



>>Picture of disaffected child

>>Picture of strange baby

>>Picture of positive & negative water molecules

The most poisonous part. It has oval in shape, and the diameter is about 1cm and has brown in color. The inner part is white in color.

Chemical Contents :

1. Leaf :contains antihistamin, alkaloid, saponin & polifenol (lignin)
2. The fruit skin : contains alkaloid, saponin & flavonoid.
3. Fruit : alkanoid, tanin, flavonoid, fenol, saponin, lignin, asiri oil & sterol

Characteristics & Benefits :

1. The fruit skin and flesh : cure dysentery ,psoriasis and acne.
2. Leaf and seed :cure various types of skin pain such as eczema, hepatotoxic & antibody.
3. Fruit : antitumour, antidysentery, antiinsecta, cure eczema, hepatotoxic & antibody.

* The new lignin component in mahkota dewa flesh extract has the molecule of $C_6 H_{20} O_6$ and structure of 5-{4(-menthoxy-phenyl)-tetrahydrofuro-[3,4-c]furan-1-yl)-benzene-1,2,3-triol.

Healing capabilities of Mahkota Dewa

1. cancer & tumor
2. Eczema (skin disease)
3. Diabetes mellitus
4. Hypertensive (High blood pressure)
5. Hepatitis
6. Rheumatic (joints paint)
7. Gout Arthritis
8. Heart disease
9. Kidney failure

Notes

- The fruit especially its seed is poisonous, it has to be braised before eaten.
- Pregnant women is prohibited to drink this processed plant.

Hempedu Bumi

HEMPEDU BUMI

Scientific Name : Andrographis Paniculata (Bum. f.) wall.ex Nees

Other names : Hempedu tanah, akar cerita, pokok cerita (Malaysia), king of bitter, creat, green chireta (Inggeris), kalmegh (India), Kirta (Sanskrit), Chuan xin lian, Yi jian xi, Lan he lian (China), Sambiloto (Indonesia)

Famili : Acanthaceae

Location found : Malaysia, Thailand, India, Indonesia



Introduction

Hempedu Bumi plant is also known by local as akar cerita. Hempedu Bumi plant abundantly found in China , India, Thailand and Malay island. Could be easily found at the peat soil. Hempedu Bumi is a herbal plant that grows vertically. This seasonal herbaceous plant can grow until 70-90 cm heights. The upper part of the leaf is dark green in color while the lower part is light green in color, smooth and arranged. The leaf also oval in shape. The stem is green and has many branches.

Harvest Product

1. Plant maturity : 2 months
2. Method to pick product : The part of the plant on the soil is harvested manually before the plant starts flowering. Picking process is done after 1.5-2 months.

Uses and Benefits

Hempedu Bumi leaf can used as the remedy to lower the high blood pressure pressure, besides to cure diabetes, antiinflammation, antibacterial, antivirus, relieve fever and as the phlegm liquefier. It is also used to improve defecation, destroy the worms in digestive system and fasten the blood clotting.

The method to made it as the medicine is by braising the leaf to drink the water. The leaf can

cure wound by grinding it and paste it at the wound. Chemical substances in the leaf can brake down the fat molecules that present at the blocked bloodstream that cause the blood pressure to increase. The braised leaf water that has bitter taste trigger it to brake down the lipids molecules.

However, the taste does not attract most of Malaysians. They are more interested to sweet and salty tastes. The excess of sweet and salty can lead to severe diseases but if we balance the tastes is much better for health. This plant also suitable for insects bites. The easiest method is take a few of the leaves and crush them. After that, rub them at the bitten place.

Hempedu Bumi is more popular in treating high blood pressure and fever. The usual method is take a few leaves and clean them. Then, immerse the leaves in warm water and wait until it becomes lukewarm. After that, drink the water. It is quite bitter, especially for those who first time drink the water. Bear in mind, drink once per day.

Sambung Nyawa

SAMBUNG NYAWA

Scientific Name : *Gynura sarmentosa* DC, *Calacia procumbens* Lour.

Other Names : Dawn Dewa, Leaves of the Gods, Googoolipid, Mallucan spinach, Sambung Nyawa, Daun Dewa, Am Akar, Akar sebiak, dan Kelemai merah, bai bing coa, ngokilo (Jawa), beluntas cina (Melayu), she juan jao @ fujung jao (Cina)



Family : Asteraceae

Introduction

Sambung Nyawa is an annual plant type that abundantly used in South-east Asia countries such as Malaysia, Indonesia and Thailand. However it is originated from Myanmar and China. It can live with the height of 1 until 500 meters from the sea levels. It easily breeds through stem and easily grows in shady area, with 40-50% rate of light intensity, air temperature between 20-30 °C and has medium humidity with annual rain fall between 1500-2500mm. It grows vertically, or sometimes the edge collapses and comes out root, wet stem, branches, purplish in color. Can reach 6 meters height and pleasant smell. Single leaf, quite thick, easily brake, has branches. The leaf is egg rounded shape, the edge is end and base pointed, serrated edge, bone fining, colored light green. The flower is orange yellow, it rarely flowering.

Planting and Breeding

Besides surroundings factor, sabung nyawa plant needs fertile soil, and can stands water. The best pH is around 5.5-7. It breeds through stem. It needs much water, but not really wet and sump.

Chemical Contents and Pharmacology Effects

Chemical contents of sambung nyawa leaf are flavonoid (7, 3, 4 trihidroksi-flavon), glycoside kuersetin, fenoleat acid (from kafeat acid, penta kumarat, penta-hidroksi benzoate and vanilat acid) triterpenoid, alkaloid, saponin and tannin.

This plant is cold and neutral. The benefits are antineoplastik, lower warm body, cure lymph disease, kidney disease, skin disease, decrease the blood pressure, lower the blood glucose, antimicrobial, anticarcinogenic, sitotoxic towards cancer cells, hypertensive, stroke, heart disease, high cholesterol, diabetes, disruption toss, fed up vocal cord, fed up scruff, cough and sinusitis.

Uses and Benefits

Sambung Nyawa can reduce the cholesterol rate and decrease the high blood pressure. In Malaysia it also used to cure constipation, diabetes and cancer. It also used to treat to treat kidney problems. Usually it is eaten fresh. This plant stem commonly used to release fever.

It is also used in medication for for kidney failure, dysentery, throat infection. Besides that, it can be used to stop the bleeding, overcome menstrual cycle problems, improve the kidney function, for animal bite. The corm is used to remove haematom, swelling and brake bone.

Ways to use

For drinking medicine, braise 7-12 fresh leaves, While for external use, grind the fresh leaf and paste at the pain place.

Kunyit Hitam

**Kunyit
Hitam**

Local Name:

Black
Turmeric

Scientific Classification**Scientific**

Name: Kingdom : Plantae
Curcuma Division : Magnoliophyta
Caesia Class : Liliopsida
Order : Zingiberales
Family : Zingiberaceae

Others

Name: Subfamily: Zingiberoideae
Kali Tribe : Zingibereae
haldi(india), Genus : Curcuma
kunyit hitam,
black
zedoary

Family:

zingiberaceae

**Introduction**

Kunyit hitam is rarely found and has high medication value. Some believes that kunyit hitam has mystic value. In India, it is planted commercially because of its medication value.

Uses

It is used to treat leprosy and it is said can lengthen the age.

Pegaga

Local Name : Pegaga

Scientific Classification

Scientific Name : Centella
Asiatica/Hydrocotyle Asiatica

Kingdom :
Plantae
Division :
Magnoliophyta
Order :
Apiales
Family :
Apiaceae
Genus :
Centella
Species : C.
asiatica

Others Name : Tapak
Kuda(Indonesia), Indian Pennywort, Gotu
Kola

Family : Apiaceae/Umbelliferae

**Explanation:**

Pegaga or its scientific name centella asiatica/hydrocotyle asiatica is popular among Malays. This plant grows at the moist soil like garden, farm, roadside and paddy field. It is eaten as vegetables to enhance appetite because its sweet and pleasant smell. It easily grows in fertile area, quite moist and good irrigation system. It is cultivated through shrub's root. This small plant has many benefits. It is rich in vitamin A, C and iron which it is always made as vegetable for women after giving birth.

Usually the whole parts of pegaga, has many uses and benefits. In Indonesia, the flower and fruit are not eaten because it is said to be the source of rheumatism if taken excessively. However, there are also people who believe that they might have long life and look young by consuming such herb in their daily meal. However, according to a research, it shows that pegaga can be always eaten but in small quantity for positive effect. This is because the excessive intake of pegaga will lead to narcotic effect and cumulative poisoning that will trigger the tumor growth for long period of time.

The World Health Organisation (WHO) has accredited pegaga as a herb that trigger the healthy mind to think especially for children. Pegaga that is also known as Centella asiatica has been accredited by WHO as it is rich in various types of medical spices.

FACTS

At first, pegaga are eaten by Indians after seeing the elephant that well known for its long age, always chewing this plant. Therefore, it is eaten for long life. Nowadays it is taken as vegetable and juice because of its taste and smell that increase appetite. Besides, it can be consumed either in raw or in special dishes.

Research that is carried out in 1949 shows that pegaga is effective to cure leprosy and ulcer because of its antibacterial properties. The next research is carried out around 1950s and the results shows that pegaga is very good to cure injury, scabies and irritated skin. As the healthy mind supplement, this herb is very effective to repair the mind function like increase memory and attention.

This herb is start used in Ayurveda medication. It is also used in Shennong herb medication in China about 2000 years old.

Types of Pegaga in Malaysia

1. Pegaga Cina or Pegaga Nyonya
2. Pegaga Daun Lebar
3. Pegaga Kelantan
4. Pegaga Renek
5. Pegaga Salad
6. Pegaga Gajah
7. Pegaga Brunei

Seribu satu khasiat tersembunyi pegaga

Oleh Siti Nur Almizan Aripin sruenstp.com.my

PEGAGA, tumbuhan yang tumbuh melata dan mengandungi seribu satu khasiat yang tersembunyi. Kaya dengan vitamin A dan C, serta zat besi malah sering dijadikan sebagai santapan utama untuk kaum wanita terutama ketika berpantang.

Pegaga atau nama saintifiknya *Centella asiatica* mempunyai banyak kelebihan antaranya dapat membantu merambah selera makan, meredakan masalah penghadaman, mengatasi masalah busir kerana kandungan seratnya yang tinggi. Amalan pemakanan pegaga dipercayai dapat membantu melancarkan aliran darah terutama wanita yang mempunyai masalah haid.

Air perahan daun pegaga

TAHUKAH anda jus pegaga mampu menyejukkan badan dan baik untuk diamalkan jika demam, mengalami berak berdarah atau lelah. Malah, ada yang percaya minuman pegaga mampu membantu seseorang menguruskan badan.

Selain itu, pegaga juga dipercayai mempunyai fungsi hampir sama dengan antiseptik. Ia boleh mempercepatkan proses penyembuhan luka, ulser dan masalah kulit lain.

Oleh itu, pegaga dijadikan makanan wajib bagi wanita yang berpantang supaya luka bersalin cepat sembuh.

Bagi wanita yang sering berdepan dengan masalah keputihan yang menyebabkan faraj merengsa kegalahan terutama bagi wanita yang sudah berkahwin, pegaga mampu membantu mengatasinya.

Caranya, ambil air rebusan pegaga yang dicampur secubit garam dan amalkan meminum air rebusan itu dua kali sehari.

Jika pegaga dikisar untuk dijadikan jus, jangan buang akarnya. Jika diamalkan meminum air rebusan akar pegaga, ia dipercayai mampu membantu mengawal paras gula dalam darah. Penghidap kencing manis mungkin boleh mencuba air rebusan akar pegaga untuk melihat hasilnya.

INFO

Pegaga

- Juga dikenali sebagai pokok antanan atau pennywort.
- Ada banyak jenis pokok pegaga antaranya pegaga cina atau nyonya (berdaun kecil), pegaga daun lebar, pegaga Kelantan, pegaga renek, pegaga salad, pegaga gajah dan pegaga Brunei.

BERITA HARIAN :9/9/07 SUNDAY, DIMENSI , HALAMAN-4

Contents

Pegaga that is also known as Centella Herb contains asiaticoside, thankuniside, isothankuniside, madecassoside, brahmoside, brahmic acid, brahminoside, madasiatic acid, meso-inositol, centelloside, carotenoids, hydrocotylin, vellarine, tanin and mineral salts like sodium, potassium, magnesium, calcium and iron. glikosida triterpenoida that is mentioned as asiaticoside are antilepra and an extraordinary injury remedy. Vellarine gives the bitter taste.

Uses

Pegaga can lower the high blood pressure, prevent Alzheimer, extend the aging process and expel the toxin in body. Currently, pegaga is abundantly used in west countries as the nervous tonic to rest and increase memory. In India, it also used to overcome skin problems.

In east, pegaga is used to overcome problems such as distraught that caused by physical problems. The latest research shows positive effect towards blood circulatory system by strengthen the blood vessels and capillaries. It also shows the good effects when used to treat leg cramps, swollen leg, leg problems that feels heavy and numb.

Pegaga leaf functions as astrigensia and tonikum. Pegaga also used for weak body and brain revitalization and also for women fertile.

As a conclusion, pegaga is suitable for these ailments :

1. Swollen liver
2. Fever, Measles
3. Throat pain, Dried cough
4. Asthma, Bronchitis, Pleuritis
5. Red eye inflammation
6. White discharge
7. High Blood Pressure
8. Stomach pain, Dysentery, Worms, Hemorrhoids
9. No appetite, Stomach pain, Dysentery, Worms, Hemorrhoids
10. Food poisoning
11. Bloody cough, Bloody vomit
12. Dronsv. boil