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AN ETHNOPHARMACOLOGICAL STUDY ON COMMONLY USED TRADITIONAL PLAN & HERBAL TREATMENT IN MALAYSIA FOR ORANG ASLI PEOPLE

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ABSTRACT

A qualitative ethnopharmacological survey was carried out among a local Orang Asli tribe to gather information on the use of medicinal plants in the region of Kampung Buluh Nipis. After meeting and interviewing some informants we have gotten some few traditional plants and treatment used by Orang asli people in their daily life. After Study the results showed that majority of the Orang Asli, of Kampung Buluh Nipis are still dependent on local plants as their primary source of medication. Preservation and recording of ethnobotanical and ethnopharmacological uses of traditional medicinal plants is an indispensable obligation for sustaining the medicinal and cultural resource of mankind. Extensive research on such traditional plants is of prime importance to scientifically validate their ethnopharmacological claims.

INTRODUCTION: A qualitative ethnopharmacological survey was carried out among a local Orang Asli tribe to gather information on the use of medicinal plants in the region of Kampung Buluh Nipis in Terengganu region of West Malaysia in order to evaluate the potential medicinal uses of local plants used in curing different diseases and illnesses.



Methods: After meeting with 25 informants ranging in age from 24 to 64 years were interviewed. Few number of traditional plant used by Orang Asli are described below in this study based on field surveys and direct face to face communication.

Traditional Plants used for Treatment:

TONGKAT ALI (*Eurycoma Lang Jack*)

Part Use: Root, root bark, leaves

QUICK RESPONSE CODE



IJPSR:
ICV- 5.07

Website:
www.ijpsr.com

Uses:

- Tongkat Ali is an effective aphrodisiac
- Use to ensconce testosterone production.
- Good supplement for body builders.

KACIP PATIMAH (*Labisia Pumila*)**Part Use:** Leaves, roots, stems, entire plant**Uses :**

- During pregnancy and delivery.
- For post delivery treatment.
- Increasing libido, treat diarrhea and rheumatism

HEMPEDU BUMI (*Andrograpis Paniculta*)**Part Use:** Whole parts of plant**Uses :**

- Treat high blood pressure and diabetes.
- Enhances Liver Function and digestion.
- Anti – cancer property, anti bacterial and anti viral properties.

JERANGAU (*Acores Calamus*)**Part Use:** Whole parts of plant.**Uses:**

- Treatment of arthritis, neuralgia, diarrhea, dyspepsia, hair loss and other disorders.
- It is used as an anesthetic.

MISAI KUCING (*Orthasipan Anstatus*)**Part use:** Whole parts of plant except roots.**Uses :**

- Removing and clean blood from contain excess toxic (cartilage)

- Treat the gout, arthritis, rheumatic fever, diabetes and he high blood pressure.

KADULA @ DAUN SIRIH (*Piper Sarmantosum Roxb*)**Part Use:** Fresh Leaf.**Uses:**

- Relative cough, Apathies ulcer, Bronchitis, Acne, Reduce white discharge in the menstrual cycle women, Gum problems, Dengue Fever and mouth odor.

MENGGUDU (*Morinda Citnfolia*)**Part use:** Leaves roots, fruits and flowers.**Uses:**

- Treat menstrual cramps, bowel irregularities and urinary tract infections and settle down the flow blood.
- Treated infant diarrhea (bark) and ideal therapeutic for nasal congestion, lung infections, hemorrhoids, good for skin and hair.

SERI WANGI (*Ymbapogon Nardus*)**Part Use:** Whole parts of plant.**Uses:**

- Used in cooking, scented soap, shampoo and scented candles.
- Remove toxicity inside our body with using **Bertangas** treatment.
- Ingredient in insect repellent Sprays.

LIDAH BUAYA (*Aloe Vera Linn*)**Part use:** Leaves**Uses:**

- Used in health drinks for treat colitis, ulcer peptic's and digestion.

- Increase the efficiency of kidneys and urinary bladder.
- Treat blister (gel) relieve the fever and increase and immunity system.

PEGAGA (*Centella Asiatica*)

Part Use: Leaves and stem.

Uses:

- Reduce the high blood pressure, prevent mental weakness, daily the aging proses, overcome skin problem nad prevent from sadness.
- Remove the toxin from body with Ayurveda treatment specially use in India and Shen Nung China.

Traditional treatments:

MANDI BUNGA:

- Different colour of flower will bring different benefit in 'Mandi Bunga'
- To improve immunity system in our body

Uses:

- Cure minor ailment like flu, coughs cold fever (the practice has been proven)

BERTANGAS:

- Sit the Periok and bertangas desk and covered the periok body to get the vapor from the herbs.

Uses:

- Alterative for woman after childbirth.
- Reduce allergy and white vaginal discharge.
- Excretes out toxins from the body.
- Launch the blood flow
- Help reduce weight problem

- Reduce pain after delivery

BERTUNGKU

- Use iron stove and river wrap with Kaduk and Mengkudu leaves.
- Roll it on the back of the person as massage treatment

Uses:

- Warm the body and relief fatigue muscle
- Help reduce flatulence
- Improve blood flow
- Break up and release blood clots
- Tone the stomach muscle
- Enhance the healing of the body

BERBEKAM

- Placing specific glass on the back to suck out bad air and toxic Blood from body.

Uses:

- Eliminate dizziness and migraine
- Remove flatulence
- Relief the vein tension
- Prevent numbness and stroke attack
- Burn fat
- Improve circulatory system

RESULTS AND DISCUSSION: The present ethnopharmacological field survey indicated that there are 10 commonly used medicinal plant species and 4 herbal treatment which are used in Kampung Buluh Nipis in their daily life. Most of these species grow in the wild naturally and their medicinal properties are crucial in traditional medicine of the Orang Asli.

Majority of the species reported in this paper are widely known throughout peninsular Malaysia and are employed for a large number of medical conditions.

The plants were often used by most of the informants more or less for the same purpose, and with only slight variations in recipes. The plants are usually collected from wild. All species were easily recognized by the informants with their respective local Malay dialect names. Most of these plants were used to solve their common health problem in their life. Results of this survey indicate that these plants were in use for a long time by the ethnic group.

CONCLUSIONS: This current ethnopharmacological field survey carried out among the Orang Asli living in the Kampung Buluh Nipis is indicating that Malaysia reveals that many medicinal plants are still broadly used by the population in the area where the study was conducted for treating various diseases and ailments. It is believed that there are more than 100 species of traditional herbal medicines found in this region. Since many plant species are indicated as potential resource for treating various diseases, this should encourage further research in ethnomedicine. The informants' consensus in the treatment of their daily life health problem.

The preservation of these plant species is the gateway toward developing efficacious remedies for treating diseases. Due to lack of knowledge and interest among the younger generations, some of the traditional medical information was buried together with the previous generations. This implies that the local government and village authorities need to act fast to conserve the ethnomedical knowledge of Orang Asli in the village Kampung Buluh Nipis, and the medicinal plants require preservation in addition to the ethnobotanical and ethnopharmacological knowledge recording. The preservation of these herbs along with the traditional knowledge of how to use them is an indispensable obligation for sustaining traditional medicine as a medicinal and cultural resource.

Thus, a future extensive research of these plants in this locality is recommended to identify and assess their ethnopharmacological claim.

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