

**THE EVALUATION OF POTENTIAL IN PLANTS TO TREAT
HYPERTENSION UTILIZED BY BUGIS ETHNIC IN KUNAK,
SABAH**

NORFARAHANA KAMILAH BT MOHAMED FUAD ALFIKRI

**BACHELOR OF SCIENCES (Hons.) BIOLOGY
FACULTY OF APPLIED SCIENCES
UNIVERSITI TEKNOLOGI MARA**

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ABSTRACT

THE EVALUATION OF POTENTIAL IN PLANTS TO TREAT HYPERTENSION UTILIZED BY BUGIS ETHNIC IN KUNAK, SABAH

Traditional medicinal plants use in the community has become a common. This is because from their own experience and the efficacy of the plant which makes it one of the reasons it can cure diseases including hypertension. Hypertension or high blood pressure causes the heart to work hard to pump blood throughout the heart, resulting in a stretch in the artery wall. Therefore, this study aimed to evaluate the medicinal plants potential as used by the Bugis ethnic in Kunak Sabah in the treatment of hypertension. The data collected is by interviewing the villagers in Kunak. There are 25 types of plants were collected from the information provided by the villagers. The medicinal plants were preserved for reference and for clinical testing. Moreover, the data was obtained by the questionnaire will be calculate using relative frequency citation (RFC) index. As a result of the RFC calculation, there were five plants that have the highest values which is *Clinacanthus nutans* (0.45), *Piper sarmentosum* (0.25), *Cantella asiatica* (0.20), *Pandanus amaryllifolius* (0.20) and *Averrhoa bilimbi* (0.20). All of these plants were tested for their effectiveness by determine the level of sodium, magnesium and antioxidant activity. Plants that have low sodium concentration, high magnesium concentration and high antioxidant activities are considered a good plant for treating hypertension. The five tested plants contained low sodium, high magnesium and high antioxidant activity depending on the concentration of plant extract. In addition, in order to keep the medicinal plants effective which, have the potential to treat disease, the government needs to make a various program for the younger generation about the benefits of medicinal plants so that they can have a deeper knowledge.