

UNIVERSITI TEKNOLOGI MARA

**MALAYSIAN TRADITIONAL MEDICINE 3:
ITS^u USES AND PRACTICES**

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**Dissertation submitted in partial fulfillment of the requirement for the
Degree of Bachelor of Pharmacy (Hons)**

Faculty of Pharmacy

October 2007

ACKNOWLEDGEMENTS

This research project is the product for fulfill the requirement for subject PHM555 (Research Instrumentation) for part 7 student Bachelor of Pharmacy Universiti Teknologi Mara (UiTM Malaysia). The main purpose of this research is to look for information of herbal medicine in term of common name, scientific name and traditional usage.

Firstly, I would like to thank and gratefully to acknowledge my supervisor Dr. Choo Chee Yan for her kindly guidance and teach during this project. Thanks a lot also to organic chemistry laboratory staff, Idanawati Naharudin for her helpfulness. I would like to thank also to post-grade students, Hamidah, Hazrina and Husna for their help.

Thank also to all my friends that help me for find the source of information for this project and for their help and cooperation throughout this semester. This research project would not have been possible without the understanding and support from my families and friends.

Thank you.

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ABSTRACT

Herbal medicine has been used for thousand of years to improve health and assist in the treatment of medical conditions. Medical condition that has been treated with plants or herbal therapy is also known as phytotherapy (plant therapy) or phytomedicine (plant medicine). Herbal medicine not only used for traditional usage but nowadays approximately 50% of currently used medicine in clinical use are derived from plant origin. Medicinal plants are widely used in traditional cultures and nowadays they are becoming more popular in modern society as natural alternative to synthetic chemicals. Herbal medicine has remained as a choice of therapy because of cost, availability and due to cultural preference. Nowadays people are tending to look for herbal medicine as alternative because they has a strong belief that what is natural such as herbal products is always safe to consume. The objectives of this study are to collect all the 20 herbal medicines, to obtain information of traditional medicine, to extract all the herbal medicine and to evaluate some of the herbs on brine shrimp lethality assay. There are many problems to obtain information of traditional medicine because lacks of information and scientific evidence to support the use of plants in treating medical conditions. Most of people claim the herbal medicine can be used for prevention and curing some medical conditions, however there is also inadequate scientific evidence. Modern medical science is also taking advantage of many herbal and traditional plants in search for new drug discovery. In this research, each plant is extracted by using rotary evaporator under reduced pressure at a temperature of 40°C. Brine shrimp lethality test is used to investigate the properties of cytotoxic effect of herbal medicine and can be related as anticancer treatment. This test is also useful to determine the LC_{50} of herbal medicine tested. In this study crude extracts resulting in LC_{50} values less than 100 $\mu\text{g/ml}$ were considered significantly active and had the potential for further investigation. They were the extracts of Plant 17, Plant 2, Plant 7, and Plant 5.

CHAPTER 1

INTRODUCTION

Herbal and traditional medicines have been used for a long time ago to improve health and assist in treating some medical conditions. WHO (World Health Organization) defines traditional medicine as the sum total of knowledge, skills and practices on holistic healthcare, which is recognized and accepted by the community for its role in the maintenance of health and treatment of diseases.¹ Traditional medicine generally based on theory, beliefs and experiences that are native to the different cultures, and inherent from generation to generation. Most traditional medicine systems are a part of the cultural custom. Many traditional medicine systems share a common characteristics e.g. the cultural belief that illness will occur if a person is out physically, emotionally, mentally or spiritually out of balance.³ Generally, the role of traditional medicine is to prevent and treating illnesses, rehabilitation, and promoting health and well-being. Some of the traditional medicines have been proven to have both medicinal and nutritional values, for e.g. ginsengs are used to balance the body and endurance while garlic is use for reducing infection and hypertension.² Herbal medicines can be administered in many forms. Some are consumed regularly in the diet like basil, ginger or garlic or drank as a hot cup of tea e.g. green tea which promote relaxation and healing.⁴