



# 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:

Upper row L to R: *Orthosiphon aristatus* Miq., Mortar & pestle, and *Coleus atropurpureus* Benth.

Lower row L to R: *Hibiscus rosa sinensis* Linn., *Aloe vulgaris* Lam. and *Lantana camara* L.

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# Guidelines for The Use of Herbal Medicines in Family Health Care

Sixth Edition

MINISTRY OF HEALTH  
REPUBLIC OF INDONESIA  
2010



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- I. Title
  - 1. Medicinal Plants
  - 2. Family Health





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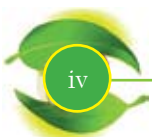
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**MESSAGE**

**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.

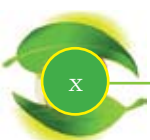
The ninth reprint of the guideline is needed to fulfil the health centre needs for Cadre Guidelines about application of medicinal plants for family health. This ninth reprint did not have considerable changes, except for minor ones pertaining to editing in the annex that contains the local names of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





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.





# 1

## INTRODUCTION

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.





## 2

# GENERAL GUIDANCE

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 earthen ware 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.**

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





### 3

## TREATMENT OF AILMENTS IN THE FAMILY

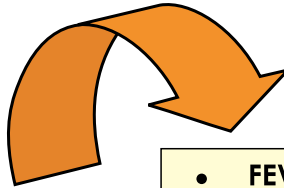
### **A - TREATMENT OF AILMENTS IN THE FAMILY BASED ON GENERAL SYMPTOMS**

1. FEVER
2. COUGH
3. STOMACHACHE
4. ITCHING
5. WOUNDS
6. CARBUNCLES



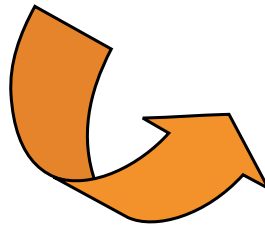


**Fever**



- FEVER & CHILLS
- COLD SWEAT
- MUSCLE PAIN
- PALE AND WEAK
- HEADACHE

**MALARIA**



- HIGH FEVER
- THE CHILD IS CRANCKY
- WEAK
- COUGH
- SMALL RED SPOTS ON THE SKIN

**MEASLES**



## 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.



**DADAP SEREP**  
*Erythrina subumbrans* Merr.

## 2 RECIPE II

### Ingredients

Fresh leaves of <i>Erythrina subumbrans</i>	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.



**KEMBANG SEPATU SUNGSANG**  
*Hibiscus schizopetalus* (Mast.)  
Hook.f.



3

### RECIPE III



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

#### 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.

4

### RECIPE IV



**PULO SARI**  
*Alyxia speciosa*

#### Ingredients

- |  |                 |
|--|-----------------|
| - Leaves of Indian pennywort               | 1 handful       |
| - Fresh fruit of <i>Foeniculum vulgare</i> | 3 fruits        |
| - Bark of <i>Alyxia</i>                    | 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.





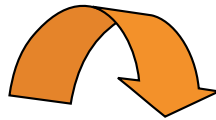
## ATTENTION

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.





## Fever



- FEVER & CHILLS
- COLD SWEAT
- MUSCLE PAIN
- PALE AND WEAK
- HEADACHE

## MALARIA



### 1 RECIPE I



**PULE**  
*Alstonia scholaris* R.Br.



**TEMU HITAM**  
*Curcuma aeruginosa* Roxb.

### Ingredients

- Fresh young papaya leaves	1 leaf
- Fresh whole plant of <i>Phyllanthus niruri</i>	5 plants
- Rhizome of turmeric	7 slices
- Rhizome of <i>Curcuma aeruginosa</i>	7 slices
- Rhizome of red <i>Languas galanga</i>	7 slices
- Bark of <i>Alstonia scholaris</i>	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 <i>Piper betle</i>	1 handful
Leaves of <i>Coleous atropurpureus</i>	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.



**BUAH SIRIH**  
*Piper betle* L.

## 3

## RECIPE III

### Ingredients

Leaves of <i>Cassia siamea</i>	$\frac{3}{4}$ 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  $\frac{3}{4}$  glass (150 ml), 3 times a day.



**DAUN JOHAR**  
*Cassia siamea* Lamk.





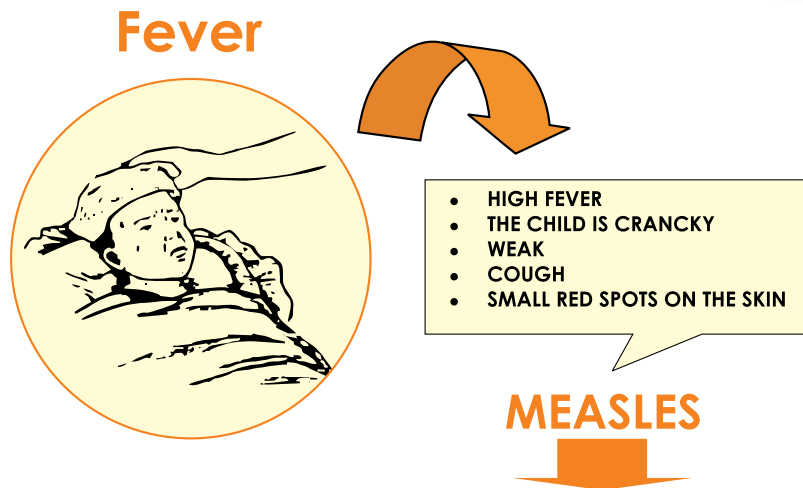
## **PRECAUTIONS**

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 <i>Andrographis paniculata</i>	4 leaves
Bark of <i>Alstonia scholaris</i>	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.



**SAMBILOTO**  
*Andrographis paniculata* Nees.



## 2

## RECIPE II

### 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.



**KUNYIT**  
*Curcuma longa* Linn.



**KELAPA HIJAU**  
*Cocos nucifera* L.

**3****RECIPE III****Ingredients**

Turmeric	2 fingers
Whole plant of <i>Phyllanthus niruri</i>	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.



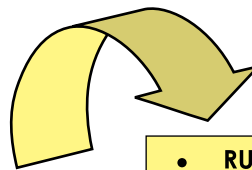
**MENIRAN**  
*Phyllanthus niruri* Linn.

**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.

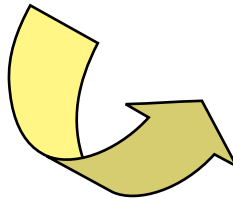


**COUGH**



- 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.



**KENCUR**  
*Kaempferia galanga* L.

### 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.



**DAUN WARU**  
*Hibiscus tiliaceus* L.



### 3 RECIPE III



**JERUK NIPIS**  
*Citrus aurantifolia* Swingle

#### 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



**ADAS**  
*Foeniculum vulgare* Mill.

#### 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 <i>Averrhoa bilimbi</i> | 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.



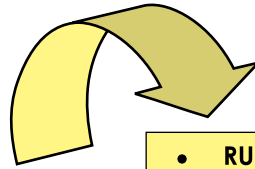
**BELIMBING WULUH**  
*Averrhoa bilimbi* L.

### 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).



## COUGH



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

## COUGH & COLD



### 1 RECIPE I



**POKO = MENTA**  
*Mentha arvensis L.*

#### Ingredients

- |                     |                 |
|---------------------|-----------------|
| - Licorice 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:  $\frac{1}{4}$  cup, 2 times a day.

Adult:  $\frac{1}{2}$  cup, 2 times a day.

Before breakfast and before going to bed at night.





## 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.



**GINGER**  
*Zingiber officinale* Roscoe

## 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.



**SEREH (LEMON GRASS)**  
*Cymbopogon nardus* L.



## 4 RECIPE IV



**JERUK NIPIS**  
*Citrus aurantifolia* Swingle

### 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.

### 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.





## COUGH



- WHEEZING
- SWEATING
- DIFFICULTY IN BREATHING

## ASTHMA

### 1 RECIPE I

#### Ingredients

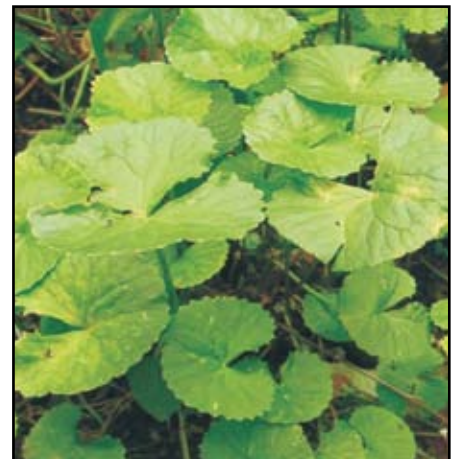
- Leaves of Indian pennywort 1 handful
- Lump sugar and honey sufficient amount
- Boiled water 1 cup

#### 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.



**PEGAGAN (Indian Pennywort)**  
*Centella asiatica (L.) Urban*



## 2 RECIPE II



**PATIKAN KEBO**  
*Euphorbia hirta* L.

### 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 DEFECTION
- STOMACHACHE WITH NAUSEA AND FLATULENCE

## DIARRHOEA

- EPIGASTRIC PAIN
- NAUSEA
- SOMETIMES WITH COLD SWEAT AND DIZZINESS

## GASTRITIS



## 1 RECIPE I



**KEDAWUNG**  
*Parkia roxburghii* G. Don.

### 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.

## 2 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 *Kaempferia 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.



**TEMU KUNCI**  
*Kaempferia pandurata* Roxb.

#### 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.





4

## RECIPE IV



**PATIKAN CINA**  
*Euphorbia prostrata* L.

## 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.

5

## RECIPE V



**BROTOWALI**  
*Tinospora crispa* (L.) Miers.

## (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.

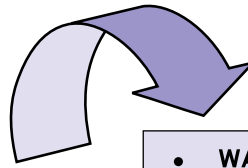
### Direction for use

Put blended leaves on infant's tummy and wrap with a piece of cloth.





# Stomach-ache



- WATERY STOOLS MORE THAN 3 TIMES A DAY
- STOMACHACHE DURING DEFECATION
- STOMACHACHE WITH NAUSEA AND FLATULENCE

## DIARRHOEA

### 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.

### 1 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.



**JAMBU BIJI**  
*Psidium guajava L.*



## 2 RECIPE II



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

### 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.

## 3 RECIPE III



**MERICA BOLONG (CAJUPUT)**  
*Melaleuca leucadendron* L.

### 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



**PALA (NUTMEG)**  
*Myristica fragrans* Houtt.

#### 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.

### 2 RECIPE II



**JAHE (GINGER)**  
*Zingiber officinale* Roscoe.

- 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.

### 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.





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.



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**AIR KELAPA MUDA**  
*Cocos nucifera L.*



## Bloody Diarrhoea ➔ DYSENTERY

### 1 RECIPE I



**DAUN SAMBILOTO**  
*Andrographis paniculata* Ness

#### 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



**ADAS**  
*Foeniculum vulgare* Mill.

#### 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

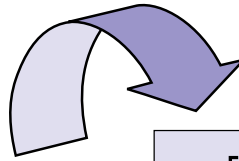
1. BOIL THE DRINKING WATER.
2. PROTECT ALL FOOD AND DRINKS FROM FLIES, DUST AND OTHER CONTAMINANTS.
3. WASH HANDS WITH SOAP BEFORE TAKING FOOD.
4. KEEP THE ENVIRONMENT CLEAN AND USE LATRINE.
5. PATIENT SHOULD DRINK FLUIDS AS MUCH AS POSSIBLE.
6. TAKE THE PATIENT IMMEDIATELY TO A HOSPITAL WHEN DIARRHOEA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







# Stomach-ache



- EPIGASTRIC PAIN
- NAUSEA
- SOMETIMES WITH COLD SWEAT AND DIZZINESS

## GASTRITIS (Heartburn)



### 1 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.

### 2 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.



**KUNYIT**  
*Curcuma longa* Linn.



3

### RECIPE III



**DAUN SEMBUNG**  
*Blumea balsamifera* DC.

**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  $\frac{1}{2}$  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



**SEMBUKAN = KENTUTAN**  
*Paederia foetida* L.

#### 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.





## ITCHING



- WHITE DELICATE SPOT WITH DISTINCT BOUNDARIES
- ITCHES DURING SWEATING

## PTYRIASIS VERSICOLOR

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

## RINGWORM

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

## 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 1/4 cup, once a day.
- Child 8-9 years: drink 1/3 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.



**LEMPUYANG GAJAH**  
*Zingiber zerumbet* (L.) Sm.



### 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.



**SAMBILOTO**  
*Andrographis paniculata*  
Nees

### 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.



**SIRIH**  
*Piper betle L.*

### 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.



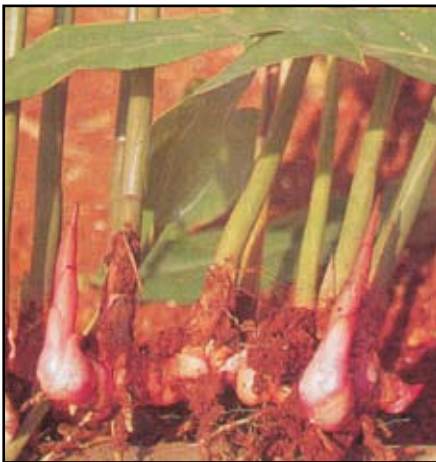
## ITCHING



- WHITE DELICATE SPOT WITH DISTINCT BOUNDARIES
- ITCHES DURING SWEATING

## PTYRIASIS VERSICOLOR

### 1 RECIPE I



**LENGKUAS**  
*Languas galanga L.*

#### 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



**KETEPENG CINA**  
*Cassia alata L.*

#### 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.





## ITCHING



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

## RINGWORM

1

### RECIPE I

#### 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.



**LANDEP**  
*Barleria prionitis* L.

#### 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.





## ITCHING



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

## SCABIES

### 1 RECIPE I



**DAUN SENDOK**  
*Plantago major L.*

#### Ingredients

- |  |                   |
|--|-------------------|
| - Fresh leaves of <i>Andrographis paniculata</i> | 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



**DAUN SAMBILOTO**  
*Andrographis paniculata Nees*

#### Ingredients

- |  |           |
|--|-----------|
| - Fresh leaves of <i>Plantago major</i>          | 5 leaves  |
| - Fresh leaves of <i>Andrographis paniculata</i> | 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.







## CUT WOUND (*Vulnum Scissum*)



### CUT-WOUND, FRESH WOUND, SCRATCHES

#### 1 RECIPE I



**PISANG**  
*Musa paradisiaca* L.

#### Ingredient

Subterraneous stem of banana      sufficient amount

#### Preparation

Clean it thoroughly and pound into a pulpy mass.

#### Direction for use

Apply the pulpy mass on the cut wound.

#### 2 RECIPE II



**KAYU URIP = PATAH TULANG**  
*Euphorbia tirucalli* L.

#### 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.



# SUPPURATED WOUND



## PROLONGED SUPPURATING WOUND

### 1 RECIPE I

#### Ingredients

- Leave 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.



**SIRIH**  
*Piper betle* L.



**PINANG**  
*Areca catechu* L.



## BRUISE



**KENCUR**  
*Kaempferia galanga* L.



**DAUN DEWA**  
*Gynura segetum* L.



**HANDEULEUM / PURPLE LEAF**  
*Graptophyllum pictum* (L.)  
Griff.

## 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.





## BURNS



1

### RECIPE I

#### Ingredients

- Papaya latex 1 tablespoon
- Coconut oil 1 tablespoon

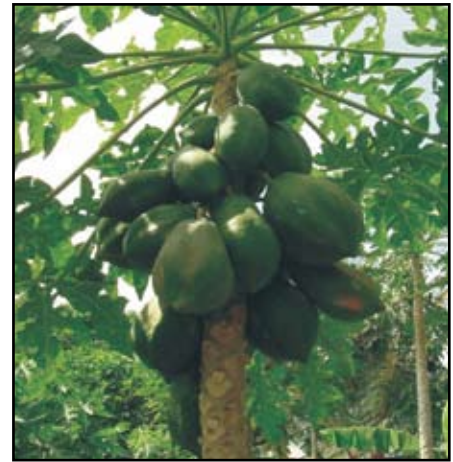
#### Preparation

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.



**PAPAYA**  
*Carica papaya L.*

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.



**DAUN SOSOR BEBEK**  
*Kalanchoe blossfeldiana*  
Poelln.



3

### RECIPE III



#### Ingredients

*Aloe vulgaris*

1 frond

#### 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.





## INSECT BITE



### 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.



**SAMBILOTO**  
*Andrographis paniculata*  
Nees



**ROSE**  
*Rosa sinensis* L.



# FINGER AND TOE NAIL INFECTION



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



**KUNYIT**  
*Curcuma longa* Linn.



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

## 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.







# FOREIGN SHARP MATTER UNDER THE SKIN

## “Telusupan”



1

### RECIPE I

#### Ingredients

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

#### Preparation

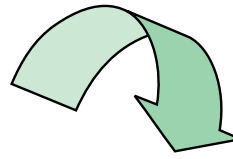
Clean the leaves and pound them into a homogenous mixture.

#### 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.



PAINFUL LUMP ON SKIN, TRANSPARENT SKIN, ENCIRCLED BY RED AREA

## CARBUNCLE



### 1 RECIPE I



**GARLIC**  
*Allium sativum* L.

#### 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.

### 2 RECIPE II



**ILER = MIANA**  
*Coleus scutellarioides* (L.) Benth.

#### Ingredients

Leaf of <i>Coleus scutellarioides</i>	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



## STOMATITIS

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

### 1 RECIPE I



**SIRIH**  
*Piper betle L.*

#### Ingredients

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

#### Preparation and direction for use

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

### 2 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.



**SAGA**  
*Abrus precatorius* L.



## TOOTH ACHE



- CRIES WITH PAIN
- SEVERE PAIN IN TEETH AREA, JAW AND SOMETIMES UP TO THE HEAD

1

### RECIPE I



#### CENGKEH

*Syzygium aromaticum* L.

#### 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.**

#### 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.

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.





## BLEEDING NOSE EPISTAXIS



**BANDOTAN**  
*Ageratum conyzoides* L.



**KASTUBA**  
*Euphorbia pulcherrima* Willd.  
ex Klotz



**UMBI BIDARA UPAS**  
*Merremia mammosa* (Lour)  
Hall. f.

### 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  $\frac{3}{4}$  glass, 2 times a day.



## HEADACHE



1

### RECIPE I



**JAHE**  
*Zingiber officinale* Roscoe

#### (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



**PEGAGAN**  
*Centella asiatica* L. Urban

#### (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.







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  $\frac{1}{2}$  glass of decoction remains.

#### Direction for use

Drink  $\frac{1}{2}$  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.





## MUSCLE PAIN



### 1 RECIPE I



**LANDEP LEAVES**  
*Barleria prionitis* L.

#### 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.

### 2 RECIPE II



**GANDARUSA**  
*Justicia gendarussa* Burm. f.

#### Ingredients

- Fresh leaves of *Justicia gendarussa* 25 leaves
- Lime (paste) ½ 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.





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.



**GINGER**  
*Zingiber officinale Roscoe*



**LEMON GRASS**  
*Cymbopogon nardus L.*

4

### RECIPE IV

#### For body pain due to exhaustion or flu. "JAMU BERAS KENCUR".

##### Ingredients A

- |  |                 |
|--|-----------------|
| - Rhizome of <i>Kaempferia galanga</i>   | 1 ounce         |
| - Turmeric                               | 1 finger length |
| - Rhizome of <i>Curcuma xanthorrhiza</i> | 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 <i>Parkia roxburghii</i>   | 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 <i>Amomum compactum</i>   | 7 fruits  |
| - Clove                               | 7 pcs.  |
| - Fruits of <i>Foeniculum vulgare</i> | 1 teaspoon  |

##### Ingredients C

- |                                      |            |
|--------------------------------------|------------|
| - Leaves of <i>Pandanus amarylli</i> | 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)



- NAUSEA
- FREQUENT SPITTING
- LOSS OF APPETITE
- DIARRHOEA (SOMETIMES)
- COUGH (SOMETIMES)

### 1 RECIPE I



**TEMU HITAM**  
*Curcuma aeruginosa* Roxb.  
Valeton & Van Zijp

### Ingredients

- Fresh rhizome of *Curcuma heyneana* 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

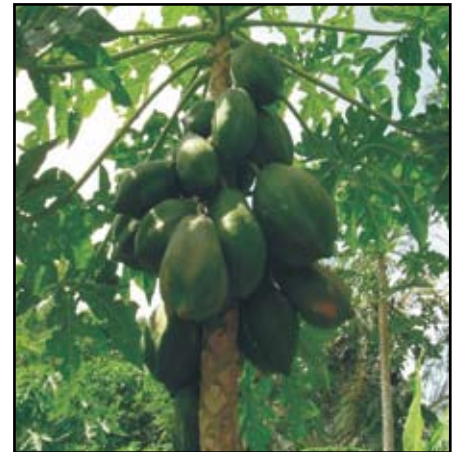
- Root of papaya 1 finger length
- Garlic 1 bulb
- Milk 1/2 glass
- Coconut water 1 glass

### 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.



**PAPAYA**  
*Carica papaya L.*

## 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.



**TEMU GIRING**  
*Curcuma heyneana*  
Valeton & Van Zijp



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.





# ANAEMIA



- PALE, WITH HEADACHE
- FEELING EXHAUSTED
- WEAKNESS IN HANDS, LEGS AND BODY
- FEELING SLEEPY
- SHORTNESS OF BREATH
- LOSS OF APPETITE

1

## RECIPE I

### 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.



**BAYAM DURI**  
*Amaranthus spinosus* L.

2

## RECIPE II

### 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.



**LEMPUYANG WANGI**  
*Zingiber aromaticum*  
Valeton & Van Zijp



### 3

### RECIPE III



**KELOR**  
*Moringa oleifera* Lam.

#### 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.**

*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







## LOSS OF APPETITE



### 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 <i>Curcuma aeruginosa</i> | 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.



**TEMU HITAM**  
*Curcuma aeruginosa* Roxb.



## 2 RECIPE II



**DAUN PEPAYA**  
*Carica papaya L.*

### 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)**





## DYSMENORRHOEA (Menstruation pain)



- PAIN DURING OR BEFORE MENSTRUATION.
- PAIN AT LOWER ABDOMEN, RADIATE TO THE BACK, SOMETIMES WITH HEADACHE.
- TIREDNESS.

### 1 RECIPE I



#### Ingredients

- |  |               |
|--|---------------|
| - Turmeric                             | 3 thumbs      |
| - Ripe tamarind<br>(Boiled with water) | 2 teaspoons   |
| - 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.

**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.



**MENIRAN**  
*Phyllanthus niruri* Linn.

## 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.



**SEMBUNG**  
*Paederis foetida* L.



## LEUKORRHOEA (Vaginal discharge)



- WHITE VISCOUS VAGINAL DISCHARGE.
- ITCHING AROUND VULVA, USUALLY BEFORE OR AFTER MENSTRUATION PERIOD.
- SOMETIMES WITH COLIC OF THE LOWER ABDOMEN.

1

### RECIPE I



**LEMPUYANG WANGI**  
*Zingiber aromaticum* Vahl.

### 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.





## 2

## RECIPE II

### Ingredients

- |                                   |            |
|-----------------------------------|------------|
| - Leaves of <i>Pluchea indica</i> | 1 handful  |
| - Seeds of <i>Nigella sativa</i>  | 1 teaspoon |
| - Seeds of <i>Piper cubeba</i>    | 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  $\frac{3}{4}$  glass of decoction 2 times a day.



**BELUNTAS**  
*Pluchea indica* L.

## 3

## RECIPE III

### (External use)

### Ingredients

- |                                |           |
|--------------------------------|-----------|
| - Leaves of <i>Piper betle</i> | 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.



**JINTAN HITAM**  
*Nigella sativa* Linn.

### 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



**BUNGA PUKUL EMPAT**  
*Mirabilis jalapa* L.

#### 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



**TEMBELEKAN**  
*Lantana camara* L.

#### Ingredients

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

#### Preparation

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

#### Direction for use

Apply to the swollen breast.







3

### RECIPE III

#### Ingredients

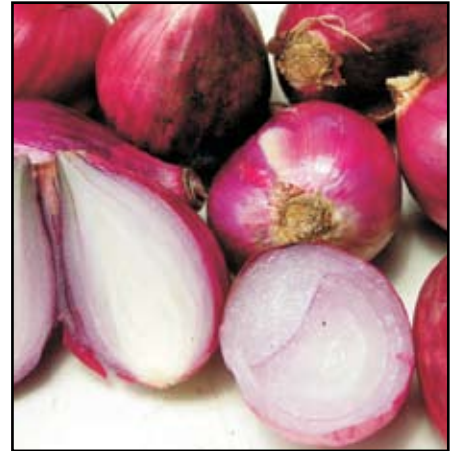
- Onion 3 shallots
- Salt ½ teaspoon

#### Preparation

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

#### Direction for use

Apply to the swollen breast except nipple.



**BEWANG MERAH**  
*Allium cepa L.*

#### 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 <i>Coleus scutellarioides</i> | 7 leaves     |
| - Leaves of <i>Baeckea frutescens</i>           | 1 tablespoon |
| - Water   | 1 tablespoon |

##### Preparation

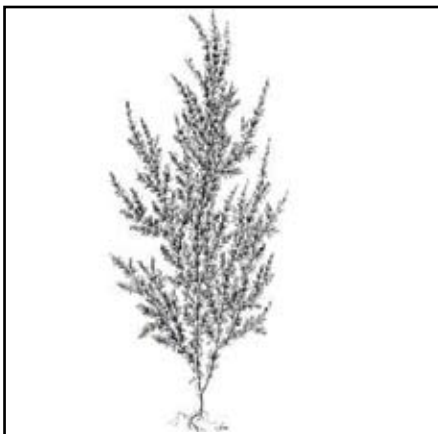
Clean the ingredients thoroughly. Burn *Baeckea frutescens* leaves to ash, then pound together with the leaves, add water.

##### Direction for use

Rub gently on the belly.



**DAUN PEPAYA**  
*Carica papaya L.*



**JUNG HARAP**  
*Baeckea frutescens* Linn.





## 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.



**JERUK NIPIS**  
*Citrus aurantifolia* Swingle

## 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.



**KATUK**  
*Sauropus androgynus* (L.) Merr.

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.



**KETUMBAR**  
*Coriandrum sativum* L.



**PEGAGAN**  
*Centella asiatica* (L.) Urban



**KUNYIT**  
*Curcuma longa* Linn.



**DAUN DERES**  
*Pouzolzia zeylanica* Benn.

### 3 RECIPE III

#### Ingredients

- Nutmeg
  - Mungsi
  - Cinnamon
  - Coriander
  - Palm sugar
  - Salt
  - Hot water
- 1 little finger
  - 1 tablespoon
  - ½ thumb
  - 1 teaspoon
  - sufficient amount
  - sufficient amount
  - 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
  - *Phyllanthus niruri*
  - Indian pennywort
  - Water
- 7 slices
  - ½ handful
  - ¼ handful
  - 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*
  - Water
- 1 handful
  - 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 *Nycranthes arbor-tristis* ½ handful
- 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 *Nycranthes arbor-tristis* 7 leaves
- Fresh leaves of *Coleus scutellarioides* 3 leaves
- Water 1 glass

#### Preparation

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

#### Direction for use

Drink ½ glass, 3 times a day.



**PALA**  
*Myristica fragrans* Houtt.



**SRIGADING**  
*Nycranthes arbor-tristis* L.



**BELUNTAS**  
*Pluchea indica* (L.) Less.

THIS SPICE STEAM BATH WILL IMPROVE THE BLOOD FLOW AND OXYGEN EXCHANGE IN THE WHOLE BODY, TO ELIMINATE UNPLEASANT BODY ODOUR.

### 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.

### 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.



# 5

## GERIATRIC HEALTH CARE

1. **CONSTIPATION**
2. **INSOMNIA**
3. **DIFFICULT TO URINATE**





# CONSTIPATION



- UPSET AND UNEASY STOMACH
- HARD/SOLID FAECES IN RECTUM

USUALLY CAUSED BY INAPPROPRIATE DIET, INSUFFICIENT FIBER, INSUFFICIENT DRINK, LACK OF SLEEP, ERRATIC DEFEICATION, FEELING WORRIED AND FEARFUL.

## 1 RECIPE I



**LIDAH BUAYA**  
*Aloe vulgaris* Lam.

### 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.

## 2 RECIPE II



**DAUN UNGU**  
**(DAUN HANDEULEUM)**  
*Graptophyllum pictum* Griff.

### Ingredients

- Leaves of *Graptophyllum 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.





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.



**KELEMBAK**  
*Rheum officinale* Baill.

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.



**KONYAL (markisah konyal)**  
*Passiflora edulis* Sims.



# INSOMNIA



## 1 RECIPE I



**PALA**  
*Myristica fragrans* Houtt.

### Ingredients

- Nutmeg 1 seed
- Honey 1 spoon

### Preparation

Clean nutmeg thoroughly, pound into a fine mass. Put into  $\frac{3}{4}$  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



**ADAS**  
*Foeniculum vulgare* Mill.

### Ingredients

- Fruit of *Foeniculum vulgare*  $\frac{3}{4}$  tea spoon
- Honey 1 tablespoon

### Preparation

Clean the seeds thoroughly, pound into a fine mass. Put into  $\frac{3}{4}$  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.



## 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  $\frac{1}{2}$  glass remains. Filter and add honey.

#### Direction for use

Drink 2 times a day.



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

### 2 RECIPE II

#### Ingredients

- |                              |           |
|------------------------------|-----------|
| - Leaves of Indian pennywort | 20 leaves |
|------------------------------|-----------|

#### Preparation

Clean the leaves thoroughly. Boil with 3 glasses of water until  $\frac{3}{4}$  glass remains. Filter and add honey to taste.

#### Direction for use (Adults)

Drink 2 times a day.



**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 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





***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 : saphthaparna (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.**

- Family : Amaranthaceae  
 Indonesian name : bayam duri  
 English name : thorny amaranth, spinach  
 Other name : le xian cai (Chinese)  
 Chemical constituents : amarantine, rutin, spinasterol, potassium iron, vitamins  
 Part of plant use : leaves  
 Use : maternal postnatal care, anaemia tonic  
 Plant propagation : seeds



### ***Andrographis paniculata* (Burm. f.) Nees**

- Family : Acanthaceae  
 Indonesian name : sambiloto  
 English name : green chireta  
 Other names : chuan xin lian (Chinese), kiryat (Hindi), hempedu bhumi (Malay), fa talai jom (Thai)  
 Chemical constituents : andrographolide, deoxy-andrographolide  
 Part of plant used : leaf  
 Use : skin rash, fever, liver disorders,  
 Plant propagation : stem cutting, seeds



### ***Areca catechu* L.**

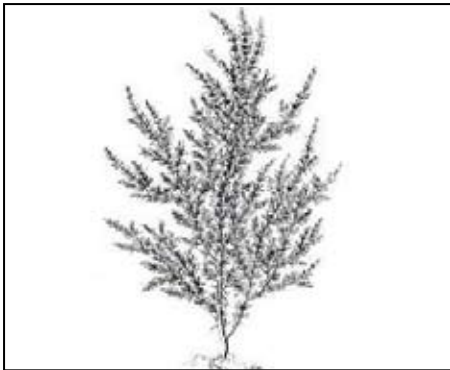
- Family : Arecaceae  
 Indonesian name : pinang  
 English name : areca nut  
 Other name : da fu pi (Chinese)  
 Chemical constituents : arecoline, arecaine  
 Part of plant used : seed, fruit skin, leaf  
 Use : anthelmintic, diarrhoea  
 Plant propagation : seeds





### ***Averrhoa bilimbi* L.**

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



### ***Baeckea frutescens* L.**

- Family : Myrtaceae  
 Indonesian name : jung rahab  
 Other names : gang song (Chinese)  
 Chemical constituents : cineol,  $\beta$  pinene, cymene, tasmanone  
 Use : post natal maternal care  
 Plant propagation : stem cutting



### ***Barleria prionitis* L.**

- Family : Acanthaceae  
 Indonesian name : landep  
 English name : porcupine flower  
 Other name : bunga landak (Malay)  
 Chemical constituents : barlerin, acethylbarlerin, lupulinoside  
 Part of plant used : leaf and root  
 Use : wound, skin infection, muscle pain, toothache, fever, stomach disorders  
 Plant propagation : stem cutting, seed





### ***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 : Caesalpiaceae  
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, constipation, anthelmintic  
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**

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



### ***Cinnamomum burmanii* Nees et T. Nees**

- Family : Lauraceae  
Indonesian name : kayu manis cina  
English name : cinnamon  
Other names : yin xiang pi/gui zhi (Chinese) ob cheuy (Thai)  
Chemical constituents : coumarine, citral, safrole, cinnamaldehyde  
Part of plant used : bark, leaf, root  
Use : diarrhoea, stomatitis, common cold, difficulty in breathing  
Plant propagation : seeds and rooted callus



### ***Citrus aurantifolia* Swingle**

- Family : Rutaceae  
Indonesian name : jeruk nipis  
English name : sour lime  
Other names : zhi qiao (Chinese ), manao (Thai)  
Chemical constituents : limonene, citric acid, vitamin C  
Part of plant used : fruit juice  
Use : cough, common cold, antidandruff, slimming products, scurvy  
Plant propagation : stem cutting and seeds



### ***Cocos nucifera* L.**

- Family : Arecaceae  
Indonesian name : kelapa hijau  
English name : coconut  
Other names : ye zi (Chinese),  
Chemical constituents : stigmasterol, fatty oil, carbohydrate, protein, fiber, minerals, electrolytes  
Part of plant used : flesh of fruit, coconut water  
Use : fever, diarrhoea  
Plant propagation : fruit





### ***Coleus amboinicus* Lour.**

### ***Coleus aromaticus* Benth.**

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



### ***Coleus atropurpureus* Benth.**

Family	: Lamiaceae
Indonesian name	: iler, mayana
English name	: coleus
Other names	: tzai ye cao (Chinese), maliana (Tagalog)
Chemical constituents	: volatiel oil, phenol, tannin, fatty oil, phyosterol
Part of plant used	: leaf
Use	: skin infection, promote pigmentation
Plant propagation	: seeds and stem cutting



### ***Coriandrum sativum* L.**

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



### ***Curcuma aeruginosa* Roxb.**

- Family : Zingiberaceae  
Indonesian name : temu hitam  
English name : black turmeric  
Other names : temu hitam (Malay), kha min dam (Thai)  
Chemical constituents : volatile oil, starch  
Part of plant used : rhizome  
Use : to improve appetite in children  
Plant propagation : rhizome



### ***Curcuma heyneana* Val. & van Zijp**

- Family : Zingiberaceae  
Indonesian name : temugiring  
English name : a specie of tumeric  
Chemical constituents : curcumenol, isocurcumenol  
Part of plant used : rhizome  
Use : stomachache, skin lightening  
Plant propagation : rhizome





### ***Curcuma domestica* Val.**

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



### ***Curcuma xanthorrhiza* Roxb.**

- Family : Zingiberaceae
- Indonesian name : temu lawak
- English name : Javanese turmeric
- Other names : temu lawas (Malay), wan chak mot luk (Thai)
- Chemical constituents : xanthorrhizol, starch, curcuminoid
- Part of plant used : rhizome root
- Use : digestive, oral antiseptic, liver disorders, to improve appetite
- Plant propagation : rhizome



### ***Cymbopogon nardus* L.**

Family	: Graminae/Poaceae
Indonesian name	: sereh
English name	: lemon grass
Other names	: ya xiang mao (Chinese), ta khrai hom (Thai)
Chemical constituents	: volatile oils of citronellol, geraniol
Part of plant used	: rooted leaf
Use	: common cold, warming solution, insect repellent
Plant propagation	: stolon, roots



### ***Erythrina subumbrans* (Hassk.) Merr.**

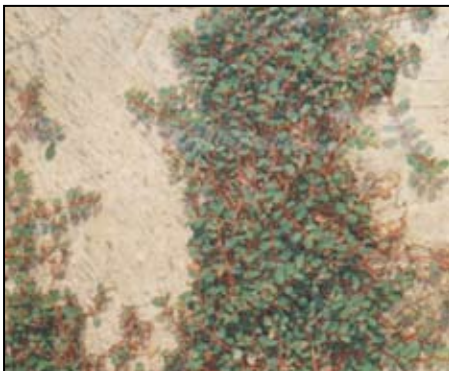
Family	: Papilionaceae
Indonesian name	: dadap serep
English name	: December tree
Other names	: dadap minyak (Malay), oporio (Timor)
Chemical constituents	: erybraedein A, erybraedein B, phaseollin
Part of plant used	: leaf
Use	: antipyretic
Plant propagation	: stem cutting, seeds





### ***Euphorbia hirta* L.**

Family	: Euphorbiaceae
Indonesian name	: patikan kebo
English name	: asthma weed
Other names	: fei yang cao (Chinese), amampat chairisi (India)
Chemical constituents	: shikimic acid, phenolic acid, alcohol
Part of plant used	: whole plant
Use	: cough, asthma, stomatitis, anthelmintic, diarrhoea
Plant propagation	: seeds



### ***Euphorbia prostata* Ait.**

Family	: Euphorbiaceae
Indonesian name	: patikan cina, krokot cina
English name	: thyme-leaved spurge
Chemical constituents	: apigenin, luteolin
Part of plant used	: whole plant
Use	: antihemorrhoid, eczema, stomach disorders, analgesic, anti-inflammatory
Plant propagation	: seeds



### ***Euphorbia pulcherrima* Willd. ex Klotz**

Family	: Euphorbiaceae
Indonesian name	: kastuba
English name	: poinsettia, Christmas flower
Other name	: ye xiang hua (Chinese)
Chemical constituents	: germanicol, pulcherol, anthocyanin, $\beta$ sitosterol
Part of plant used	: leaf
Use	: nose bleed
Plant propagation	: stem cutting





### ***Euphorbia tirucalli* Linn.**

- Family : Euphorbiaceae  
Indonesian name : patah tulang  
English name : milk bush, finger tree  
Other name : lu san hu (Chinese)  
Chemical constituents : euphol, taraxasterin, tirukalol, sapogenin  
Part of the plant used : young stem and leaf  
Use : skin disorders, cut wound  
Plant propagation : stem cutting



### ***Foeniculum vulgare* Mill.**

- Family : Apiaceae  
Indonesian name : adas manis  
English name : fennel  
Other name : jintan wangi (Malay)  
Chemical constituents : anethol, trans anethol phytoestrogen  
Part of plant used : seeds, leaves  
Use : carminative, cough diarrhoea, toothache  
Plant propagation : seeds, fruit



### ***Gardenia augusta* Merr.**

- Family : Rubiaceae  
Indonesian name : kaca piring  
English name : cape jasmine  
Other name : zhizi (Chinese)  
Chemical constituents : volatile oils (linalol, stirolil), gardenosid, tannin, dextrose, mannitol  
Part of plant used : leaf, flower  
Use : fever, expectorant, insect bites  
Plant propagation : stem cutting





### ***Graptophyllum pictum* [L.] Griff.**

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



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

Family	: Asteraceae
Indonesian name	: daun dewa
English name	: -
Other name	: samsit
Chemical constituents	: alkaloid, saponin, flavonoids, volatile oil, tannin
Part of plant used	: whole plant and bulb
Use	: burn wound, skin ulcer, bruised skin, snake bite
Plant propagation	: bulb, stem cutting



### ***Hibiscus rosa sinensis* Linn.**

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



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

- Family : Malvaceae  
Indonesian name : kembang sepatu sungsang  
English name : Japanese lantern  
Other names : lie ban zhu jin (Chinese), phu ra hong (Thai)  
Chemical constituents : anthocyanin (anthocyanidin)  
Part of plant used : flowers, leaves  
Use : to reduce fever  
Plant propagation : stem cutting





### ***Hibiscus tiliaceus* L.**

Family	:	Malvaceae
Indonesian name	:	waru
English name	:	coastal hibiscus
Other name	:	hau (Hawaiian), purau (Tahitian)
Chemical constituents	:	saponin, flavonoid, tannin, fenol
Part of plant used	:	leaf and root
Use	:	cough, fever
Plant propagation	:	seeds, stem cutting



### ***Imperata cylindrica* (L.) P. Beauv.**

Family	:	Poaceae/Gramineae
Indonesian names	:	alang-alang
English name	:	cogon grass
Other names	:	dabh (Hindi), la lang (Thai)
Chemical constituents	:	mannitol, glucose, starch malic acid, cylindrin, tannin
Part of plant used	:	root
Use	:	antipyretic, diuretic, haemostatic, astringent
Plant propagation	:	root or stolon



### ***Jatropha curcas* Linn.**

- Family : Euphorbiaceae  
Indonesian name : jarak pagar  
English name : physic nut, pugging nut  
Other names : jarak belanda (Malaysia), cay dau lai (Vietn.), tuba-tuba (Phil.)  
Chemical constituents : toxalbumin, kursorin/curcumin, lekti hidrogen cyanide  
Part of plant used : stem, leaf  
Use : skin lesion, skin infection, dyspepsia in children (topical use)  
Plant propagation : stem cutting, grafting



### ***Justicia gendarussa* Burm. f.**

- Family : Acanthaceae  
Indonesian name : besi-besi/kisi-kisi  
English name : gandarusa/daun rusa  
Other names : bo gu dan (Chinese), malabulak (Tagalog), temenggong (Malay), chiang phraa man (Thai)  
Chemical constituents : justisin, volatile oil, calcium oxalate, tannin  
Part of plant used : leaf  
Use : bruise, muscle pain, skin infection, joint sprain, diuretic  
Plant propagation : stem cutting





### ***Kaempferia galanga* L.**

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



### ***Lantana camara* L.**

Family	: Verbenaceae
Indonesian name	: tembelean
English name	: hedge lower, wild sage
Other names	: ma ying tan (Chinese), bunga pagar (Malay)
Chemical constituents	: lantadene A, lantadene B, lantanolic acid, $\beta$ -caryopinene
Part of plant used	: leaf, flower, root
Use	: cough, muscle ache, skin rash, ulcer, mastitis (swollen mammary gland)
Plant propagation	: stem cutting



### **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, bisabolen, $\beta$ -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.**

Family	: Myristicaceae
Indonesian name	: pala
English name	: nutmeg, mace
Other name	: luk jan (Thai)
Chemical constituents	: volatile oil, diterpene, myristicin, sinene
Part of plant used	: seed
Use	: antiemetic, warming preparation, mild sedative
Plant propagation	: grafting, stem cutting, seeds



### ***Nigella sativa* L.**

Family	: Ranunculaceae
Indonesian name	: jinten hitam
English name	: onion seeds, girth, fennel flower
Other name	: kalonji (Hindi), kalo jira (Bengali), thian-dam (Thai)
Chemical constituents	: linoleic acid, nigellone, $\beta$ -sitosterol, thymoquinone
Part of plant used	: seeds
Use	: asthma, cough carminative, anthelmintic, vaginal discharge
Plant propagation	: stem cutting and seed





### ***Nyctanthes arbor-tristis* L.**

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



### ***Orthosiphon aristatus* (Bl.) Miq.**

### ***Orthosiphon grandiflorus* Bold.**

Family	: Lamiaceae
Indonesian name	: kumis kucing
English name	: kidney tea
Other names	: mao xu cao (Chinese), pokok misai kucing (Malay), wachichao (Phil.)
Chemical constituents	: glycoside, tannin, volatile oil, fatty oil, saponin, sapofonin, potassium salt
Part of plant used	: leaf
Use	: diuretic
Plant propagation	: seeds and stem cutting



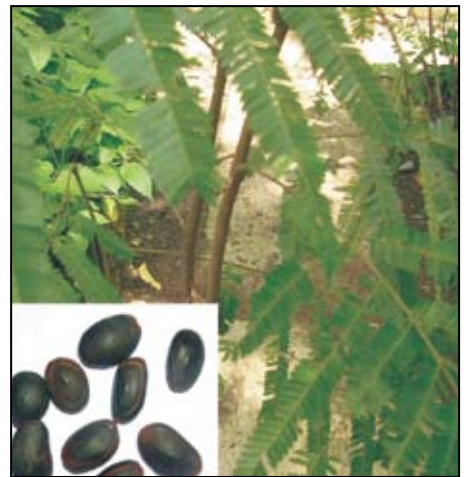
### ***Paederia foetida* L.**

- 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.**

Family	:	Euphorbiaceae
Indonesian name	:	meniran
English name	:	stone breaker
Other name	:	zhen zhu cao (Chinese)
Chemical constituents	:	phyllanthin, hypophyllanthin, potassium, resin
Part of plant use	:	whole plant
Use	:	diuretic, edema, muscle pain, immunostimulant
Plant propagation	:	stem cutting, seeds



### ***Plantago major* L.**

Family	:	Plantaginaceae
Indonesian name	:	daun sendok
English name	:	greater plantain, common plantain
Other name	:	weegbree (Dutch)
Chemical constituents	:	plantagin, aucubin, $\beta$ -sitosterol, plantagusine, n-hentriacontan, potassium,
Part of plant used	:	whole plant, root and seed
Use	:	cough, diuretic, wound, carbuncle, anthelmintic
Plant propagation	:	stolon



### ***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 : xiang 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), thippli (Sri Lankan), phrik-hang (Thai)
Chemical constituents	: piperine, chavicine, palmitic acid, pipartine, piper longuminine
Part of plant used	: ripe fruit
Use	: common cold, toothache, colic, dyspepsia, diarrhoea
Plant propagation	: stem cutting, seeds



### ***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.**

Family	: Myrtaceae
Indonesian name	: cengkeh, cengkih
English name	: clove
Other names	: lavang (India), dinh huong (Vietnamese)
Chemical constituents	: eugenol, acetyl eugenol, methyl salicylate, $\beta$ caryophyllene
Part of plant used	: bud of flower, volatile oil
Use	: toothache, local anesthetic, rubbing oil, carminative
Plant propagation	: grafting



### ***Tamarindus indica* L.**

Family	: Caesalpiniaceae
Indonesian name	: asam Jawa
English name	: tamarind, Indian date
Other names	: suan jiao (Chinese), ambli (Hindi), ma-gee-bin (Myanmar), ma khaam (Thai)
Chemical constituents	: tannin, saponin, phlobatamins, tartaric acid, citric acid
Part of plant used	: pulp of ripe fruit
Use	: stomatitis, amenorrhoea, itching, skin ulcer
Plant propagation	: stem cutting





### ***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

