

**UNIVERSITI TEKNOLOGI MARA**

**MALAYSIAN TRADITIONAL MEDICINE 2:  
IT'S USES AND PRACTICES**

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

**Faculty of Pharmacy**

**November 2007**

## **ACKNOWLEDGEMENT**

In the name of God, the compassionate, the merciful. Alhamdulillah, with all His will and guidance, this research project and thesis is completed. I would like to express my gratitude to my supervisor, Dr Choo Chee Yan for giving me a lot of guidance, advice, knowledge and unfailing support to me in doing this project. Not forgotten to Miss Nurshahida Ajmie, Miss Hazrina, Miss Hamidah and Miss Husna bt Abdul Hamid who patiently helped me in guiding me to do lab work, handle all equipments and their willingness to sharing knowledge with me.

Special thank to my fellows, Rahimi bin Muda and Norazlina bt Othman, who work together with me all the time during this study.

People behind me, my parent who are also give their contribution, moral support, and prayers.

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## ABSTRACT

Malay traditional plant had been used in the medicinal practice since hundred years ago. Most of these plants were claimed having great therapeutic activity against various diseases. In this study pertaining to accumulation of medicinal values of Malay traditional plants in traditional practices, many of these plants were reported having a lot of therapeutic activity. However, only few of scientific evidence have proved all these claimed and further investigation should be continuing to elucidate more about their beneficial activities. Out of five plant of Malay traditional plant, plant 5 showed the highest toxicity upon 24 exposures to brine shrimp larvae with LD<sub>50</sub> 2.52  $\mu$ g/ ml.

# CHAPTER 1

## INTRODUCTION

Since hundreds years ago, the Malay Traditional Medicines was inherited and passed from one generation to the others, and the person that always referred for gaining the medical care were 'Tok Dukun' and 'Bomoh'. They were respected because having abilities and specialties in managing and treating various external or internal diseases. Undeniably, they are the most important person in the Malay communities. The Malay Traditional Practitioners (Bomoh and Dukun) much depend on the knowledge that inherited continuously from their parents or teachers. Some of them obtained that ability through dreams or inspiration from certain methods. The natural sources of plants frequently used for healing the diseases, commonly herbs become plant of choice.

In the Malay Traditional Medicines, the basic principle is "keep your health well is better than treating the disease", which abreast with Islamic medicinal concept. Hereby, everybody is encouraged to have some of the knowledge on how to keep their health well in term of physical and mental. In order to preserve the good health, somebody is expected to do physical exercise in the early morning especially after wake-up. Beside that, preserving health in Malay Traditional medicine usually based on 'petua', which consist of two aspects; 'order' and 'prohibition'. The 'order' concept correlated with eating habit in term of quantity, types and nutritious containing inside the plants. These