

POTTENTIAL HERBAL PLANTS SPECIES

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Yours truly,



(Nur Atiqah Bt. Mohamad Ghani)

ABSTRACT

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Since the ancient ages, human used variety of plants species as the source for medications. The Malay society were also not excluded, there are so many floras around us which are potentially used as the remedy by the traditional medical applier. Our country is enriched by biodiversity from species and gen. But when we mention about herbs, people will think about *Tongkat Ali*, *Kacip Fatimah*, and *Reflessia*. It has been approximately 15,000 species of floras in Malaysia and 8,500 from them are available in peninsular Malaysia. From the quotient, there are about 2,000 species have the therapeutics characteristics and can be used in traditional medication.

In the ancient, foods and remedies were linked and there were so many kinds of plants eaten to make sure their health. For examples, the Ancient Egyptian slaves were given foods that contain garlic to prevent fever. In Britain, herbs were used ages ago and almost every palace was filled by herbals gardens.

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