Review Article

A Review and Search of Phytomedicine Used by Traditional People of Malaysia (Ipoh, Perak)

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Abstract:

The work basically about the study of traditional phytomedicine used by traditional people of Malaysia (Ipoh region). Traditional medicine also known as indigenous or folk medicine comprises medical knowledge systems that developed over generations within various societies before the era of modern medicine. We did survey on phytomedicine and tried to explore their probable future aspects. We did survey and tried to communicate with the villagers to collect information about both that is claimed as well as unclaimed traditional drugs. Most importantly we focused on the various therapeutic uses of those drugs which is till now not claimed in any journals or literatures, and hence, this might be helpful for the researchers for further exploration of these phytomedicines.

Key words-Traditional drugs, indigenous drugs, folk medicine

INTRODUCTION

Traditional medicine (also known as indigenous or folk medicine) comprises medical knowledge systems that developed over generations within various societies before the era of modern medicine. Practices known as traditional medicines include herbal, Ayurveda, Siddha medicine, Unani, ancient Iranian medicine, Islamic medicine, traditional Chinese medicine, traditional Vietnamese medicine, acupuncture, Muti, Ifá, traditional African medicine, and other medical knowledge and practices all over the globe. The World Health Organization (WHO) defines traditional medicine as: "the health practices, approaches, knowledge and beliefs incorporating plant, animal and mineral-based medicines, spiritual therapies, manual techniques and exercises, applied singularly or in combination to treat, diagnose and prevent illnesses or maintain well-being."[1] The use of herbs to treat disease is almost universal among nonindustrialized societies.[2] A number of

traditions came to dominate the practice of herbal medicine at the end of the twentieth century: Many of the pharmaceuticals currently available to physicians have a long history of use as herbal remedies, including opium, aspirin, digitalis, and quinine. The World Health Organization (WHO) estimates that 80 percent of the world's population presently uses herbal medicine for some aspect of primary health care.[3] Pharmaceuticals are prohibitively expensive for most of the world's population, half of which lives on less than \$2 U.S. per day. In comparison, herbal medicines can be grown from seed or gathered from nature for little or no cost. In addition to the use in the developing world, herbal medicine is used in industrialized nations by alternative medicine practitioners such as naturopaths. A 1998 survey of herbalists in the UK found that many of the herbs recommended by them were used traditionally but had not been evaluated in clinical trials.[4] In Australia, a 2007 survey found that these Western herbalists tend to prescribe liquid herbal combinations of herbs rather than tablets of single herbs.[5] The use of, and search for, drugs and dietary supplements derived from plants have accelerated in Pharmacologists, years. recent microbiologists, botanists, and naturalproducts chemists are combing the Earth for phytochemicals and leads that could be developed for treatment of various diseases. In fact, according to the World Health Organisation, approximately 25% of modern drugs used in the United States have been derived from plants.[6] Among the 120 active compounds currently isolated from the higher plants and widely used in modern medicine today, 80 percent show a positive

use and the traditional use of the plants from which they are derived.[7]More than two thirds of the world's plant species - at least 35,000 of which are estimated to have medicinal value - come from the developing countries.[verification needed]At least 7.000 medical compounds in the modern pharmacopoeia are derived from plants[8] Use of phytomedicine can be as informal as, for example, culinary use or consumption of an herbal tea or supplement, although the sale of some herbs considered dangerous is often restricted to the public. Sometimes such herbs are provided to professional herbalists by specialist companies. Many herbalists, both professional and amateur, often grow or "wildcraft" their own herbs. Some researchers trained in both western and traditional Chinese medicine have attempted to deconstruct ancient medical texts in the light of modern science. One idea is that the yin-yang balance, at least with regard to herbs, corresponds to the prooxidant and anti-oxidant balance. This interpretation is supported by several investigations of the ORAC ratings of various vin and vang herbs.[9][10] Cherokee medicine tends to divide herbs into foods, medicines and toxins and to use seven plants in the treatment of disease, which is defined with both spiritual and physiological aspects, according to Cherokee herbalist David Winston.[11] In India, Ayurvedic medicine has quite complex formulas with 30 or more ingredients, including a sizable number of ingredients that have undergone "alchemical processing", chosen to balance "Vata", "Pitta" or "Kapha."[12] In Tamil Nadu, Tamils have their own medicinal system now popularly called the Siddha

correlation between their modern therapeutic

medicinal system. The Siddha system is entirely in the Tamil language. It contains roughly 300,000 verses covering diverse aspects of medicine such as anatomy, sex ("kokokam" is the sexual treatise of par excellence), herbal, mineral and metallic compositions to cure many diseases that are relevant even to-day. Ayurveda is in Sanskrit, but Sanskrit was not generally used as a mother tongue and hence its medicines are mostly taken from Siddha and other local traditions.[13] In addition there are more modern theories of herbal combination like William LeSassier's triune formula which combined Pythagorean imagery with Chinese medicine ideas and resulted in 9 herb formulas which supplemented, drained or neutrally nourished the main organ systems affected and three associated systems. His system has been taught to thousands of influential American herbalists through his own apprenticeship programs during his lifetime, the William LeSassier Archive[14] and the David Winston Center for Herbal Studies.[15] Different chemicals in herbs are more abundant than in a single drug. Some chemicals in herbs may work as growth hormones or antibiotics, nutrients, and toxin neutralizers. Many traditional African remedies have performed well in initial laboratory tests to ensure they are not toxic and in tests on animals. Gawo, a herb used in traditional treatments, has been tested in rats by researchers from Nigeria's University of Jos and the National Institute Pharmaceutical for Research and Development. According to research in the African Journal of Biotechnology, Gawo passed tests for toxicity and reduced induced fevers, diarrhea and inflammation. The principles of Malay traditional medicine are

generally based on the Arabic Unani medicine and Galenicphilosophy. However, it is also influenced by other practices of Indonesian, Chinese, Indian and orang asli (indigenous people) Malaysia has great potential to develop her abundant natural resources to

increase the market based on herbal products. This is evident from a 1935 report that in peninsular Malaysia alone there are about 550 genera of tropical plants, containing over 1,300 species possessing medicinal values. Of these, several are medicinal plants yielding clinically useful drugs,

So considering the overall aspects of exploration of phytomedicine in modern medicine and their probable future aspects get and communicate tried to we information about both that is known as well as unknown traditional drugs, .Most importantly we focused on the various therapeutic uses of those drugs which is till now not claimed in any journals or literatures, and hence, this might be helpful for the researchers for further exploration of these traditional drugs.

MATERIAL & METHOD

We had collected few plants on the basis of literature review and prepare a questionnaire accordingly and tried to focus on their ethno medicinal uses in common diseases or symptoms, and categories the same as claimed (through literature review) and unclaimed (on the basis of verbal questionnaire) The information and datas were collected from traditional peoples (asli people), herbal garden and Chinese

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herbalist, and notify the claimed and unclaimed uses. The process was done on the basis of random selection of samples from particular places of Malaysia.

RECENT RESEARCH AND REVIEWS

A number of reviews have been published in the last three decades on plants screened for various activity in India [15-31] and elsewhere[27-29]. Very recently, two exhaustive reviews have been published based on global literature survey on 150 plants[28] and 343 plants[29] from different parts of the world. some plants like Allium cepa (Onion, piyaj), Allium sativum (garlic, lasun), Syzygium cumini (Syn. Eugenia jambolana; plum; (black jamun). Momordica charantia (bitter gourd; karela) Gymema sylvestre (Gurmar), Pterocarpus marsupium (Vijay-) sar) etc. have attracted more attention of the scientists as well as laymen, in recent years. Only a few of phytomedicine will be discussed here, in" some detail (Table no1& 2).

Common name: betel leaf (daun sireh)

Botanical name: Pipper betle

Species: P. betel

Habitat: The Betel plant is indigenous throughout the Indian- Malay region and also cultivated in Madagascar, Bourbon and the West Indies. It is a climbing shrub and is trained on poles or trellis in a hot but shady situation. The leaves are pressed together and dried, sometimes being sewn up together in packets for commerce.

Dose: For stomach ache, boil 5-6 leaves and drink the water 2 times a day. For body odor and itchiness, boil 6-7 leaves and take bath with the water. To shrink vaginal canal, drink the boiled leaves water 3 times a day.

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Common name: ginger flower (bunga kantan)

Binomial name: Etlingera elator

Habitat:

• Indoor Habitat

Ginger can be grown indoors. These plants are used to shady environments and therefore can do well in spots that do not receive as much sun. Indoors is ideal because the conditions can be kept constant. The plant needs warmth and plenty of humidity.

• Rainy Habitat

As mentioned previously, ginger thrives in moist, hot environments. It's no wonder that the plant grows well in monsoons common in India. Greenhouses are another sure-fire way to mimic the preferred habitat of ginger.

Uses:

• ear pain

Dose: Boil the fruit and place it into the ear drop by drop. (2 to 3 drops,3 times a day)

Common name: flower head

Binomial name: Mimosa pudica

Habitat: Mimosa pudica in Goa, India.The stem is erect in young plants, but becomes creeping or trailing with age. The stem is slender, branching, and sparsely to densely prickly, growing to a length of 1.5 m (5 ft). The leaves of the mimosa pudica are compound leaves.

Uses:

• diarrhoea

Dose: Boiled and drink the leafs, 3 times daily.

Common name: Guava tree

Habitat: Guava is basically indigenous to the Central American region, especially the Amazon Basin, and over the centuries, the fruit has been naturalized in many parts of the globe and is found in abundance in the tropical climes. Presently, many countries commercially cultivate guava for its various uses.

Uses:

- scabies
- rashes

Dose: Boil the leaves and drink 2 times a day

Common name: Horse raddish tree

Binomial name: Moringa oleifera

Habitat: indigenous to the Central American region, especially the Amazon Basin, and over the centuries, the fruit has been naturalized in many parts of the globe and is found in abundance in the tropical climes

Uses:

• digestive problem.

Dose: the leaves will be cooked normally and consume it. While the stick will be boiled in half pat of water in pan and wait until the color of the water turn in dark yellow. Drink one cup of water 3 times a day.

Common name: Indian goosegrass, Wiregrass, Crowfootgrass

Binomial name: Eleusine indica

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Habitat: It is a small annual weed distributed throughout the warmer areas of the world to about 50 degrees latitude. Understanding this species is complicated by disagreement about species limits, and by persistent misspelling.

Uses:

- diuretic
- worms
- wind.

Dose: Boil the leaves in the water for 30 minutes and then let it to cool down and drink 3 times daily.

Common name: Cuban oregano, Indian Borage

Binomial name: coleus amboinicus

Habitat: The herb grows easily in a welldrained, semi-shaded position. It is frost tender and grows well in sub-tropical and tropical locations, but will do well in cooler climates if grown in a pot and brought indoors, or moved to a warm sheltered position in winter. Water only sparingly.

Uses:

- Stomach pain
- cold

Dose: Boil the leaves and drink 2 times a day.

Common name: Vietnamese mint, Vietnamese cilantro, Cambodian mint

Binomial name: Persicaria odorata

Habitat: The Vietnamese coriander is conditions; it can grow up to 15 to 30 cm. In

the winter or when the temperature is too high, it can wither. The top of its leaf is dark green, with chestnut-colored spots while the leaf's bottom is burgundy red. The stem is jointed at each leaf. In Vietnam it can be cultivated or found in the wild. a perennial plant that grows best in tropical and subtropical zones in warm and damp conditions.

Uses:

• Dandruff

Dose: Smash the leaves then apply on the scalp and then rinse.

Common name: pandan

Binomial name: Pandanus amaryllifolius

Habitat: The leaves are used either fresh or wilted, and are commercially available in frozen form in Asian grocery stores in nations where the plant does not grow. They have a nutty, botanical fragrance which enhances the flavour of Indonesian, Singaporean, Filipino, Malaysian, Thai, Bangladeshi, Vietnamese and Burmese foods, especially rice dishes and cakes.

Uses:

• dandruff

Dose: blend the leaves and apply it on the scalp, leave it for at least 20 minutes and rinse the hair.

Common name: basil (selasih)

Binomial name: Ocimum tenuiflorum

Habitat: Basil is found wild in the tropical and sub-tropical regions of the world. It can be grown easily in a pot and likes a rich moist soil with plenty of sun.

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Uses:

- Cough
- digestion

Dose: For digestion problem, boil the leaves and drink twice a day. Whereby for cough, you can smash the leave and drink the juice (3 tablespoon) or boil and drink the water.

Common name: senna

Botanical name: Senna alexandrina

Habitat: Organic Senna is a small shrub, about 2 m in height. The stem is erect, smooth and pale green. The long spreading branches bearing 5-8 jugate leaflets usually oval, lanceolate, glabrous. The leaves are thicker and stiffer, veins distinct on the under surface, brittle, greyish-green, of a faint, peculiar odour, and mucilaginous, sweetish taste. The flowers are small and yellow.

Uses:

• Constipation

Dose: Cook and consume the leaves as a vegetable.

Common name: thorny amaranth, spiny amaranth, prickly amaranth

Binomial name: Amaranthus spinosus

Habitat: It is native to the tropical Americas, but it is present on most continents as an introduced species and sometimes a noxious weed. It can be a serious weed of rice cultivation in Asia.

Uses:

• digestive problem

Dose: the leaves will been cooked normally and consume it. while the stick will be boiled in half pat of water in pan and wait until the color of the water turn in dark yellow. Drink one cup of water 3 times a day.

TABLE 1. : HERBAL PLANTS WITH CLAIMED USES

Name of common	Botanical name	Part used	Claimed uses
Roselle ^{[16][17][18][19]}	Hibiscus sabdariffa	Fruit	HBP,Anti bacteria,Dietary
Patah Tulang ^[20] (cissus quadrangularis)	cissus quadrangularis	Leaf	Diabetes, Asthma, Obesity and weight loss hemorrhoids
Daun Semambu ^{[21][22][23]} (Neem leaf)	Azadirachta indica	Leaf	Chicken pox Antifungal Antidiabetic Antibacterial
Mengkudu ^{[24][25]} Noni fruit (disambiguation)	morinda citrifolia	Leaf Fruit	Diabetes,HBP
Peria ^{[26][27][28][29]} (Bitter melon)	Momordica charantia	Fruit Root	Diabetes
Lidah Jin ^[30] (snake plant)	Sansevieria trifasciata	Leaf Root	Cough,Asthma,Jaundice,Diabetes
Bunga Kekwa ^{[31][32]} (Chrysanthemum)	Chrysanthemum indicum L.	Leaf Flower	Cough,Throat pain
Serai ^[33] (Lemon grass)	Cymbopogon citratus	Stick	Stomach ache,HBP,Pimples,Reduce cholesterol
Bawang Puteh ^{[34][35][36][37]}	Allium sativum L.	Fruit	HBP,Reduce cholesterol
(Garlic) Betik ^{[38][39]} (Papaya)	Carica papaya	Leaf	Digestive disorder jaundice Dengue fever

Belimbing	Averrhoa bilimbi	Fruit	Fever
Buluh			Hyperlipidemia
		Leaves	pimples,
(ginger lily)			hypertension,
			diabetes
			dizziness.
[40][40]			Cough
Pegaga ^{[42][43]}	Centella asiatica	Leaf	Improve blood circulation Memory
(Centella asiatica/			_
Ginko biloba)			
,			
Misai Kucing ^[44]	Orthosiphon	Flower	Urinary tract infection
(Cat's Whiskers)		Leaf	Diabetes
	aristatus		HBP
Betik ^{[38][39]}	Carica papaya	Leaf	Digestive disorder
2000			jaundice
(Panava)			Dengue fever
(I upuju)			Deligue level
Belimbing	Averrhoa hilimhi	Fruit	Fever
Buluh ^{[40][41]}		1 Tult	Hyperlipidemia
Dului		Leaves	nimples
(ginger lily)		Leuves	hypertension
(ginger my)			diabetes
			dizziness
			Cough
Редада ^{[42][43]}	Contolla asiatica	Leaf	Improve blood circulation
1 cgugu	Cemena astanca	Lear	Memory
(Centella asiatica/			Wembry
Ginko biloba)			
Misai Kucing ^[44]	Orthoginhon	Flower	Urinary tract infaction
(Cat's Whickorg)	Ormosiphon	Loof	Diabatas HPD
(Cats WIIISKEIS)	aristatus		Diabeles, IIDF
D (1 [38][39]		I C	
Betik	Carica papaya	Leat	Digestive disorder
			jaundice
(Papaya)		T C	Dengue tever
Senna	Senna alexandrina	Leat	
Daun Sireh	Pipper betle	Leat	Constipation
			Cough
(Betel)			Cold

			Shrink vaginal canal after give birth
Pisang Tali ^[48]	Heliconia rostrata	Rhizome	Intestinal pain Jaundice HBP
Bunga Kantan	Etlingera elator	Rhizome	
Keembung ^[54] (Balsam plant)	Impatiens balsamina	Leaf Flower	Snake bite Burn
Belungai ^[50]	Moringa oleifera	Leaf	
(Amaranth)	Amaranthus spinosus	Leaf Flower	Asthma,Gonorhea Wounds,sore throat fever
Emas cotek (rusty- leaf bush fig)	Ficus deltoidea	Leaf	Regulate the blood pressure Reduce cholesterol Reduce blood sugar level
Kesum	Persicaria odorata	Leaf	Indigestion Acne Stomachaches
Bayam karang ^[48]	Strobilanthes crispa	Leaf	Kidney stone
Lidah naga ^[51]	Sauropus rostratus	Leaf	Cancer
Pandan wangi	Pandanus odoratissimus	Leaf	
Daun Semalu ^[42]	Mimosa pudica	Leaf	Diarrhea
Bunga Tahi Ayam ^[48]	Lantana Camara	Leaf	Cough
Rumpur Sambau ^[10]	Elusine indica	Leaf Root	Diuretic
Kratom(ketum) ^[54]	Mitragyna speciosa	Leaf	Diarrhea Cough Diabetes HBP

TABLE 2. : HERBAL PLANTS WITH UNCLAIMED USES

Name of common	Botanical name	Part of plan use	unknown
Roselle	Hibiscus sabdariffa	Fruit	Neutralize the food poison Good for eyes Mual(vomiting)
Patah Tulang (cissus quadrangularis)	cissus quadrangularis	Leaf	Digestion Increase appetite menstrual discomfort
Daun Semambu (Neem leaf)	Azadirachta indica	Leaf	upset stomach worms
Mengkudu Noni fruit (disambiguation)	morinda citrifolia	Leaf Fruit	Asthma Analgesic Cold Cough Wind(masuk angin)
Peria (Bitter melon)	Momordica charantia	Fruit Root	Worms Cough Increase appetite
Lidah Jin	Sansevieria trifasciata	Leaf Root	Kidney stone Diuretic Snake bite
Bunga Kekwa (Chrysanthemum)	Chrysanthemum indicum L.	Leaf Flower	Body heatiness
Serai (Lemon grass)	Cymbopogon citratus	stick	Cough Asthma
Bawang Putih (Garlic)	Allium sativum L.	fruit	Asthma
Betik	Carica papaya	Leaf	Diabetes

(Papaya)			
Belimbing Buluh (ginger lily)	Averrhoa bilimbi	Fruit leaves	Cough Reduce body heatiness Pimples Dizziness
Pegaga (Centella asiatica/ Ginko biloba)	Centella asiatica	Leaf	Increase appetite Reduce body heatiness
Misai Kucing (Cat's Whiskers)	Orthosiphon aristatus	Flower Leaf	
Kapur Barus (Cuban oregano)	coleus amboinicus	Leaf	Cold Stomach cramp
Kunyit (turmeric)	Curcuma longa	Rhizome	
Daun Jambu Batu (Guava leave)	Psidium guajara	Leaf Fruit	Kudis Rashes
Ginseng	Panax quinquefolius	Root	
Daun Selasih (Basil)	Ocimum tenuiflorum	Leaf	Cough Digestion
Senna	Senna alexandrina	Leaf	Constipation
Daun Sireh (Betel)	Pipper betle	Leaf	Stomach pain Body odour Itchiness
Pisang Tali	Heliconia rostrata	Rhizome	
Bunga Kantan	Etlingera elator	Rhizome	Ear pain
Keembung (Balsam plant)	Impatens balsamina	Leaf Flower	
Belungai (Horse Raddish Tree)	Moringa oleifera	Leaf	Digestive problem

Bayam Berduri	Amaranthus	Leaf	
(Amaranth)	spinosus	Flower	
Emas cotek	Ficus deltoidea	Leaf	Shrink vaginal canal
(rusty- leaf bush fig)			after give birth
			White discharge
Kesum	Persicaria odorata	Leaf	
			Dandruff
Bayam karang	Strobilanthes crispa	Leaf	
Lidah naga	Sauropus rostratus	Leaf	
Pandan wangi	Pandanus	Leaf	Dandruff
	odoratissimus		
Daun Semalu	Mimosa pudica	Leaf	Diarrhea
Bunga Tahi Ayam	Lantana Camara	Leaf	Small injured
Rumpur Sambau	Elusine indica	Leaf	Diuretic
		Root	Wind(kembung
			perut)
			worms
Kratom(ketum)	Mitragyna speciosa	Leaf	
	_		
Hibiscus		Leaf	Dandruff
		flower	Hair grows thicker
			and darker

RESULT AND DISSCUSSION

Phytomedicine are being looked up once again for the treatment of various ailments. Many conventional drugs have been derived from prototypic molecules in medicinal plants. In the last few years there has been an exponential growth in the field of herbal medicine and these drugs are gaining popularity both in developing and developed countries because of their natural origin and less side effects. Many traditional medicines in use are derived from medicinal plants,

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minerals and organic matter. A number of medicinal plants, traditionally used for over 1000 years named rasayana are present in herbal preparations of Indian traditional health care systems. In Indian systems of medicine most practitioners formulate and dispense their own recipes. The World Health Organization (WHO) has listed 21,000 plants, which are used for medicinal purposes around the world. Among these 2500 species are in asia, out of which 150 species are used commercially on a fairly large scale. India is the largest producer of medicinal herbs and is called as botanical garden of the world. We had collected few herbal plants from

certain villages, herbal garden and Chinese herbalist, from Malaysia and notify the claimed and unclaimed uses. This is the list of herbal plants which are found to have the unclaimed uses; and are mentioned in table-1 & table 2.

- Betel-Stomach pain
- ➢ Ginger flower- ear pain
- Flower-head- diarrhea
- Guava rashes
- Horse Raddish tree- digestive problem
- Indian goosesrass- diuretic
- Camphor- Stomach pain
- Kesum- Dandruff
- Pandan leafs- dandruff
- Pennywort Increase appetite
- Rusty-leaf bush fig- shrink vaginal canal after give birth
- Basil- Cough
- Senna- Constipation
- Thorny amaranth- digestive problem
- West Indian lantana- injuries.
- Chrysanthemum Body heatiness
- Garlic- Asthma
- Ginger lily- Cough
- Lemon grass Cough
- Noni fruit- Asthma
- Bitter melon- Increase appetite
- Neem plant- Stomach upset
- Snake plant- Kidney stone
- Papaya- Diabetes
- Cissus quadranularis Digestion
- Roselle Neutralize the food poison

This article will be helpful for the research work and exploration of unclaimed use of the plants mentioned above to identify the unclaimed uses.

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