Add salt and sugar.

Direction for use (ADULT)
Drink 1 cup once a day. Repeat for 3 consecutive days.

Direction for use (CHILDREN)
1 - 2 years: drink 1 tablespoon, once a day.
3 - 5 years: drink 2 tablespoons, once a day.
6 - 8 years: drink ¼ cup, once a day.
9 - 11 years: drink ½ cup, once a day.
Ingredients
- Fresh papaya leaf 1 leaf
- Salt sufficient amount
- Boiled water ½ cup

Preparation
Clean the leaf thoroughly and pound with a small amount of water until a smooth texture is obtained. Add the remaining water and filter it into a cup, stir with salt.

Direction for use (ADULT)
Drink ½ cup once a day. Repeat for 3 consecutive days.

Direction for use (CHILDREN)
1 - 2 years: drink 1 tablespoon, once a day.
3 - 5 years: drink 2 tablespoons, once a day.
6 - 8 years: drink ¼ cup, once a day.
9 - 11 years: drink ½ cup, once a day.
4 TREATMENT AND HEALTH CARE FOR MOTHERS

1. DYSMENORRHOEA (MENSTRUATION PAIN)
2. LEUKORRHOEA (VAGINAL DISCHARGE)
3. POSTNATAL MATERNAL CARE
4. SWOLLEN BREAST (MASTITIS)
1. RECIPE I

**Ingredients**

- Turmeric 3 thumbs
- Ripe tamarind 2 teaspoons
  (Boiled with water)
- Palm sugar 2 tablespoons
- Hot water 3 glasses

**Preparation**

Clean the turmeric thoroughly, peel and make thin slices. Boil until half volume remains, add tamarind water, palm sugar, and stir. Let it stand to get a warm solution.

**Direction for use**

Drink for 7 days before menstruation and for the first 2 days during menstruation.

For flavour, add one thumb of cinnamon. Tamarind and palm sugar can be added to taste.

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**KUNYIT**
*Curcuma longa* Linn.

**ATTENTION**

BETTER USE IT DURING OR BEFORE MENSTRUATION ALTHOUGH NO PAIN APPEARS. IT IS USEFUL TO ELIMINATE BAD ODOUR, AND PREVENT INTENSIVE PAIN.
2 RECIPE II

Ingredients
- Whole part of *Phyllanthus niruri* 3 small trees
- Rhizome of *Languas galanga* 1 thumb
- Coriander 1 teaspoon
- Turmeric 1 finger

Preparation
Clean the ingredients thoroughly. Peel turmeric and make thin slices. Pound the rhizome. Boil all the ingredients with 3 glasses of water until 2 glasses of decoction remains.

Direction for use
Drink 2 times a day: ½ glass in the morning and ½ glass in the afternoon.
If pain is intense and colicky, drink the recipe given below.

3 RECIPE III

Ingredients
- Leaves of *Paederis foetida* 5 leaves
- Seeds of *Parkia timoriana* 3 seeds
- Water 2 cups

Preparation
Clean the ingredients thoroughly. Dry and fry the seeds, peel and crush into fine powder. Boil it with leaves until half volume remains.

Direction for use
Drink it 2 times a day until pain is relieved.
GUIDELINES FOR THE USE OF HERBAL MEDICINES IN FAMILY HEALTH CARE

1 RECIPE I

Ingredients
- Rhizome of Zingiber aromaticum 3 thumbs
- Rhizome of Boesenbergia pandurata 3 thumbs
- Leaves of Piper betle 7 leaves
- Lime water (clear liquid) 1 teaspoon

Preparation
Clean the ingredients thoroughly. Pound into a pulp mass. Divide the mixture into 3 parts for use 3 times.
For each use, put the mixture in half a glass of hot water, stir and add one teaspoon of lime water. Stir until it becomes warm.

Direction for use
Drink the mixture 2 times a day until pain is relieved. Then continue once weekly until there is full relieve.
GUIDELINES FOR THE USE OF HERBAL MEDICINES IN FAMILY HEALTH CARE

2 RECIPE II

Ingredients
- Leaves of *Pluchea indica* 1 handful
- Seeds of *Nigella sativa* 1 teaspoon
- Seeds of *Piper cubeba* 10 seeds
- Leaves of Indian kidney tea 1 handful
- Water 4 glasses

Preparation
Clean the ingredients thoroughly, boil until half volume remains.

Direction for use
Drink ¾ glass of decoction 2 times a day.

3 RECIPE III

(External use)

Ingredients
- Leaves of *Piper betle* 10 leaves
- Water 5 glasses

Preparation
Clean the leaves thoroughly. Boil for 1/4 hour, keep warm.

Direction for use
Wash or soak the vagina with the decoction, 2 times a day after bathing, until there is no more discharge.

PRECAUTIONS

- PREGNANT WOMEN ARE RECOMMENDED TO USE THE EXTERNAL RECIPE ONLY.
- IF THE VAGINAL DISCHARGE IS BROWN, YELLOW OR LIGHT GREEN IN COLOUR, AND IF THERE IS BAD ODOR, OR ITching IN SURROUNDING GENITAL AREA, REFER IMMEDIATELY TO HEALTH CENTRE OR HOSPITAL
SWOLLEN BREAST
(Mastitis)

- Breast inflammation usually occurs between 1 to 2 weeks after childbirth.
- Causes: obstructed milk ducts.
- The large volume of breast milk is unable to come out quickly.
- Infection due to breastfeeding.
- Microorganisms from unclean bra and clothes.

1. RECIPE I

**Ingredients**
- Leaves of *Vigna cylindrica* 1 handful
  or leaves of *Mirabilis jalapa*
- Lime water (clear liquid) 1 teaspoon

**Preparation**
Clean leaves thoroughly, add lime water and blend with fingers.

**Direction for use**
Apply mixture to the swollen breast, except the nipple. If the mixture becomes dry, apply fresh mixture until swelling subsides.

2. RECIPE II

**Ingredients**
- Leaves of *Erythrina hypaporus* sufficient amount
  or leaves of *Lantana camara*

**Preparation**
Clean the leaves thoroughly. Pound them into a smooth mass.

**Direction for use**
Apply to the swollen breast.
**RECIPE III**

**Ingredients**
- Onion 3 shallots
- Salt ½ teaspoon

**Preparation**
Peel onion and rinse with warm water. Grate and mix with salt.

**Direction for use**
Apply to the swollen breast except nipple.

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**CARE OF MOTHERS**

1. WARM THE BREAST WITH WARM WATER BOTTLE OR WARM TOWEL, THEN USE THE ABOVE RECIPES.
2. BEFORE BREASTFEEDING THE BABY, REMOVE THE MIXTURE AND RINSE THE BREAST USING WARM WET TOWEL.
3. BREASTFEED THE BABY WITH THE PAINFUL BREAST FIRST, THIS CAN HELP TO RELIEF THE PAIN. BREASTFEEDING WILL RELEASE THE OBSTRUCTED DUCT AND THE BREAST MILK WILL FLOW FASTER.

IF THERE ARE SIGNS OF ABSCESS IN THE SWOLLEN BREAST, REFER IMMEDIATELY TO A HEALTH CENTRE OR HOSPITAL.

**PRECAUTIONS**

**FOR PREVENTION**

1. TAKE GOOD CARE OF THE BREAST DURING PREGNANCY. DO MASSAGE USING OIL AND BEFORE TAKING A BATH. MASSAGE THE BREAST FROM BASE TO NIPPLE (5-10 TIMES) WHILE PULLING THE NIPPLE FOR 2 MINUTES.
2. DO THE MASSAGE IMMEDIATELY AFTER CHILDBIRTH, DO BREAST CARE BY APPLYING WARM AND COLD TOWEL COMPRESS IN TURN, AND MASSAGE.

* BREAST MILK IS THE BEST FOOD FOR YOUR BABY.
* PLEASE TAKE GOOD CARE OF YOUR BREAST.
* INITIATE BREASTFEEDING WITHIN THE FIRST 60 MINUTES AFTER DELIVERING THE BABY.
* BREASTFEED ON DEMAND, EXCLUSIVELY FOR 6 MONTHS.
POSTNATAL MATERNAL CARE

1 RECIPE I

FEVER PREVENTION

Ingredients
- Fresh young papaya leaf 1 leaf
- Salt sufficient amount
- Palm sugar 2 tablespoons
- Water 2 glasses

Preparation
Clean the leaf thoroughly. Cut the leaf, add salt, palm sugar and water. Boil until one glass of decoction remains.

Direction for use
After childbirth, drink immediately one glass a day for 2 days.

2 RECIPE II

(External use)

Ingredients
- Fresh Leaves of Coleus scutellarioides 7 leaves
- Leaves of Baeckea frutescens 1 tablespoon
- Water 1 tablespoon

Preparation
Clean the ingredients thoroughly. Burn Baeckea frutescens leaves to ash, then pound together with the leaves, add water.

Direction for use
Rub gently on the belly.
CARE OF BELLY AFTER CHILDBIRTH

3 RECIPE III

Ingredients
- Lime Fruit 1 fruit
- Lime water sufficient amount
- Cajuput oil

Preparation and direction for use
Mix juice of one lime fruit with lime water. Add 5 drops of cajuput oil. Rub gently on the belly after bath and wrap with vest. Apply it everyday for 40 days. Be careful for sensitive skin. If there is itching and burning sensation, clean the area. Do not use it again.

INTENSIFYING BREAST MILK

1 RECIPE I

Ingredients
- Fresh leaves of Sauropus androgynus or Radish sufficient amount.

Preparation and direction for use
Make soup of fresh Sauropus androgynus leaves or radish. Eat as vegetables.

2 RECIPE II

Ingredients
- Dry corn seed sufficient amount.

Preparation and direction for use
Dry and fry the dry corn seeds until they crack and become crispy. Dry fried coriander is added to corn seeds. Eat as snack.
 GUIDELINES FOR THE USE OF HERBAL MEDICINES IN FAMILY HEALTH CARE

3  RECIPE III

**Ingredients**
- Nutmeg 1 little finger
- Mungsi 1 tablespoon
- Cinnamon ½ thumb
- Coriander 1 teaspoon
- Palm sugar sufficient amount
- Salt sufficient amount
- Hot water ½ glass (100 cc)

**Preparation**
Clean the ingredients thoroughly. Pound them into a fine mixture. Put into ½ glass of hot water, add palm sugar and stir until homogenous. Wait until it becomes warm and filter the liquid into a glass.

**Direction for use**
Drink once a day after bath in the morning.

4  RECIPE IV

**Ingredients**
- Turmeric 7 slices
- Phyllanthus niruri ½ handful
- Indian pennywort ¼ handful
- Water 3 glasses

**Preparation**
Clean the ingredients thoroughly. Boil until 2 glasses of decoction remains.

**Direction for use**
Drink 2 times a day, 1 glass in the morning and 1 glass before going to bed.

5  RECIPE V

**Ingredients**
- Leaves of Pouzolzia zeylanica 1 handful
- Water 1 glass

**Preparation**
Clean the leaves thoroughly. Boil until ½ glass remains.

**Direction for use**
After cooling, drink ½ glass at once in the morning, once a day.
TREATMENT OF NIFAS* FEVER

1. RECIPE I

Ingredients
- Fresh flower of ½ handful
  *Nycranthes arbor-tristis*
- Water 1 glass

Preparation
Clean the flower thoroughly. Boil until 1/2 glass remains.

Direction for use
Drink ½ cup, 3 times a day.

* Nifas – An Islamic term referring to childbirth.

2. RECIPE II

Ingredients
- Young leaves of 7 leaves
  *Nycranthes arbor-tristis*
- Fresh leaves of 3 leaves
  *Coleus scutellarioides*
- Water 1 glass

Preparation
Clean the leaves thoroughly. Boil until 1/2 glass remains.

Direction for use
Drink ½ glass, 3 times a day.
RECIPE FOR SAUNA

Ingredients
- Leaves of *Pluchea indica* or *Vitex trifolia* 2 handfuls
- Cajuput oil 3-4 drops
- Hot water (boiled) 5 liters

Preparation
Clean the leaves thoroughly, put it into boiling water in the bucket, and add 3-4 drops of cajuput oil.

Direction for use
1. Let the mother stand up, covering the body with sarong from feet to neck. Put the bucket of hot mixture between legs. Keep for 10-15 minutes.

Or
2. Mother sit down on a rattan chair and put the bucket of hot mixture under the chair. Cover mother’s body with sarong.

PRECAUTIONS

POST NATAL MATERNAL CARE FOR 40 DAYS, IS COMMON PRACTICE IN INDONESIA. IT IS VERY IMPORTANT TO THE RECOVERY OF MOTHER’S HEALTH.

USUALLY, THE FOLLOWING TRADITIONAL CARE COULD BE APPLIED:

1. EXTERNAL BODY CARE: BODY AND BREAST, MASSAGE, USE PILIS (TRADITIONAL RECIPE, PULPY MASS TO BE PUT ON THE FOREHEAD).
   PAREM, BOREH (TRADITIONAL RECIPE, SUSPENSION LIQUID, TO RUB THE ARMS AND LEGS) AND SPICES STEAM BATH.

2. STOMACH CARE: USE TAPEL (TRADITIONAL RECIPE, PULPY MASS, TO BE PUT AT THE BELLY)

3. INTERNAL CARE/ORAL: DRINK TRADITIONAL RECIPE AFTER CHILDBIRTH AND RECIPE TO INCREASE MOTHER’S MILK.
5 GERIATRIC HEALTH CARE

1. CONSTIPATION
2. INSOMNIA
3. DIFFICULT TO URINATE
GUIDELINES FOR THE USE OF HERBAL MEDICINES IN FAMILY HEALTH CARE

Constipation

Usually caused by inappropriate diet, insufficient fiber, insufficient drink, lack of sleep, erratic defecation, feeling worried and fearful.

1. Recipe I

Ingredients
- Aloe medium size ½ leaf
- Honey 1 tablespoon
- Boiled warm water ½ glass

Preparation
Clean aloe thoroughly and strip. Cut into small pieces and put into ½ glass of water. Add honey.

Direction for use
Eat while warm 2 times a day.

Lidah Buaya
Aloe vulgaris Lam.

2. Recipe II

Ingredients
- Leaves of Graptophylum pictum 7 leaves
- Water 2 glasses

Preparation
Clean the leaves thoroughly, boil until half of decoction remains.

Direction for use
Drink one glass in the morning.

Daun Ungu
(Daun Handeuleum)
Graptophylum pictum Griff.
3  RECIPE III

Ingredients
- Root of *Rheum officinale*  2 g
- Water  2 glasses

Preparation
Clean the roots thoroughly, pound until fine mass is obtained. Boil until half of the volume remains.

Direction for use
Drink one glass after cooling.

4  RECIPE IV

Ingredients
- Fruits of *Passiflora edulis*  5 fruits
- Water  sufficient amount

Preparation
Clean the fruits thoroughly, add small amount of water and blend using blender including the seed.

Direction for use
Drink all of the preparation at once.
INSOMNIA

1 RECIPE I

Ingredients
- Nutmeg 1 seed
- Honey 1 spoon

Preparation
Clean nutmeg thoroughly, pound into a fine mass. Put into ¾ cup of hot water and add one spoon of honey.

Direction for use (Adult)
Drink while still warm, 1-2 times a day.

2 RECIPE II

Ingredients
- Fruit of Foeniculum vulgare ¾ tea spoon
- Honey 1 tablespoon

Preparation
Clean the seeds thoroughly, pound into a fine mass. Put into ¾ cup of hot water and add one spoon of honey.

Direction for use (Adult)
Drink while warm, 1-2 times a day.

3 RECIPE III

Ingredients
- Leaves of Leucas lavandulifolia sufficient amount

Direction for use (Adult)
Take sufficient leaves and put under the pillow.
**GUIDELINES FOR THE USE OF HERBAL MEDICINES IN FAMILY HEALTH CARE**

**DIFFICULT TO URINATE**

- PAIN WHILE PASSING URINE.
- DIFFICULTY IN PASSING URINE.
- URINATE LITTLE BY LITTLE.

### 1 RECIPE I

**Ingredients**
- Indian kidney tea leaves 2 handfuls
- Honey 1 spoon
- Water 1 glass

**Preparation**
Clean the leaves thoroughly. Cut and boil until ½ glass remains. Filter and add honey.

**Direction for use**
Drink 2 times a day.

### 2 RECIPE II

**Ingredients**
- Leaves of Indian pennywort 20 leaves

**Preparation**
Clean the leaves thoroughly. Boil with 3 glasses of water until ¾ glass remains. Filter and add honey to taste.

**Direction for use (Adults)**
Drink 2 times a day.

**KUMIS KUCING (INDIAN KIDNEY TEA)**
*Orthosiphon aristatus* Miq.

**PEGAGAN (INDIAN PENNYWORT)**
*Centella asiatica* (L.) Urban
ANNEX

Additional information on medicinal plants mentioned in this book

**Allium cepa L.**

- **Family**: Liliaceae
- **Indonesian name**: bawang merah
- **English name**: onion
- **Other names**: horn farang (Thai), bawang merah (Malay)
- **Chemical constituents**: amino-acids (arginine, lysine), minerals (K, Ca, P), vitamins (C, E), essential oil, quercetin, allicin
- **Part of plant used**: bulb
- **Use**: cough, antipyretic, skin rash
- **Plant propagation**: bulb

![Allium cepa](image)

**Allium sativum L.**

- **Family**: Liliaceae
- **Indonesian name**: bawang putih
- **English name**: garlic
- **Other names**: katiem (Thai), kyet-thun-phew (Myanmar)
- **Chemical constituents**: alliin, alliinase, allyl-cysteine, mineral (Fe), amino acids
- **Part of plant used**: bulb
- **Use**: anthelmintic, antiseptic
- **Plant propagation**: bulb

![Allium sativum](image)
**Aloe vulgaris** Lam.

**Aloe barbadensis** Mill.

- **Family**: Liliaceae
- **Indonesian name**: Lidah buaya
- **English name**: Barbados aloe
- **Other name**: sabila (Philippines)
- **Chemical constituents**: Aloin, barbaloin, loenin, isobarbaloin, aloe-odin
- **Part of plant used**: leaf, flower, root
- **Use**: headache, constipation, hair fall, cooling effect
- **Plant propagation**: rhizome, solon, seed

**Alstonia scholaris** (L.) R.Br.

- **Family**: Apocynaceae
- **Indonesian name**: pule
- **English name**: dita bark tree, devil tree
- **Other name**: sapthaparna (India)
- **Chemical constituents**: alkaloids: ditaine, ditamine, alstonine
- **Part of plant used**: bark
- **Use**: fever, tonic, dyspepsia
- **Plant propagation**: seed, stem and stem cutting

**Alyxia stellata** Roem. & Schult.

- **Family**: Apocynaceae
- **Indonesian name**: pulosari
- **Other name**: maile (Hawaiian)
- **Chemical constituents**: Alkaloid, tannin
- **Part of plant used**: bark
- **Use**: cough, fever, diarrhoea
- **Plant propagation**: stem, branch cutting, seeds
## Amaranthus spinosus Linn.

<table>
<thead>
<tr>
<th><strong>Family</strong></th>
<th>Amaranthaceae</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Indonesian name</strong></td>
<td>bayam duri</td>
</tr>
<tr>
<td><strong>English name</strong></td>
<td>thorny amaranth, spinach</td>
</tr>
<tr>
<td><strong>Other name</strong></td>
<td>le xian cai (Chinese)</td>
</tr>
<tr>
<td><strong>Chemical constituents</strong></td>
<td>amarantine, rutin, spinasterol, potassium iron, vitamins</td>
</tr>
<tr>
<td><strong>Part of plant use</strong></td>
<td>leaves</td>
</tr>
<tr>
<td><strong>Use</strong></td>
<td>maternal postnatal care, anaemia tonic</td>
</tr>
<tr>
<td><strong>Plant propagation</strong></td>
<td>seeds</td>
</tr>
</tbody>
</table>

## Andrographis paniculata (Burm. f.) Nees

<table>
<thead>
<tr>
<th><strong>Family</strong></th>
<th>Acanthaceae</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Indonesian name</strong></td>
<td>sambiloto</td>
</tr>
<tr>
<td><strong>English name</strong></td>
<td>green chireta</td>
</tr>
<tr>
<td><strong>Other names</strong></td>
<td>chuan xin lian (Chinese), kiryat (Hindi), hempedu bhumi (Malay), fa talai jorn (Thai)</td>
</tr>
<tr>
<td><strong>Chemical constituents</strong></td>
<td>andrographolide, deoxyandrographolide</td>
</tr>
<tr>
<td><strong>Part of plant used</strong></td>
<td>leaf</td>
</tr>
<tr>
<td><strong>Use</strong></td>
<td>skin rash, fever, liver disorders,</td>
</tr>
<tr>
<td><strong>Plant propagation</strong></td>
<td>stem cutting, seeds</td>
</tr>
</tbody>
</table>

## Areca catechu L.

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<thead>
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<th>Arecaceae</th>
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</thead>
<tbody>
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<tr>
<td><strong>English name</strong></td>
<td>areca nut</td>
</tr>
<tr>
<td><strong>Other name</strong></td>
<td>da fu pi (Chinese)</td>
</tr>
<tr>
<td><strong>Chemical constituents</strong></td>
<td>arecoline, arecaine</td>
</tr>
<tr>
<td><strong>Part of plant used</strong></td>
<td>seed, fruit skin, leaf</td>
</tr>
<tr>
<td><strong>Use</strong></td>
<td>anthelmintic, diarrhoea</td>
</tr>
<tr>
<td><strong>Plant propagation</strong></td>
<td>seeds</td>
</tr>
</tbody>
</table>
### Averrhoa bilimbi L.

<table>
<thead>
<tr>
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<th>Oxilidaceae</th>
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<tbody>
<tr>
<td>Indonesian name</td>
<td>belimbing buluh</td>
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<tr>
<td>English name</td>
<td>cucumber tree</td>
</tr>
<tr>
<td>Other names</td>
<td>balimbi, kamias (Phil.)</td>
</tr>
<tr>
<td>Chemical constituents</td>
<td>calcium oxalate (flower), tannin, sulphur, formic acid, potassium citrate</td>
</tr>
<tr>
<td>Part of plant used</td>
<td>flower, fruit, leaf</td>
</tr>
<tr>
<td>Use</td>
<td>cough, itching, muscle pain, skin eruption lowering blood pressure</td>
</tr>
<tr>
<td>Plant propagation</td>
<td>seeds and grafting</td>
</tr>
</tbody>
</table>

### Baeckea frutescens L.

<table>
<thead>
<tr>
<th>Family</th>
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<tbody>
<tr>
<td>Indonesian name</td>
<td>jung rahab</td>
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<tr>
<td>Other names</td>
<td>gang song (Chinese)</td>
</tr>
<tr>
<td>Chemical constituents</td>
<td>cineol, β pinene, cymene, tasmanone</td>
</tr>
<tr>
<td>Use</td>
<td>post natal maternal care</td>
</tr>
<tr>
<td>Plant propagation</td>
<td>stem cutting</td>
</tr>
</tbody>
</table>

### Barleria prionitis L.

<table>
<thead>
<tr>
<th>Family</th>
<th>Acanthaceae</th>
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</thead>
<tbody>
<tr>
<td>Indonesian name</td>
<td>landep</td>
</tr>
<tr>
<td>English name</td>
<td>porcupine flower</td>
</tr>
<tr>
<td>Other name</td>
<td>bunga landak (Malay)</td>
</tr>
<tr>
<td>Chemical constituents</td>
<td>barlerin, acetylbarlerin, lupulinoside</td>
</tr>
<tr>
<td>Part of plant used</td>
<td>leaf and root</td>
</tr>
<tr>
<td>Use</td>
<td>wound, skin infection, muscle pain, toothache, fever, stomach disorders</td>
</tr>
<tr>
<td>Plant propagation</td>
<td>stem cutting, seed</td>
</tr>
</tbody>
</table>
**Carica papaya L.**

- **Family**: Caricaceae
- **Indonesian name**: pepaya
- **English name**: papaya
- **Other name**: fan mu gua (Chinese)
- **Chemical constituents**: papain, carpain, pseudocarpain, karposid, saponin
- **Part of plant used**: leaf, root, resin
- **Use**: anthelmintic, burn wound, constipation, stomatitis
- **Plant propagation**: seeds

**Cassia alata Linn.**

- **Family**: Caesalpiniaceae
- **Indonesian name**: ketepeng cina
- **English name**: ringworm shrub
- **Other name**: kupang-kupang (Malay)
- **Chemical constituents**: anthraquinone
- **Part of plant used**: fresh leaf
- **Use**: dermatitis, skin disorders, anthelmintic, constipation
- **Plant propagation**: stem cutting

**Cassia siamea Lamk.**

- **Family**: Fabaceae
- **Indonesian name**: johar
- **English name**: kassod tree
- **Other name**: khi lek (Thai)
- **Chemical constituents**: barakol, anthraquinon
- **Part of plant used**: leaves
- **Use**: antimalaria, skin rash, liver disorders, constipation
- **Plant propagation**: seeds
### Centella asiatica L. Urban

<table>
<thead>
<tr>
<th>Family</th>
<th>Umbelliferae</th>
</tr>
</thead>
<tbody>
<tr>
<td>Indonesian name</td>
<td>pegagan, antanan</td>
</tr>
<tr>
<td>English name</td>
<td>Indian pennywort</td>
</tr>
<tr>
<td>Other names</td>
<td>daun kaki kuda (Malay), gotu kola (Sinhalese)</td>
</tr>
<tr>
<td>Chemical constituents</td>
<td>glycosides (asiaticoside, thankuniside), etc.</td>
</tr>
<tr>
<td>Part of plant used</td>
<td>leaf and stem</td>
</tr>
<tr>
<td>Use</td>
<td>wound healing, headache, fever, asthma, immunostimulant</td>
</tr>
<tr>
<td>Plant propagation</td>
<td>seeds, stolon</td>
</tr>
</tbody>
</table>

### Cinnamomum burmanii Nees et T. Nees

<table>
<thead>
<tr>
<th>Family</th>
<th>Lauraceae</th>
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</thead>
<tbody>
<tr>
<td>Indonesian name</td>
<td>kayu manis cina</td>
</tr>
<tr>
<td>English name</td>
<td>cinnamon</td>
</tr>
<tr>
<td>Other names</td>
<td>yin xiang pi/gui zhi (Chinese) ob cheuy (Thai)</td>
</tr>
<tr>
<td>Chemical constituents</td>
<td>coumarine, citral, safrole, cinnamaldehyde</td>
</tr>
<tr>
<td>Part of plant used</td>
<td>bark, leaf, root</td>
</tr>
<tr>
<td>Use</td>
<td>diarrhoea, stomatitis, common cold, difficulty in breathing</td>
</tr>
<tr>
<td>Plant propagation</td>
<td>seeds and rooted callus</td>
</tr>
</tbody>
</table>
**Citrus aurantifolia Swingle**

<table>
<thead>
<tr>
<th>Family</th>
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<tbody>
<tr>
<td>Indonesian name</td>
<td>jeruk nipis</td>
</tr>
<tr>
<td>English name</td>
<td>sour lime</td>
</tr>
<tr>
<td>Other names</td>
<td>zhi qiao (Chinese), manao (Thai)</td>
</tr>
<tr>
<td>Chemical constituents</td>
<td>limonene, citric acid, vitamin C</td>
</tr>
<tr>
<td>Part of plant used</td>
<td>fruit juice</td>
</tr>
<tr>
<td>Use</td>
<td>cough, common cold, antidandruff, slimming products, scurvy</td>
</tr>
<tr>
<td>Plant propagation</td>
<td>stem cutting and seeds</td>
</tr>
</tbody>
</table>

**Cocos nucifera L.**

<table>
<thead>
<tr>
<th>Family</th>
<th>Arecaceae</th>
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</thead>
<tbody>
<tr>
<td>Indonesian name</td>
<td>kelapa hijau</td>
</tr>
<tr>
<td>English name</td>
<td>coconut</td>
</tr>
<tr>
<td>Other names</td>
<td>ye zi (Chinese),</td>
</tr>
<tr>
<td>Chemical constituents</td>
<td>stigmasterol, fatty oil, carbohydrate, protein, fiber, minerals, electrolytes</td>
</tr>
<tr>
<td>Part of plant used</td>
<td>flesh of fruit, coconut water</td>
</tr>
<tr>
<td>Use</td>
<td>fever, diarrhoea</td>
</tr>
<tr>
<td>Plant propagation</td>
<td>fruit</td>
</tr>
</tbody>
</table>
**Coleus amboinicus Lour.**  
**Coleus aromatica Benth.**

<table>
<thead>
<tr>
<th>Family</th>
<th>Lamiaceae</th>
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<tbody>
<tr>
<td>Indonesian name</td>
<td>daun jintan/duan kucing</td>
</tr>
<tr>
<td>English name</td>
<td>country borage</td>
</tr>
<tr>
<td>Other names</td>
<td>patharchur (Hindi), tan day la (Vietnamese)</td>
</tr>
<tr>
<td>Chemical ingredients</td>
<td>sineol, phenol, carvacol, calcium</td>
</tr>
<tr>
<td>Part of plant used</td>
<td>leaf and stem above soil</td>
</tr>
<tr>
<td>Use</td>
<td>cough, sore throat, muscle-pain difficult breathing, wheezing, to stimulate lactation</td>
</tr>
<tr>
<td>Plant propagation</td>
<td>stem cutting and seeds</td>
</tr>
</tbody>
</table>

**Coleus atropurpureus Benth.**

<table>
<thead>
<tr>
<th>Family</th>
<th>Lamiaceae</th>
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</thead>
<tbody>
<tr>
<td>Indonesian name</td>
<td>iler, mayana</td>
</tr>
<tr>
<td>English name</td>
<td>coleus</td>
</tr>
<tr>
<td>Other names</td>
<td>tzai ye cao (Chinese), maliana (Tagalog)</td>
</tr>
<tr>
<td>Chemical constituents</td>
<td>volatile oil, phenol, tannin, fatty oil, phyosterol</td>
</tr>
<tr>
<td>Part of plant used</td>
<td>leaf</td>
</tr>
<tr>
<td>Use</td>
<td>skin infection, promote pigmentation</td>
</tr>
<tr>
<td>Plant propagation</td>
<td>seeds and stem cutting</td>
</tr>
</tbody>
</table>
### Coriandrum sativum L.

<table>
<thead>
<tr>
<th>Family</th>
<th>Apiaceae</th>
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<tbody>
<tr>
<td>Indonesian name</td>
<td>ketumbar/penjilang</td>
</tr>
<tr>
<td>English name</td>
<td>coriander</td>
</tr>
<tr>
<td>Other names</td>
<td>dhaniyaa (Hindi), phak chee thai (Thai)</td>
</tr>
<tr>
<td>Chemical constituent</td>
<td>linalool, pinene, umbeliferon, fatty oil</td>
</tr>
<tr>
<td>Part of plant used</td>
<td>seed</td>
</tr>
<tr>
<td>Use</td>
<td>carminative, stomach disorders, diuretic</td>
</tr>
<tr>
<td>Plant propagation</td>
<td>seeds</td>
</tr>
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</table>

### Curcuma aeruginosa Roxb.

<table>
<thead>
<tr>
<th>Family</th>
<th>Zingiberaceae</th>
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</thead>
<tbody>
<tr>
<td>Indonesian name</td>
<td>temu hitam</td>
</tr>
<tr>
<td>English name</td>
<td>black turmeric</td>
</tr>
<tr>
<td>Other names</td>
<td>temu hitam (Malay), kha min dam (Thai)</td>
</tr>
<tr>
<td>Chemical constituents</td>
<td>volatile oil, starch</td>
</tr>
<tr>
<td>Part of plant used</td>
<td>rhizome</td>
</tr>
<tr>
<td>Use</td>
<td>to improve appetite in children</td>
</tr>
<tr>
<td>Plant propagation</td>
<td>rhizome</td>
</tr>
</tbody>
</table>

### Curcuma heyneana Val. & van Zijp

<table>
<thead>
<tr>
<th>Family</th>
<th>Zingiberaceae</th>
</tr>
</thead>
<tbody>
<tr>
<td>Indonesian name</td>
<td>temugiring</td>
</tr>
<tr>
<td>English name</td>
<td>a specie of tumeric</td>
</tr>
<tr>
<td>Chemical constituents</td>
<td>curcumenol, isocurcumenol</td>
</tr>
<tr>
<td>Part of plant used</td>
<td>rhizome</td>
</tr>
<tr>
<td>Use</td>
<td>stomachache, skin lightening</td>
</tr>
<tr>
<td>Plant propagation</td>
<td>rhizome</td>
</tr>
</tbody>
</table>
### Curcuma domestica Val.

<table>
<thead>
<tr>
<th>Family</th>
<th>Zingiberaceae</th>
</tr>
</thead>
<tbody>
<tr>
<td>Indonesia name</td>
<td>kunyit</td>
</tr>
<tr>
<td>English name</td>
<td>turmeric</td>
</tr>
<tr>
<td>Other names</td>
<td>jiang huang (Chinese), haldi (Hindi), sa-nwin (Myanmar), kha min (Thai)</td>
</tr>
<tr>
<td>Chemical constituents</td>
<td>curcumin, desmethoxy curcumin, starch, tannin, polyphenol</td>
</tr>
<tr>
<td>Part of plant used</td>
<td>rhizome</td>
</tr>
<tr>
<td>Use</td>
<td>fever, diarrhoea, itching, vaginal discharge</td>
</tr>
<tr>
<td>Plant propagation</td>
<td>separate the stolon</td>
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</tbody>
</table>

### Curcuma xanthorrhiza Roxb.

<table>
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<th>Family</th>
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</tr>
</thead>
<tbody>
<tr>
<td>Indonesian name</td>
<td>temu lawak</td>
</tr>
<tr>
<td>English name</td>
<td>Javanese turmeric</td>
</tr>
<tr>
<td>Other names</td>
<td>temu lawas (Malay), wan chak mot luk (Thai)</td>
</tr>
<tr>
<td>Chemical constituents</td>
<td>xanthorrhizhol, starch, curcuminoid</td>
</tr>
<tr>
<td>Part of plant used</td>
<td>rhizome root</td>
</tr>
<tr>
<td>Use</td>
<td>digestive, oral antiseptic, liver disorders, to improve appetite</td>
</tr>
<tr>
<td>Plant propagation</td>
<td>rhizome</td>
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### Cymbopogon nardus L.

<table>
<thead>
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<th>Category</th>
<th>Details</th>
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<tbody>
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<td>Graminae/Poaceae</td>
</tr>
<tr>
<td>Indonesian name</td>
<td>sereh</td>
</tr>
<tr>
<td>English name</td>
<td>lemon grass</td>
</tr>
<tr>
<td>Other names</td>
<td>ya xiang mao (Chinese), ta khrai hom (Thai)</td>
</tr>
<tr>
<td>Chemical constituents</td>
<td>volatile oils of citronellol, geraniol</td>
</tr>
<tr>
<td>Part of plant used</td>
<td>rooted leaf</td>
</tr>
<tr>
<td>Use</td>
<td>common cold, warming solution, insect repellent</td>
</tr>
<tr>
<td>Plant propagation</td>
<td>stolon, roots</td>
</tr>
</tbody>
</table>

### Erythrina subumbrans (Hassk.) Merr.

<table>
<thead>
<tr>
<th>Category</th>
<th>Details</th>
</tr>
</thead>
<tbody>
<tr>
<td>Family</td>
<td>Papilionaceae</td>
</tr>
<tr>
<td>Indonesian name</td>
<td>dadap serep</td>
</tr>
<tr>
<td>English name</td>
<td>December tree</td>
</tr>
<tr>
<td>Other names</td>
<td>dadap minyak (Malay), oporio (Timor)</td>
</tr>
<tr>
<td>Chemical constituents</td>
<td>erybraedein A, erybraedein B, phaseollin</td>
</tr>
<tr>
<td>Part of plant used</td>
<td>leaf</td>
</tr>
<tr>
<td>Use</td>
<td>antipyretic</td>
</tr>
<tr>
<td>Plant propagation</td>
<td>stem cutting, seeds</td>
</tr>
</tbody>
</table>
### Euphorbia hirta L.

<table>
<thead>
<tr>
<th>Family</th>
<th>Euphorbiaceae</th>
</tr>
</thead>
<tbody>
<tr>
<td>Indonesian name</td>
<td>patikan kebo</td>
</tr>
<tr>
<td>English name</td>
<td>asthma weed</td>
</tr>
<tr>
<td>Other names</td>
<td>fei yang cao (Chinese), amampat chiairisi (India)</td>
</tr>
<tr>
<td>Chemical constituents</td>
<td>shikimic acid, phenolic acid, alcohol</td>
</tr>
<tr>
<td>Part of plant used</td>
<td>whole plant</td>
</tr>
<tr>
<td>Use</td>
<td>cough, asthma, stomatitis, anthelmintic, diarrhoea</td>
</tr>
<tr>
<td>Plant propagation</td>
<td>seeds</td>
</tr>
</tbody>
</table>

### Euphorbia prostata Ait.

<table>
<thead>
<tr>
<th>Family</th>
<th>Euphorbiaceae</th>
</tr>
</thead>
<tbody>
<tr>
<td>Indonesian name</td>
<td>patikan cina, krokot cina</td>
</tr>
<tr>
<td>English name</td>
<td>thyme-leaved spurge</td>
</tr>
<tr>
<td>Chemical constituents</td>
<td>apigenin, luteolin</td>
</tr>
<tr>
<td>Part of plant used</td>
<td>whole plant</td>
</tr>
<tr>
<td>Use</td>
<td>antihaemorrhoid, eczema, stomach disorders, analgesic, anti-inflammatory</td>
</tr>
<tr>
<td>Plant propagation</td>
<td>seeds</td>
</tr>
</tbody>
</table>

### Euphorbia pulcherrima Willd. ex Klotz

<table>
<thead>
<tr>
<th>Family</th>
<th>Euphorbiaceae</th>
</tr>
</thead>
<tbody>
<tr>
<td>Indonesian name</td>
<td>kastuba</td>
</tr>
<tr>
<td>English name</td>
<td>poinsettia, Christmas flower</td>
</tr>
<tr>
<td>Other name</td>
<td>ye xiang hua (Chinese)</td>
</tr>
<tr>
<td>Chemical constituents</td>
<td>germanicol, pulcherol, anthocyanin, β sitosterol</td>
</tr>
<tr>
<td>Part of plant used</td>
<td>leaf</td>
</tr>
<tr>
<td>Use</td>
<td>nose bleed</td>
</tr>
<tr>
<td>Plant propagation</td>
<td>stem cutting</td>
</tr>
</tbody>
</table>
### Euphorbia tirucalli Linn.

<table>
<thead>
<tr>
<th>Family</th>
<th>Eurphorbiaceae</th>
</tr>
</thead>
<tbody>
<tr>
<td>Indonesian name</td>
<td>patah tulang</td>
</tr>
<tr>
<td>English name</td>
<td>milk bush, finger tree</td>
</tr>
<tr>
<td>Other name</td>
<td>lu san hu (Chinese)</td>
</tr>
<tr>
<td>Chemical constituents</td>
<td>euphol, taraxasterin, tirukalol, sapogenin</td>
</tr>
<tr>
<td>Part of the plant used</td>
<td>young stem and leaf</td>
</tr>
<tr>
<td>Use</td>
<td>skin disorders, cut wound</td>
</tr>
<tr>
<td>Plant propagation</td>
<td>stem cutting</td>
</tr>
</tbody>
</table>

### Foeniculum vulgare Mill.

<table>
<thead>
<tr>
<th>Family</th>
<th>Apiaceae</th>
</tr>
</thead>
<tbody>
<tr>
<td>Indonesian name</td>
<td>adas manis</td>
</tr>
<tr>
<td>English name</td>
<td>fennel</td>
</tr>
<tr>
<td>Other name</td>
<td>jintan wangi (Malay)</td>
</tr>
<tr>
<td>Chemical constituents</td>
<td>anethol, trans anethol phytoestrogen</td>
</tr>
<tr>
<td>Part of plant used</td>
<td>seeds, leaves</td>
</tr>
<tr>
<td>Use</td>
<td>carminative, cough</td>
</tr>
<tr>
<td></td>
<td>diarrhoea, toothache</td>
</tr>
<tr>
<td>Plant propagation</td>
<td>seeds, fruit</td>
</tr>
</tbody>
</table>

### Gardenia augusta Merr.

<table>
<thead>
<tr>
<th>Family</th>
<th>Rubiaceae</th>
</tr>
</thead>
<tbody>
<tr>
<td>Indonesian name</td>
<td>kaca piring</td>
</tr>
<tr>
<td>English name</td>
<td>cape jasmine</td>
</tr>
<tr>
<td>Other name</td>
<td>zhizi (Chinese)</td>
</tr>
<tr>
<td>Chemical constituents</td>
<td>volatile oils (linalol, stiroil), gardenosid, tannin, dextrose, mannitol</td>
</tr>
<tr>
<td>Part of plant used</td>
<td>leaf, flower</td>
</tr>
<tr>
<td>Use</td>
<td>fever, expectorant, insect bites</td>
</tr>
<tr>
<td>Plant propagation</td>
<td>stem cutting</td>
</tr>
</tbody>
</table>
### *Graptophyllum pictum [L.] Griff.*

<table>
<thead>
<tr>
<th>Family</th>
<th>Acanthaceae</th>
</tr>
</thead>
<tbody>
<tr>
<td>Indonesian name</td>
<td>daun ungu</td>
</tr>
<tr>
<td>English name</td>
<td>caricature plant</td>
</tr>
<tr>
<td>Other name</td>
<td>san tse che (Chinese)</td>
</tr>
<tr>
<td>Chemical constituents</td>
<td>alkaloid, glycoside, steroid, saponin, tannin, calcium oxalate</td>
</tr>
<tr>
<td>Part of plant used</td>
<td>leaf, flower, bark</td>
</tr>
<tr>
<td>Use</td>
<td>haemorrhoid, bruise, skin ulcer, constipation</td>
</tr>
<tr>
<td>Plant propagation</td>
<td>stem cutting</td>
</tr>
</tbody>
</table>

### *Gynura segetum (Lour.) Merr.*

<table>
<thead>
<tr>
<th>Family</th>
<th>Asteraceae</th>
</tr>
</thead>
<tbody>
<tr>
<td>Indonesian name</td>
<td>daun dewa</td>
</tr>
<tr>
<td>English name</td>
<td>-</td>
</tr>
<tr>
<td>Other name</td>
<td>samsit</td>
</tr>
<tr>
<td>Chemical constituents</td>
<td>alkaloid, saponin, flavonoids, volatile oil, tannin</td>
</tr>
<tr>
<td>Part of plant used</td>
<td>whole plant and bulb</td>
</tr>
<tr>
<td>Use</td>
<td>burn wound, skin ulcer, bruised skin, snake bite</td>
</tr>
<tr>
<td>Plant propagation</td>
<td>bulb, stem cutting</td>
</tr>
</tbody>
</table>
### *Hibiscus rosa sinensis* Linn.

<table>
<thead>
<tr>
<th>Family</th>
<th>Malvaceae</th>
</tr>
</thead>
<tbody>
<tr>
<td>Indonesian name</td>
<td>kembang sepatu</td>
</tr>
<tr>
<td>English name</td>
<td>shoe flower</td>
</tr>
<tr>
<td>Other names</td>
<td>fu sang (Chinese), bunga raya (Malay), khaung yan gyi (Myanmar)</td>
</tr>
<tr>
<td>Chemical constituents</td>
<td>cyanidin, diglucoside, hibisetin, bitter substances, glue</td>
</tr>
<tr>
<td>Part of plant used</td>
<td>fresh leaf and flower</td>
</tr>
<tr>
<td>Use</td>
<td>cough, constipation, insect bite</td>
</tr>
<tr>
<td>Plant propagation</td>
<td>stem cutting</td>
</tr>
</tbody>
</table>

### *Hibiscus schizopetalus* (Mast) Hook.f.

<table>
<thead>
<tr>
<th>Family</th>
<th>Malvaceae</th>
</tr>
</thead>
<tbody>
<tr>
<td>Indonesian name</td>
<td>kembang sepatu sungsang</td>
</tr>
<tr>
<td>English name</td>
<td>Japanese lantern</td>
</tr>
<tr>
<td>Other names</td>
<td>lie ban zhu jin (Chinese), phu ra hong (Thai)</td>
</tr>
<tr>
<td>Chemical constituents</td>
<td>anthocyanin (anthocyanidin)</td>
</tr>
<tr>
<td>Part of plant used</td>
<td>flowers, leaves</td>
</tr>
<tr>
<td>Use</td>
<td>to reduce fever</td>
</tr>
<tr>
<td>Plant propagation</td>
<td>stem cutting</td>
</tr>
<tr>
<td><strong>Hibiscus tiliaceus L.</strong></td>
<td></td>
</tr>
<tr>
<td>--------------------------</td>
<td>--</td>
</tr>
<tr>
<td><strong>Family</strong></td>
<td>Malvaceae</td>
</tr>
<tr>
<td><strong>Indonesian name</strong></td>
<td>waru</td>
</tr>
<tr>
<td><strong>English name</strong></td>
<td>coastal hibiscus</td>
</tr>
<tr>
<td><strong>Other name</strong></td>
<td>hau (Hawaiian), purau (Tahitian)</td>
</tr>
<tr>
<td>Chemical constituents</td>
<td>saponin, flavonoid, tannin, fenol</td>
</tr>
<tr>
<td>Part of plant used</td>
<td>leaf and root</td>
</tr>
<tr>
<td>Use</td>
<td>cough, fever</td>
</tr>
<tr>
<td>Plant propagation</td>
<td>seeds, stem cutting</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th><strong>Imperata cylindrica (L.) P. Beauv.</strong></th>
<th></th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Family</strong></td>
<td>Poaceae/Gramineae</td>
</tr>
<tr>
<td><strong>Indonesian names</strong></td>
<td>alang-alang</td>
</tr>
<tr>
<td><strong>English name</strong></td>
<td>cogon grass</td>
</tr>
<tr>
<td><strong>Other names</strong></td>
<td>dabh (Hindi), la lang (Thai)</td>
</tr>
<tr>
<td>Chemical constituents</td>
<td>mannitol, glucose, starch, malic acid, cylindrin, tannin</td>
</tr>
<tr>
<td>Part of plant used</td>
<td>root</td>
</tr>
<tr>
<td>Use</td>
<td>antipyretic, diuretic, haemostatic, astringent</td>
</tr>
<tr>
<td>Plant propagation</td>
<td>root or stolon</td>
</tr>
</tbody>
</table>
### Jatropha curcas Linn.

<table>
<thead>
<tr>
<th>Family</th>
<th>Euphorbiaceae</th>
</tr>
</thead>
<tbody>
<tr>
<td>Indonesian name</td>
<td>jarak pagar</td>
</tr>
<tr>
<td>English name</td>
<td>physic nut, puing nut</td>
</tr>
<tr>
<td>Other names</td>
<td>jarak belanda (Malaysia), cay dau lai (Vietn.), tuba-tuba (Phil.)</td>
</tr>
<tr>
<td>Chemical constituents</td>
<td>toxalbumin, kursin/curcin, lekti hydorgen cyanide</td>
</tr>
<tr>
<td>Part of plant used</td>
<td>stem, leaf</td>
</tr>
<tr>
<td>Use</td>
<td>skin lession, skin infection, dyspesia in children (topical use)</td>
</tr>
<tr>
<td>Plant propagation</td>
<td>stem cutting, grafting</td>
</tr>
</tbody>
</table>

### Justicia gendarussa Burm. f.

<table>
<thead>
<tr>
<th>Family</th>
<th>Acanthaceae</th>
</tr>
</thead>
<tbody>
<tr>
<td>Indonesian name</td>
<td>besi-besi/kisi-kisi</td>
</tr>
<tr>
<td>English name</td>
<td>gandarusa/daun rusa</td>
</tr>
<tr>
<td>Other names</td>
<td>bo gu dan (Chinese), malabulak ([Tagalog]), temenggong (Malay), chiang phraa man (Thai)</td>
</tr>
<tr>
<td>Chemical constituents</td>
<td>justisin, volatile oil, calcium oxalate, tannin</td>
</tr>
<tr>
<td>Part of plant used</td>
<td>leaf</td>
</tr>
<tr>
<td>Use</td>
<td>bruise, muscle pain, skin infection, joint sprain, diuretic</td>
</tr>
<tr>
<td>Plant propagation</td>
<td>stem cutting</td>
</tr>
</tbody>
</table>
### Kaempferia galanga L.

<table>
<thead>
<tr>
<th>Family</th>
<th>Zingiberaceae</th>
</tr>
</thead>
<tbody>
<tr>
<td>Indonesian name</td>
<td>kencur</td>
</tr>
<tr>
<td>English name</td>
<td>sand ginger</td>
</tr>
<tr>
<td>Other names</td>
<td>sha jiang (Chinese), proh horm/waan horm (Thai)</td>
</tr>
<tr>
<td>Chemical constituents</td>
<td>cineol, borneol, ethyl cinnamate,</td>
</tr>
<tr>
<td>Part of plant use</td>
<td>rhizome</td>
</tr>
<tr>
<td>Use</td>
<td>sore throat, cough, skin infection, muscle pain, health beverage, bruise</td>
</tr>
<tr>
<td>Plant propagation</td>
<td>rhizome</td>
</tr>
</tbody>
</table>

### Lantana camara L.

<table>
<thead>
<tr>
<th>Family</th>
<th>Verbenaceae</th>
</tr>
</thead>
<tbody>
<tr>
<td>Indonesian name</td>
<td>tembelekan</td>
</tr>
<tr>
<td>English name</td>
<td>hedge lower, wild sage</td>
</tr>
<tr>
<td>Other names</td>
<td>ma ying tan (Chinese), bunga pagar (Malay)</td>
</tr>
<tr>
<td>Chemical constituents</td>
<td>lantadene A, lantadene B, lantanolic acid, β-caryopinene</td>
</tr>
<tr>
<td>Part of plant used</td>
<td>leaf, flower, root</td>
</tr>
<tr>
<td>Use</td>
<td>cough, muscle ache, skin rash, ulcer, mastitis (swollen mammary gland)</td>
</tr>
<tr>
<td>Plant propagation</td>
<td>stem cutting</td>
</tr>
</tbody>
</table>
**Melaleuca leucadendra L.**

- **Family**: Myrtaceae
- **Indonesian name**: merica bolong
- **English name**: cajuput, whitewood tree
- **Other name**: kayu putih (Malay)
- **Chemical constituents**: volatile oil
- **Part of plant used**: fruit
- **Use**: stomach disorders, dyspepsia, headache
- **Plant propagation**: seeds, stem cutting

**Mentha arvensis L.**

- **Family**: Lamiaceae
- **Indonesian name**: poko
- **English name**: wild mint, field mint
- **Other name**: daun pokok (Malay)
- **Chemical constituents**: menthol, menthone, d-piperitone, limonene, etilamin, carbinol
- **Part of plant used**: leaf
- **Use**: carminative, cough
- **Plant propagation**: seeds, stolon

**Morinda citrifolia L.**

- **Family**: Rubiaceae
- **Indonesian name**: mengkudu
- **English name**: Indian mulberry, noni
- **Other names**: hai ba ji (Chinese), mengkudu (Malaysia)
- **Chemical constituents**: moridin, morindon, soranjidiol, calcium, vitamin C, alkaloid, polysacharide
- **Part of plant used**: fruit, leaf, stem
- **Use**: diarrhoea, stomatitis, cough, stomach disorders, dandruff.
- **Plant propagation**: seeds
**Murraya paniculata (L.) Jack.**

- **Family:** Rutaceae
- **Indonesian name:** kemuning
- **English name:** orange jasmine/jessamine
- **Other name:** yueh chu (Chinese)
- **Chemical constituents:** cadinene, methyl-anthranilat, bisabolent, β-kariopilen, geraniol, citronellol
- **Part of plant used:** leaf, root, bark, root bark, stem
- **Use:** skin ulcer, bruise, muscle pain, toothache, slimming tea
- **Plant propagation:** stem cutting

**Musa paradisiaca L.**

- **Family:** Musaceae
- **Indonesian name:** pisang
- **English name:** banana, plantain
- **Other name:** xiang jiao (Chinese)
- **Chemical constituents:** potassium, carbohydrate
- **Part of plant used:** "stem" (leaves bases which collectively look like a stem), stolon lies under the ground.
- **Use:** potassium supplement, diarrhoea
- **Plant propagation:** stolon
**Myristica fragrans L.**

<table>
<thead>
<tr>
<th>Family</th>
<th>Myristicaceae</th>
</tr>
</thead>
<tbody>
<tr>
<td>Indonesian name</td>
<td>pala</td>
</tr>
<tr>
<td>English name</td>
<td>nutmeg, mace</td>
</tr>
<tr>
<td>Other name</td>
<td>luk jan (Thai)</td>
</tr>
<tr>
<td>Chemical constituents</td>
<td>volatile oil, diterpene, myristicin, sinene</td>
</tr>
<tr>
<td>Part of plant used</td>
<td>seed</td>
</tr>
<tr>
<td>Use</td>
<td>antiemetic, warming preparation, mild sedative</td>
</tr>
<tr>
<td>Plant propagation</td>
<td>grafting, stem cutting, seeds</td>
</tr>
</tbody>
</table>

**Nigella sativa L.**

<table>
<thead>
<tr>
<th>Family</th>
<th>Ranunculaceae</th>
</tr>
</thead>
<tbody>
<tr>
<td>Indonesian name</td>
<td>jinten hitam</td>
</tr>
<tr>
<td>English name</td>
<td>onion seeds, girth, fennel flower</td>
</tr>
<tr>
<td>Other name</td>
<td>kalonji (Hindi), kalo jira (Bengali), thian-dam (Thai)</td>
</tr>
<tr>
<td>Chemical constituents</td>
<td>linoleic acid, nigellone, β-sitosterol, thymoquinone</td>
</tr>
<tr>
<td>Part of plant used</td>
<td>seeds</td>
</tr>
<tr>
<td>Use</td>
<td>asthma, cough carminative, anthelminthic, vaginal discharge</td>
</tr>
<tr>
<td>Plant propagation</td>
<td>stem cutting and seed</td>
</tr>
</tbody>
</table>
### Nyctanthes arbor-tristis L.

<table>
<thead>
<tr>
<th>Family</th>
<th>Oleaceae</th>
</tr>
</thead>
<tbody>
<tr>
<td>Indonesian name</td>
<td>srigading</td>
</tr>
<tr>
<td>English name</td>
<td>night-flowering jasmine</td>
</tr>
<tr>
<td>Other name</td>
<td>shiuli (Bengali), prajakt (Sanskrit)</td>
</tr>
<tr>
<td>Chemical constituents</td>
<td>tannin, methyl salicylate, resin, nictatin, sugar</td>
</tr>
<tr>
<td>Part of plant used</td>
<td>leaf and flower</td>
</tr>
<tr>
<td>Use</td>
<td>immunostimulant, postnatal maternal care, fever, pain</td>
</tr>
<tr>
<td>Plant propagation</td>
<td>seeds and stem cutting</td>
</tr>
</tbody>
</table>

### Orthosiphon aristatus (Bl.) Miq.

### Orthosiphon grandiflorus Bold.

<table>
<thead>
<tr>
<th>Family</th>
<th>Lamiaceae</th>
</tr>
</thead>
<tbody>
<tr>
<td>Indonesian name</td>
<td>kumis kucing</td>
</tr>
<tr>
<td>English name</td>
<td>kidney tea</td>
</tr>
<tr>
<td>Other names</td>
<td>mao xu cao (Chinese), pokok misai kucing (Malay), wachichao (Phil.)</td>
</tr>
<tr>
<td>Chemical constituents</td>
<td>glycoside, tannin, volatile oil, fatty oil, saponin, sapofonin, potassium salt</td>
</tr>
<tr>
<td>Part of plant used</td>
<td>leaf</td>
</tr>
<tr>
<td>Use</td>
<td>diuretic</td>
</tr>
<tr>
<td>Plant propagation</td>
<td>seeds and stem cutting</td>
</tr>
</tbody>
</table>
**Paederia foetida L.**

Family : Rubiaceae  
Indonesian name : sembukan, kentutan  
English name : skunk vine Chinese fever vine  
Other names : ji shi teng (Chinese), yaan phaahom (Thai)  
Chemical constituents : asperuloside, paederosidic acid, alkaloid, volatile oil  
Part of plant used : leaf  
Use : carminative, diarrhoea  
Plant propagation : stem cutting

**Parkia roxburghii G. Don.**

Family : Mimosaceae  
Indonesian name : kedawung  
English name : Not known  
Other name : kedahung (Malay), ka riang (Thai)  
Chemical constituents : tannin, essential amino acids, free phenols, carbohydrate  
Part of plant use : seed  
Use : abdominal pain, dyspepsia  
Plant propagation : seeds and grafting
### Phyllanthus niruri Linn.

<table>
<thead>
<tr>
<th>Family</th>
<th>Euphorbiaceae</th>
</tr>
</thead>
<tbody>
<tr>
<td>Indonesian name</td>
<td>meniran</td>
</tr>
<tr>
<td>English name</td>
<td>stone breaker</td>
</tr>
<tr>
<td>Other name</td>
<td>zhen zhu cao (Chinese)</td>
</tr>
<tr>
<td>Chemical constituents</td>
<td>phyllanthin, hypophyllanthin, potassium, resin</td>
</tr>
<tr>
<td>Part of plant use</td>
<td>whole plant</td>
</tr>
<tr>
<td>Use</td>
<td>diuretic, edema, muscle pain, immunostimulant</td>
</tr>
<tr>
<td>Plant propagation</td>
<td>stem cutting, seeds</td>
</tr>
</tbody>
</table>

### Plantago major L.

<table>
<thead>
<tr>
<th>Family</th>
<th>Plantaginaceae</th>
</tr>
</thead>
<tbody>
<tr>
<td>Indonesian name</td>
<td>daun sendok</td>
</tr>
<tr>
<td>English name</td>
<td>greater plantain, common plantain</td>
</tr>
<tr>
<td>Other name</td>
<td>weegbree (Dutch)</td>
</tr>
<tr>
<td>Chemical constituents</td>
<td>plantagin, aucubin, β-sitosterol, plantaguside, n-hentriacontan, potassium,</td>
</tr>
<tr>
<td>Part of plant used</td>
<td>whole plant, root and seed</td>
</tr>
<tr>
<td>Use</td>
<td>cough, diuretic, wound, carbuncle, anthelmintic</td>
</tr>
<tr>
<td>Plant propagation</td>
<td>stolon</td>
</tr>
</tbody>
</table>
**Plumeria alba** Linn.

Family : Apocynaceae  
Indonesian name : kambodja  
English name : white frangipani, pagoda tree, temple tree  
Other name : ji dan hua (Chinese), ta-yoke sagar ah-phyu (Myanmar)  
Chemical constituents : sarsapogenin, hecogenin  
Part of plant used : latex  
Use : latex used to expel foreign objects from the skin  
Plant propagation : stem cutting

**Piper betle** L.

Family : Piperaceae  
Indonesian name : sirih  
English name : betel  
Other names : xiamg mao (Chinese), paan (Hindi, Bengali), kun ywet (Myanmar), plue (Thai), Lkmo (Philippines)  
Chemical constituents : chavibetol, eugenol, methyleugenol, estragole  
Part of plant used : leaf, fruit  
Use : antiseptic, anti-malaria, astringent, deodorant  
Plant propagation : stem cutting, seeds
**Piper retrofractum Vahl.**

**Family** : Piperaceace

**Indonesian name** : cabe jawa, lada panjang

**English name** : long pepper, Javanese pepper

**Other names** : bi ba (Chinese), pipli (Hindi), thippili (Sri Lankan), phrik-hang (Thai)

**Chemical constituents** : piperine, chavicine, palmitic acid, piplartine, piper longuminine

**Part of plant used** : ripe fruit

**Use** : common cold, toothache, colic, dyspepsia, diarrhoea

**Plant propagation** : stem cutting, seeds

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**Psidium guajava Linn.**

**Family** : Myrtaceae

**Indonesian name** : jambu biji

**English name** : guava

**Other names** : fan shi liu (Chinese), kuliabas (Malaysia), mar-la-kar (Myanmar)

**Chemical constituents** : leaf contains tannin, fatty oil, gum, carotene

**Part of plant used** : young leaf

**Use** : anti-diarrhoea

**Plant propagation** : stem cutting
### Syzygium aromaticum L.

<table>
<thead>
<tr>
<th>Family</th>
<th>Myrtaceae</th>
</tr>
</thead>
<tbody>
<tr>
<td>Indonesian name</td>
<td>cengkeh, cengkih</td>
</tr>
<tr>
<td>English name</td>
<td>clove</td>
</tr>
<tr>
<td>Other names</td>
<td>lavang (India), dinh huong (Vietnamese)</td>
</tr>
<tr>
<td>Chemical constituents</td>
<td>eugenol, acetyl eugenol, methyl salicylate, β caryophyllene</td>
</tr>
<tr>
<td>Part of plant used</td>
<td>bud of flower, volatile oil</td>
</tr>
<tr>
<td>Use</td>
<td>toothache, local anesthetic, rubbing oil, carminative</td>
</tr>
<tr>
<td>Plant propagation</td>
<td>grafting</td>
</tr>
</tbody>
</table>

### Tamarindus indica L.

<table>
<thead>
<tr>
<th>Family</th>
<th>Caesalpiniaeae</th>
</tr>
</thead>
<tbody>
<tr>
<td>Indonesian name</td>
<td>asam Jawa</td>
</tr>
<tr>
<td>English name</td>
<td>tamarind, Indian date</td>
</tr>
<tr>
<td>Other names</td>
<td>suan jiao (Chinese), ambli (Hindi), ma-gee-bin (Myanmar), ma khaam (Thai)</td>
</tr>
<tr>
<td>Chemical constituents</td>
<td>tannin, saponin, phlobatamins, tartaric acid, citric acid</td>
</tr>
<tr>
<td>Part of plant used</td>
<td>pulp of ripe fruit</td>
</tr>
<tr>
<td>Use</td>
<td>stomatitis, amenorrhoea, itching, skin ulcer</td>
</tr>
<tr>
<td>Plant propagation</td>
<td>stem cutting</td>
</tr>
</tbody>
</table>
Tinospora crispa (L.) Miers.

- **Family**: Menispermaceae
- **Indonesian name**: brotowali, andawali
- **English name**: bitter grape
- **Other names**: shen jin teng (Chinese), bhoraphet (Thai), makabuhai (Philippines)
- **Chemical constituents**: soft gum, picroretin, berberine, columbin
- **Part of plant used**: leaf, root
- **Use**: antipyretic, skin infection
- **Plant propagation**: stem cutting

Usnea lichen

- **Family**: Usneaceae
- **Indonesian name**: kayu angin
- **English name**: beard lichen, treemoss
- **Other names**: Usnea is the generic and scientific name for several species of lichen that grow all over the world.
- **Chemical constituents**: usnin acid, barbatolic acid, usnetin acid, barbatin, vitamin C
- **Part of plant used**: whole plant
- **Use**: cough, common cold, diarrhoea
- **Plant propagation**: seeds and grafting
**Zingiber americans**

- **Family**: Zingiberaceae
- **Indonesia name**: lempuyang emprit
- **English name**: wild ginger, pinecone ginger, bitter ginger, shampoo ginger
- **Other names**: awapuhi (Hawaiian), opuhi (Polynesia), haeo dam or hiao dam (Thai)
- **Chemical constituents**: oleoresin, gingerol
- **Part of plant used**: rhizome
- **Use**: shampoo, anthelmintic
- **Plant propagation**: rhizome

**Zingiber aromaticum** L.

- **Family**: Zingiberaceae
- **Indonesian name**: lempuyang wangi
- **English name**: fragrant ginger
- **Other name**: xiang jiang (Chinese)
- **Chemical constituents**: zerumbone, sesquiterpene, epoxy-humuladien, kaempferol
- **Part of plant used**: rhizome
- **Use**: stomachic, analgesic, whooping cough
- **Plant propagation**: rhizome
Zingiber officinale Linn.

Family: Zingiberaceae
Indonesian name: jahe
English name: ginger
Other names: adrak (Sanskrit), gyin (Myanmar), aduwa (Nepali)
Chemical constituents: gingerols, zingerone, shogaols, zingiberine
Part of plant used: rhizome
Use: carminative, headache, common cold, muscle pain, nausea, morning sickness, diarrhoea
Plant propagation: rhizome

Zingiber purpureum Rosc.

Family: Zingiberaceae
Indonesia name: bengle
English name: purple ginger, cassumunar ginger
Other names: luiang-usiu (Philippines), phlai (Thai)
Chemical constituents: cineol, pinene, gum, alkaloids, amino acids, tannins
Part of plant used: rhizome/root
Use: anthelmintic, constipation, cough, overweight
Plant propagation: rhizome