

Appendix



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TABLE 1. The composition and method of concoction of medicinal plants for each type of disease

No	Benefit	Medicinal use				Additional Ingredients	Method of preparation and use	
		No.	Local Name	Scientific Name	Family			Organ
1.	Conjunctivitis	1.	Combrang	<i>Etilingera elatior</i> (Jack) R.M.Sm.	Zingiberaceae	Stem	–	After cutting the stem and the resulting water is dripped straight into the eyes.
		2.	Dadap	<i>Erythrina variegata</i> L.	Fabaceae	Stem	–	After cutting the stem, the stem's water is dripped into the eyes.
		3.	Sari santan	Unidentified	Unidentified	Stem	–	The water from the sari santan stems is dripped into the eyes once they are cut.
		4.	Langru	<i>Ceiba pentandra</i> (L.) Gaertn.	Malvaceae	Root	–	After cutting the roots, the resulting water is dripped straight into the eyes.
		5.	Seureuh	<i>Piper betle</i> L.	Piperaceae	Leaf	Water	Extract of betel leaf can be used to treat infections when gently squeezed, placed in clean water, and dripped directly into the affected eye.
		6.	Tepus	<i>Etilingera megalocheilos</i> (Griff.) ADPoulsen	Zingiberaceae	Stem	–	The water from stem is spilled into the eyes after being cut.
		7.	Gelagah	<i>Saccharum spontaneum</i> L.	Poaceae	Stem	–	After cutting the stem, the water is dripped directly into the eyes.
		8.	Cendo	<i>Isotoma longiflora</i> (L.) C.Presl	Campanulaceae	Flower	Water	The water is dripped into the eye after submerging the base of the flower in the extract.
		9.	Jati	<i>Tectona grandis</i> L.f.	Lamiaceae	Branch	–	After chopping the teak branch and sharpening them, the water is dripped straight into the eyes.
		10.	Kalingsir	<i>Clinacanthus nutans</i> (Burm.f.) Lindau	Acanthaceae	Leaf	Water	Pound 1-2 pieces of leaves and place in water before dropping into the eyes
2.	Cough	1.	Antanan	<i>Centella asiatica</i> (L.) Urb.	Apiaceae	Leaf	–	Pound leaves, squeeze the water, and drink immediately. This medicine is taken 2 times daily in the morning and evening. It can be increased to 3 times when the effect is not felt.
		2.	Cengkeh	<i>Syzygium aromaticum</i> (L.) Merr. & L.M.Perry	Myrtaceae	Leaf	–	Clove leafs should be eaten immediately.
		3.	Gongseng	<i>Mucuna gigantea</i> (Willd.) DC.	Fabaceae	Branch	–	A one-meter-long branch should be trimmed until the tip is tapered, then the water can be consumed immediately.
		4.	Jahe	<i>Zingiber officinale</i> Roscoe	Zingiberaceae	Rhizome	Palm sugar Water	Burn the ginger until the skin is slightly dry, then crush it flat and chop roughly. Furthermore, the ginger should be burnt with palm sugar until it boils before consumption.
		5.	Jeruk nipis	<i>Citrus aurantiifolia</i> (Christm.) Swingle	Rutaceae	Fruit	Soy Sauce Hot Water	Squeeze 1 lime and 1 tablespoon soy sauce using enough water before drinking.
		6.	Kapol	<i>Amomum compactum</i> Sol. ex Maton	Zingiberaceae	Fruit	Honey Water	Fruit is washed and air-dried, after which cardamom fruit is roasted, coarsely powdered, brewed with hot water, and sweetened to taste like honey.
		7.	Koneng	<i>Curcuma longa</i> L.	Zingiberaceae	Rhizome	Honey Water	Before immediate consumption, turmeric should be washed until it becomes the size of a finger's knuckle. It can also be achieved by grating turmeric, squeezing off the juice, adding honey, and then drinking it immediately after the addition of warm water. The final method involves boiling turmeric in water, extracting its juice, and consuming it 2-3 times with honey.
		8.	Kemungkus	<i>Piper cubeba</i> L.	Piperaceae	Fruit	Water	Dried fruit is consumed directly, or it can also be ground, then dissolved in warm water before drinking.
		9.	Kurai	<i>Trema orientalis</i> (L.) Blume	Cannabaceae	Bark	Water	The bark is peeled, then put into water for about 15 to 20 minutes. The mucus is removed before drinking the water.
		10.	Seureuh	<i>Piper betle</i> L.	Piperaceae	Leaf	Water	The stew from a few pieces of betel leaf in water can be consumed immediately.
		11.	Sari santan	Unidentified	Unidentified	Stem	–	After cutting the stems of <i>sari santan</i> , then the water can be dripped into the eyes.

TABLE 1. Cont.

No	Benefit	Medicinal use				Additional Ingredients	Method of preparation and use	
		No.	Local Name	Scientific Name	Family			Organ
3.	Fever	1.	Antanan	<i>Centella asiatica</i> (L.) Urb.	Apiaceae	Leaf	–	Pound <i>Centella asiatica</i> (L.) Urb. leaves and squeeze the water before drinking. This medicine is taken 2 times daily in the morning and evening. It can be increased to 3 times when the effect is not felt.
		2.	Bawang putih	<i>Allium sativum</i> L.	Alliaceae	Tuber	–	Crush three cloves of <i>Allium sativum</i> L. and then apply to the entire body. It should be used twice in the morning and evening until the heat/fever goes down.
		3.	Beurih	<i>Pterocymbium tinctorium</i> Merr.	Malvaceae	Bark	–	The bark of tree is pounded, then tied to the head using a cloth.
		4.	Bunga wera	<i>Hibiscus rosa-sinensis</i> L.	Malvaceae	Flower	–	Pound flowers and then apply them all over the body.
		5.	Buntiris	<i>Bryophyllum pinnatum</i> (Lam.) Oken	Crassulaceae	Leaf	–	Crush the leaves of <i>Bryophyllum pinnatum</i> (Lam.) Oken, <i>Clinacanthus nutans</i> (Burm.f.) Lindau, <i>Euphorbia tithymaloides</i> L., and <i>Ocimum gratissimum</i> L., then rubbed all over the body.
		6.	Kalingsir	<i>Clinacanthus nutans</i> (Burm.f.) Lindau	Acanthaceae	Leaf	–	
		7.	Kipanas	<i>Euphorbia tithymaloides</i> L.	Euphorbiaceae	Leaf	–	
		8.	Mangsi arab	<i>Ocimum gratissimum</i> L.	Lamiaceae	Leaf	–	
		9.	Combrang	<i>Etingera elatior</i> (Jack) R.M.Sm.	Zingiberaceae	Stem	–	Cut the stem, then drink the water from the stem directly.
		10.	Dadap	<i>Erythrina variegata</i> L.	Fabaceae	Leaf	–	Wash a sheet of leaves, roll up until the leaves wither, and stick them to the forehead. The dried leaves should be replaced with new ones until the fever worsens.
		11.	Langru	<i>Ceiba pentandra</i> (L.) Gaertn.	Malvaceae	Leaf	–	Take leaves sufficiently and they should be washed, ground and applied all over the body. It should be used twice in the morning and evening.
4.	Heartburn	1.	Tawulu	<i>Cyclea barbata</i> Miers	Menispermaceae	Leaf	Water Palm sugar	Squeeze leaves, add enough water, and be allowed to stand for about 15 minutes until thickening. It should be strained to separate the leaves from the thickened leaf juice, before adding palm sugar.
5.	Sore throat	1.	Melati	<i>Jasminum sambac</i> (L.) Aiton	Oleaceae	Flower	Water	Boil jasmine flowers, then drunk.
6.	Nosebleed	1.	Seureuh	<i>Piper betle</i> L.	Piperaceae	Leaf	–	Take one sheet of betel leaf, wash it clean, make a fold from the leaf, and put into the nose with a nosebleed.
7.	Toothache	1.	Bawang putih	<i>Allium sativum</i> L.	Alliaceae	Tuber	–	The flesh of <i>Allium sativum</i> L. is pounded, and applied on an aching tooth.
		2.	Buah	<i>Mangifera indica</i> L.	Anacardiaceae	Bark	Cotton	Ground the bark of the fruit tree, and insert into an aching tooth using cotton/kapok.
		3.	Cengkeh	<i>Syzygium aromaticum</i> (L.) Merr. & L.M.Perry	Myrtaceae	Flower Leaf	Cotton	Pour clove oil on a cotton swab, apply it to the aching tooth, or chew the flowers and clove leaves directly.
		4.	Jarak kosta	<i>Jatropha curcas</i> L.	Euphorbiaceae	Leaf Stem	–	Take castor sap on the leaves or stems and apply to canker sores, toothache, or itching.
		5.	Lame	<i>Alstonia scholaris</i> (L.) R. Br.	Apocynaceae	Stem (sap)	Cotton	Take the <i>Alstonia scholaris</i> (L.) R. Br. sap using cotton/ kapok and then apply to the aching tooth.
		6.	Loa	<i>Ficus racemosa</i> L.	Moraceae	Stem (sap)	Cotton	Take the sap using the cotton found on tree trunk, and apply to the aching tooth or cavities.
		7.	Sada gori	<i>Sida rhombifolia</i> L.	Malvaceae	Leaf	–	The leaves are ground and then applied to the edges of boils, wounded skin, and painful teeth.
8.	Headache	1.	Beurih	<i>Pterocymbium tinctorium</i> Merr.	Malvaceae	Bark	–	Take the bark of tree, pound, and tie it to the head with a towel.
		2.	Kalingsir	<i>Clinacanthus nutans</i> (Burm.f.) Lindau	Acanthaceae	Leaf	–	Knead or crush leaves, then placed on the forehead for a few moments.
		3.	Kelor	<i>Moringa oleifera</i> Lam.	Moringaceae	Leaf	–	Moringa leaves are cooked according to taste.
		4.	Mangsi arab	<i>Ocimum gratissimum</i> L.	Lamiaceae	Leaf	–	Crush leaves, then place the extract on the forehead for a few moments.
9.	Stomach ache	1.	Peuteuy cina	<i>Leucaena leucocephala</i> (Lam.) de Wit	Fabaceae	Leaf	–	Eat leaves immediately.
		2.	Lampeyong	<i>Chromolaena odorata</i> L.	Asteraceae	Leaf	–	Wash leaves and then eat immediately or after boiling.

TABLE 1. Cont.

No	Benefit	Medicinal use				Additional Ingredients	Method of preparation and use	
		No.	Local Name	Scientific Name	Family			Organ
		1.	Duwet	<i>Syzygium cumini</i> (L.) Skeels	Myrtaceae	Bark	Water Palm Sugar	The bark of the tree is boiled and consumed twice a day.
		2.	Jahe	<i>Zingiber officinale</i> Roscoe	Zingiberaceae	Rhizome	Water	Burn the ginger until the skin is slightly dry, crush it flat and then chop roughly. Boil the ginger with <i>kawung</i> sugar, then strain and drink the ginger drink.
10.	Cold					Rhizome	–	Wash rhizome and peel, then eat directly.
		3.	Kapol	<i>Amomum compactum</i> Sol. ex Maton	Zingiberaceae	Fruit	Honey Water	Wash fruit, dried by aerating. Roast coarsely ground cardamom fruit, brew cardamom powder with hot water, and sweeten to taste with honey.
		4.	Kemungkus	<i>Piper cubeba</i> L.	Piperaceae	Fruit	Water	The dried fruit can be consumed straight, or it can be crushed, dissolved in warm water, and then consumed.
11.	Dehydration	1.	Kalapa	<i>Cocos nucifera</i> L.	Arecaceae	Fruit	Salt	Drink Coconut water directly or with salt added.
12.	Poisoning	1.	Kalapa	<i>Cocos nucifera</i> L.	Arecaceae	Fruit	Salt	Drink Coconut water directly or with salt added.
		1.	Boled	<i>Ipomoea batatas</i> (L.) Lam.	Convolvulaceae	Leaf	–	The tops of sweet potato leaves are pounded and applied to the edges of the boils 1 to 2 times daily.
13.	Abscess	2.	Sada gori	<i>Sida rhombifolia</i> L.	Malvaceae	Leaf	–	Ground leaves are applied to the edges of boils, injured skin, or aching teeth.
		1.	Cau saba	<i>Musa paradisiaca</i> L.	Musaceae	Sap	–	Apply the rotting interior of a banana stem (hateh) to the skin damaged by smallpox.
14.	Chickenpox	2.	Loa	<i>Ficus racemosa</i> L.	Moraceae	Leaf	–	Crush the leaves and rub on the skin with scabies, ringworm, or smallpox.
15.	Scabies	1.	Loa	<i>Ficus racemosa</i> L.	Moraceae	Leaf	–	Crush the leaves and rub on the skin with scabies, ringworm, or smallpox.
		1.	Loa	<i>Ficus racemosa</i> L.	Moraceae	Leaf	–	Crush the leaves and rubbed on the skin that has scabies, ringworm, or smallpox.
16.	Ringworm	2.	Johar	<i>Senna siamea</i> (Lam.) H.S.Irwin & Barneby	Fabaceae	Leaf	–	Rub the tops of leaves into the skin that has ringworm.
		3.	Reba	<i>Lantana camara</i> L.	Verbenaceae	Leaf	–	Squeeze leaves and then rub into the skin with ringworm.
		1.	Johar	<i>Senna siamea</i> (Lam.) H.S.Irwin & Barneby	Fabaceae	Leaf	–	Rub the leaves into the skin that has tinea versicolor
17.	Tinea Versicolor	2.	Reba	<i>Lantana camara</i> L.	Verbenaceae	Leaf	–	Squeeze leaves and rub into the skin that has tinea versicolor
		3.	Laja	<i>Alpinia galanga</i> (L.) Willd.	Zingiberaceae	Rhizome	–	Wash, peel, and rub rhizome into the skin that has tinea versicolor.
		1.	Dadap	<i>Erythrina variegata</i> L.	Fabaceae	Leaf	–	Finely ground the leaves, apply on the itchy skin, and repeat until the disease feels better.
		2.	Jarak kosta	<i>Jatropha curcas</i> L.	Euphorbiaceae	Leaf Stem (sap)	–	Take castor sap on the leaves or stems (or squeeze the castor leaves), then apply to the itchy part.
18.	Skin disease/itching (common)	3.	Nanangkaan	<i>Euphorbia hirta</i> L.	Euphorbiaceae	Leaf	–	Crush the leaves or ground and apply to injured or affected skin.
		4.	Seureuh	<i>Piper betle</i> L.	Piperaceae	Leaf	Water	Boil a few pieces of betel leaf, and the boiled water can be used for bathing.
		1.	Cau saba	<i>Musa paradisiaca</i> L.	Musaceae	Sap	–	Apply the sap inside the banana stem regularly to the injured skin until the wound improves.
		2.	Jukut bau	<i>Ageratum conyzoides</i> (L.) L.	Asteraceae	Leaf	–	Chew or crush <i>Ageratum conyzoides</i> (L.) L. leaves and apply the solution to the injured part of the skin.
19.	Wound	3.	Lampeyong	<i>Chromolaena odorata</i> L.	Asteraceae	Leaf	–	The leaves are chewed or powdered and then applied to the damaged skin.
		4.	Nanangkaan	<i>Euphorbia hirta</i> L.	Euphorbiaceae	Leaf	–	Knead or ground leaves and apply to the injured skin.
		5.	Peuteuy cina	<i>Leucaena leucocephala</i> (Lam.) de Wit	Fabaceae	Leaf	–	Knead leaves and apply to the injured skin.
		6.	Sada gori	<i>Sida rhombifolia</i> L.	Malvaceae	Leaf	–	Use ground leaves to treat skin injuries.
20.	Burns	1.	Harendong	<i>Melastoma malabathricum</i> L.	Melastomataceae	Root Leaf	–	Burn the roots and leaves and apply them to the wound.

TABLE 1. Cont.

No	Benefit	Medicinal use				Additional Ingredients	Method of preparation and use
		No.	Local Name	Scientific Name	Family		
21.	Swollen body	1.	Honje buut	Unidentified	Unidentified	Stem	Green bean seeds Black sticky rice Palm Sugar Treatment can be accomplished by drinking boiled water from the stems and leaves of <i>honje buut</i> . It can also be boiled with green bean seeds, black sticky rice, and <i>kawung</i> sugar.
		1.	Harendong	<i>Melastoma malabathricum</i> L.	Melastomataceae	Leaf Root	
22.	Sprue	2.	Jarak kosta	<i>Jatropha curcas</i> L.	Euphorbiaceae	Leaf	– Take castor sap on the leaves or stems, and apply to the canker sores.
		3.	Melati	<i>Jasminum sambac</i> (L.) Aiton	Oleaceae	Flower	Salt Jasmine flowers are steamed until wilted, salted, and applied to canker sores.
		1.	Alpukat	<i>Persea americana</i> Mill.	Lauraceae	Leaf	Water Boil 3 to 5 pieces of <i>Persea americana</i> Mill. and <i>Blumea balsamifera</i> (L.) DC. leaves before drinking 2 to 3 times daily.
2.	Sembung	<i>Blumea balsamifera</i> (L.) DC.	Asteraceae	Leaf			
23.	Hemorrhoid	3.	Hanggasa	<i>Amomum dealbatum</i> Roxb.	Zingiberaceae	Fruit	– Eat ripe fruit directly.
		4.	Laja goah	<i>Alpinia zerumbet</i> (Pers.) B.L.Burt & R.M.Sm.	Zingiberaceae	Rhizome	– The juice of <i>Alpinia zerumbet</i> (Pers.) B.L.Burt & R.M.Sm. is obtained by grating and squeezing the rhizome.
24.	Dysuria	1.	Keji beling	<i>Strobilanthes crispa</i> Blume	Acanthaceae	Root Leaf	– Boil the roots and leaves of <i>Strobilanthes crispa</i> Blume with <i>Orthosiphon aristatus</i> (Blume) Miq. flower, then consume the cooked water twice daily.
		2.	Kumis kucing	<i>Orthosiphon aristatus</i> (Blume) Miq.	Lamiaceae	Flower	Water Boil 3 to 5 pieces of <i>Persea americana</i> Mill. and <i>Blumea balsamifera</i> (L.) DC. leaves, then drink the water 2 to 3 times daily.
		1.	Alpukat	<i>Persea americana</i> Mill.	Lauraceae	Leaf	
25.	Diarrhea	2.	Sembung	<i>Blumea balsamifera</i> (L.) DC.	Asteraceae	Leaf	– Eat fruit directly every day until the pain feels better.
		3.	Cau saba	<i>Musa paradisiaca</i> L.	Musaceae	Fruit	
		4.	Cengkeh	<i>Syzygium aromaticum</i> (L.) Merr. & L.M.Perry	Myrtaceae	Flower	Water Boil the clove flower, and drink the boiled water 2 to 3 times a day.
		5.	Duwet	<i>Syzygium cumini</i> (L.) Skeels	Myrtaceae	Fruit	– Consume the ripe fruit directly.
		6.	Jambu biji	<i>Psidium guajava</i> L.	Myrtaceae	Leaf	– Eat about 2 to 3 Guava leaves directly.
		7.	Jarak kosta	<i>Jatropha curcas</i> L.	Euphorbiaceae	Stem Leaf	Salt Take the castor sap in the stems/leaves, salt, and drink immediately.
		8.	Sawo	<i>Manilkara zapota</i> (L.) P.Royen	Sapotaceae	Fruit	– Eat young fruit immediately.
26.	Constipation	1.	Gandul	<i>Carica papaya</i> L.	Caricaceae	Fruit	– Peel papaya fruit, wash, and then eat immediately.
		2.	Gewor	<i>Commelina benghalensis</i> L.	Commelinaceae	Leaf	– Eat leaf immediately.
27.	Kidney stone	1.	Bunga wera	<i>Hibiscus rosa-sinensis</i> L.	Malvaceae	Flower	Water Boil flowers in 2 cups of water until only 1 remains, then consume twice a day.
		2.	Kakalapaan	<i>Biophytum sensitivum</i> (L.) DC.	Oxalidaceae	Root Stem Leaf	Water Boil all parts of <i>Biophytum sensitivum</i> (L.) DC. plant, and consume immediately.
		3.	Keji beling	<i>Strobilanthes crispa</i> Blume	Acanthaceae	Root Leaf	Water Boil <i>Strobilanthes crispa</i> Blume roots and leaves with <i>Orthosiphon aristatus</i> (Blume) Miq. flower, then drink the boiled water 2 times a day regularly.
4.	Kumis kucing	<i>Orthosiphon aristatus</i> (Blume) Miq.	Lamiaceae	Flower			
28.	Gastroenteritis	1.	Alpukat	<i>Persea americana</i> Mill.	Lauraceae	Leaf	Water Boil 3 to 5 pieces of <i>Persea americana</i> Mill. and <i>Blumea balsamifera</i> (L.) DC. leaves, then drink the water 2 to 3 times a day.
		2.	Sembung	<i>Blumea balsamifera</i> (L.) DC.	Asteraceae	Leaf	
29.	Kidney ache	1.	Kalapa	<i>Cocos nucifera</i> L.	Arecaceae	Fruit	– Drink Coconut water directly or with salt.
		2.	Keji beling	<i>Strobilanthes crispa</i> Blume	Acanthaceae	Root, Leaf	Water Boil <i>Strobilanthes crispa</i> Blume roots and leaves with <i>Orthosiphon aristatus</i> (Blume) Miq. flower, then drink the boiled water 2 times daily
		3.	Kumis kucing	<i>Orthosiphon aristatus</i> (Blume) Miq.	Lamiaceae	Flower	Water
30.	Typhoid fever	1.	Antanan	<i>Centella asiatica</i> (L.) Urb.	Apiaceae	Leaf	Earthworms Roast and mash worms that have been cleansed. Furthermore, boil <i>Centella asiatica</i> (L.) Urb. leaves with worm powder and consume them twice daily.
		2.	Combrang	<i>Etingera elatior</i> (Jack) RMSm.	Zingiberaceae	Stem	– Cut the stem of the <i>Etingera elatior</i> (Jack) R.M.Sm., and drink the water directly.
		3.	Sari santan	Unidentified	Unidentified	Stem	– Cut the stem and drink the water immediately.

TABLE 1. Cont.

No	Benefit	Medicinal use				Additional Ingredients	Method of preparation and use	
		No.	Local Name	Scientific Name	Family			Organ
31. Gastritis		1.	Alpukat	<i>Persea americana</i> Mill.	Lauraceae	Leaf	Water	Boil 3 to 5 pieces of <i>Persea americana</i> Mill. and <i>Blumea balsamifera</i> (L.) DC. leaves, and the water is drunk 2 to 3 times daily.
		2.	Sembung	<i>Blumea balsamifera</i> (L.) DC.	Asteraceae	Leaf		
		3.	Cangkudu	<i>Morinda citrifolia</i> L.	Rubiaceae	Fruit	–	Eat the ripe fruit directly 3 times a day.
		4.	Cau saba	<i>Musa paradisiaca</i> L.	Musaceae	Fruit	–	Eat directly every day until the pain feels better.
		5.	Cecendet	<i>Physalis angulata</i> L.	Solanaceae	Fruit	–	Eat the ripe fruit directly.
		6.	Harendong	<i>Melastoma malabathricum</i> L.	Melastomataceae	Leaf	Water	The leaves are boiled, and half a glass of the resulting water is consumed one to two times daily.
		7.	Kapol	<i>Amomum compactum</i> Sol. ex Maton	Zingiberaceae	Fruit	Water	The cardamom fruit is washed and dried by aerating, and the roasted fruit can be coarsely ground. Furthermore, boil cardamom powder with hot water and sweeten to taste with honey.
		8.	Ketos	<i>Protium javanicum</i> Burm.f.	Burseraceae	Leaf, Fruit	–	Eat leaves and fruit immediately.
		9.	Koneng	<i>Curcuma longa</i> L.	Zingiberaceae	Rhizome	Water	Turmeric should be washed until it becomes the size of a finger's knuckle, then boiled and consumed immediately. It can also be achieved by grating turmeric, squeezing off the juice, adding honey, and then drinking it immediately after the addition of warm water. The final method involves boiling turmeric in water, extracting its juice, and consuming it 2-3 times with honey.
		10.	Koneng hideung	<i>Curcuma aeruginosa</i> Roxb.	Zingiberaceae	Rhizome	Water	Boil black curcumin, then drink the juice 2 to 3 times daily until healed.
		11.	Lampeyong	<i>Chromolaena odorata</i> L.	Asteraceae	Leaf	Water	Wash <i>Chromolaena odorata</i> L. and eat immediately after boiling.
		12.	Sarikaya	<i>Annona squamosa</i> L.	Annonaceae	Leaf	Water	Boil <i>Annona squamosa</i> L. And <i>Syzygium polyanthum</i> (Wight) Walp. leaves together and drink 2 times a day.
		13.	Salam	<i>Syzygium polyanthum</i> (Wight) Walp.	Myrtaceae	Leaf		
		14.	Saledri	<i>Apium graveolens</i> L.	Apiaceae	Leaf	Water	Boil the <i>Apium graveolens</i> L. leaves and drink.
		15.	Tawulu	<i>Cyclea barbata</i> Miers	Menispermaceae	Leaf	Palm Sugar	Squeeze leaves, add enough water, and be allowed to stand for about 15 minutes until thickening. It should be strained to separate the leaves from the thickened leaf juice before adding <i>kawung</i> sugar.
		16.	Boled	<i>Ipomoea batatas</i> (L.) Lam.	Convolvulaceae	Tuber	Water	Consume tubers that have been steamed/boiled regularly.
		17.	Kalapa	<i>Cocos nucifera</i> L.	Arecaceae	Fruit	–	Drink fresh coconut water directly or with salt.
		18.	Kelor	<i>Moringa oleifera</i> Lam.	Moringaceae	Leaf	–	Cook Moringa leaves according to taste.
32. Liver		1.	Hanggasa	<i>Amomum dealbatum</i> Roxb.	Zingiberaceae	Fruit	–	Eat ripe fruit directly
		2.	Honje buut	Unidentified	Unidentified	Stem	Green bean seeds	Treatment can be accomplished by drinking boiled water from the stems and leaves of <i>honje buut</i> . Before consumption, the leaves can also be boiled with green bean seeds, black sticky rice, and kawung sugar.
				Leaf	Black sticky rice			
33. Diabetes		1.	Duwet	<i>Syzygium cumini</i> (L.) Skeels	Myrtaceae	Fruit	–	Eat ripe <i>jambang</i> fruit directly.
		1.	Cangkudu	<i>Morinda citrifolia</i> L.	Rubiaceae	Fruit	–	Consume ripe 3 times a day.
		2.	kelor	<i>Moringa oleifera</i> Lam.	Moringaceae	Leaf	–	Cook moringa leaves according to taste.
34. Hypertension		3.	Saledri	<i>Apium graveolens</i> L.	Apiaceae	Leaf	Water	Boil leaves and drink.
		4.	Sarikaya	<i>Annona squamosa</i> L.	Annonaceae	Leaf	Water	Boil <i>Annona squamosa</i> L. and <i>Syzygium polyanthum</i> (Wight) Walp. leaves together and drink 2 times a day.
		5.	Salam	<i>Syzygium polyanthum</i> (Wight) Walp.	Myrtaceae	Leaf		
35. Lungs		1.	Kalapa	<i>Cocos nucifera</i> L.	Arecaceae	Fruit	Salt	Drink fresh coconut water directly or with salt.

TABLE 1. Cont.

No	Benefit	Medicinal use				Additional Ingredients	Method of preparation and use
		No.	Local Name	Scientific Name	Family		
36.	Asthma	1.	Kurai	<i>Trema orientalis</i> (L.) Blume	Cannabaceae	Stem (tree bark)	Water Bark is peeled, then put into water for about 15 to 20 minutes. After removing mucus, the water can be consumed.
		2.	Tepus	<i>Etingera megalochelios</i> (Griff.) A.D.Poulsen	Zingiberaceae	Rhizome	– The middle part of the stem (middle hump) can be eaten raw as fresh vegetables or cooked.
37.	Beriberi	1.	Honje buut	Unidentified	Unidentified	Stem Leaf Leaf	Green bean seeds Black sticky rice Palm sugar Treatment can be accomplished by drinking boiled water from the stems and leaves of <i>honje buut</i> . The extract can also be boiled with green bean seeds, black sticky rice, and palm sugar before drinking.
		1.	Kelor	<i>Moringa oleifera</i> Lam.	Moringaceae	Leaf	– Cook moringa leaves according to taste.
38.	High cholesterol	2.	Sarikaya	<i>Annona squamosa</i> L.	Annonaceae	Leaf	– Boil <i>Annona squamosa</i> L. and <i>Syzygium polyanthum</i> (Wight) Walp. leaves together and drink 2 times a day.
		3.	Salam	<i>Syzygium polyanthum</i> (Wight) Walp.	Myrtaceae	Leaf	
39.	Sprain	1.	Cikur	<i>Kaempferia galanga</i> L.	Zingiberaceae	Rhizome	– Aromatic ginger can be eaten directly as fresh vegetables or mashed and applied to the achy or sprained part of the body.
		2.	Peredah pateuh	<i>Pyrrhosia piloselloides</i> (L.) M.G. Price	Polypodiaceae	Leaf	– Take one piece of leaf rope, affix it to the sprained area of the body, and do not let go during everyday activities. The plant can be replaced when it starts to wilt, and this treatment is carried out for 10-14 days.
		3.	Sereh	<i>Cymbopogon citratus</i> (DC.) Stapf	Poaceae	Stem Leaf	– Pound or crush lemongrass and rub it on the sprained body part.
40.	Back pain	1.	Laja goah	<i>Alpinia zerumbet</i> (Pers.) B.L.Burtt & R.M.Sm.	Zingiberaceae	Rhizome	– Physalis angulata L. roots and <i>Alpinia zerumbet</i> (Pers.) B.L.Burtt & R.M.Sm. rhizomes are boiled before consuming the water.
		2.	Cecendet	<i>Physalis angulata</i> L.	Solanaceae	Leaf Root	
		3.	Keji beling	<i>Strobilanthes crispa</i> Blume	Acanthaceae	Root Leaf	Water Boil <i>Strobilanthes crispa</i> Blume roots and leaves with <i>Orthosiphon aristatus</i> (Blume) Miq. flower, <i>Physalis angulata</i> L. fruit, <i>Imperata cylindrica</i> (L.) Raeusch. root, and <i>Areca catechu</i> L. root, then drink the boiled water 2 times a day regularly.
		4.	Kumis kucing	<i>Orthosiphon aristatus</i> (Blume) Miq.	Lamiaceae	Flower	
		5.	Cecendet	<i>Physalis angulata</i> L.	Solanaceae	Fruit	
		6.	Eurih	<i>Imperata cylindrica</i> (L.) Raeusch.	Poaceae	Root	
		7.	Jambe	<i>Areca catechu</i> L.	Areaceae	Root	
8.	Gewor	<i>Commelina benghalensis</i> L.	Commelinaceae		Water Boil leaves in two cups of water, pour the mixture into a glass and consume.		
41.	Fracture	9.	Sembung	<i>Blumea balsamifera</i> (L.) DC.	Asteraceae	Leaf	Honey Boil leaves until the water recedes. The remaining one cup of boiled water is added to honey and consumed twice daily.
		1.	Peredah pateuh	<i>Pyrrhosia piloselloides</i> (L.) M.G. Price	Polypodiaceae	Leaf	– Take one piece of leaf rope, tie it to the sprained part of the body, and it should not be released during daily activities. The plant can be replaced when it begins to wither. This treatment is carried out until the broken body part heals.

TABLE 1. Cont.

No	Benefit	Medicinal use				Additional Ingredients	Method of preparation and use		
		No.	Local Name	Scientific Name	Family			Organ	
42.	Body pains	1.	Bawang putih	<i>Allium sativum</i> L.	Alliaceae	Tuber	–	Peel and crush the <i>Allium sativum</i> L. to taste, and apply to the body that feels sore.	
		2.	Beurih	<i>Pterocymbium tinctorium</i> Merr.	Malvaceae	Bark	Water	Take <i>Pterocymbium tinctorium</i> Merr. stem bark, wash, and boil with 3 cups of water, and the remaining 2 cups are poured into a glass and consumed twice daily.	
		3.	Cangkudu	<i>Morinda citrifolia</i> L.	Rubiaceae	Fruit	–	Consume ripe 3 times a day.	
		4.	Cengkeh	<i>Syzygium aromaticum</i> (L.) Merr. & L.M.Perry	Myrtaceae	Flower	–	Apply clove oil to the part of the body that feels sore.	
		5.	Combrang	<i>Etilingera elatior</i> (Jack) R.M.Sm.	Zingiberaceae	Stem	–	Cut the stem, then drink the water directly.	
		6.	Lame	<i>Alstonia scholaris</i> (L.) R. Br.	Apocynaceae	Bark	Water	Boil <i>Alstonia scholaris</i> (L.) R. Br. tree bark, <i>Areca catechu</i> L. root, <i>Cocos nucifera</i> L. root, <i>Carica papaya</i> L. root, <i>Physalis angulata</i> L. root, and <i>Imperata cylindrica</i> (L.) Raeusch. root and drink the water 1 to 2 times a day.	
		7.	Jambe	<i>Areca catechu</i> L.	Areaceae	Root			
		8.	Kalapa	<i>Cocos nucifera</i> L.	Areaceae	Root			
		9.	Gandul	<i>Carica papaya</i> L.	Caricaceae	Root			
		10.	Cecendet	<i>Physalis angulata</i> L.	Solanaceae	Root			
		11.	Eurih	<i>Imperata cylindrica</i> (L.) Raeusch.	Poaceae	Root	–	–	
		12.	Harendong	<i>Melastoma malabathricum</i> L.	Melastomataceae	Leaf	Water	Boil the leaves and the remaining half a glass is consumed one to two times a day.	
		13.	Honje buut	Unidentified	Unidentified	Stem	Water	Green bean seeds	Treatment can be accomplished by drinking boiled water from the stems and leaves of <i>honje buut</i> . It can also be boiled with green bean seeds, black sticky rice, and <i>kawung</i> sugar before consumption.
						Leaf	Black sticky rice		
		14.	Jukut bau	<i>Ageratum conyzoides</i> (L.) L.	Asteraceae	Leaf	–	Ground leaves and apply to the achy body	
		15.	Kakalapaan	Biophytum sensitivum (L.) DC.	Oxalidaceae	Root	Water	–	Boil all parts of Biophytum sensitivum (L.) DC. plant, and consume.
						Stem			
		16.	Koneng hideung	<i>Curcuma aeruginosa</i> Roxb.	Zingiberaceae	Rhizome	Honey	Palm Sugar	Before bed, boil <i>Curcuma aeruginosa</i> Roxb. and <i>Curcuma zanthorrhiza</i> Roxb. rhizomes, add sugar or honey and consume.
		17.	Koneng timu	<i>Curcuma zanthorrhiza</i> Roxb.	Zingiberaceae	Rhizome	Water		
		18.	Cecendet	<i>Physalis angulata</i> L.	Solanaceae	Leaf	Water	–	Leaves of <i>Physalis angulata</i> L. roots, <i>Cinnamomum sintoc</i> Blume skin, and <i>Alpinia zerumbet</i> (Pers.) B.L.Burt & R.M.Sm. rhizomes are boiled, and the water is consumed.
		19.	Sintok	<i>Cinnamomum sintoc</i> Blume	Lauraceae	Bark			
20.	Laja goah	<i>Alpinia zerumbet</i> (Pers.) B.L.Burt & R.M.Sm.	Zingiberaceae	Rhizome	–	–	–		
21.	Cikur	<i>Kaempferia galanga</i> L.	Zingiberaceae	Rhizome	–	–	Aromatic ginger can be eaten directly as fresh vegetables or mashed and applied to the achy or sprained part of the body.		
22.	Loa	<i>Ficus racemosa</i> L.	Moraceae	Leaf	Water	–	Boil the leaves in water, and drink half-glass of the mixture daily.		
23.	Sereh	<i>Cymbopogon citratus</i> (DC.) Stapf	Poaceae	Stem	Coconut oil	–	Boil lemongrass and add a little coconut oil before consumption.		
				Leaf					
24.	Sereh wulung	<i>Cymbopogon nardus</i> (L.) Rendle	Poaceae	Stem	Coconut oil	–	Boil lemongrass and add a little coconut oil before consumption.		
				Leaf					
25.	Cukangkang	<i>Parameria laevigata</i> (Juss.) Moldenke	Apocynaceae	Bark	Water	Honey	Boil <i>Parameria laevigata</i> (Juss.) Moldenke bark and add honey to the juice before drinking.		
1.	Beurih	<i>Pterocymbium tinctorium</i> Merr.	Malvaceae	Bark	Water			–	Take tree bark, wash, and boil it with 3 cups of water. The remaining 2 cups are poured into a glass and consumed 2 times daily.
43.	Rheumatism	2.	Cecendet	<i>Physalis angulata</i> L.	Solanaceae	Fruit	Water	Boil 4-5 ripe <i>Physalis angulata</i> L., and the remaining half a glass of water is consumed twice daily in the morning and evening.	
		3.	Hanggasa	<i>Amomum dealbatum</i> Roxb.	Zingiberaceae	Fruit	–	Eat ripe fruit directly.	
		4.	Harendong	<i>Melastoma malabathricum</i> L.	Melastomataceae	Leaf	Water	Palm Sugar	The leaves are boiled, and half-glass of the water is consumed one to two times per day.
		5.	Jahe	<i>Zingiber officinale</i> Roscoe	Zingiberaceae	Rhizome	Water		
		6.	Koneng hideung	<i>Curcuma aeruginosa</i> Roxb.	Zingiberaceae	Rhizome	Honey	Water	Boil the rhizome of black curcumin, add honey and drink every night before bed.
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TABLE 1. Cont.

No	Benefit	Medicinal use				Additional Ingredients	Method of preparation and use	
		No.	Local Name	Scientific Name	Family			Organ
44.	Gout	1.	Sarikaya	<i>Annona squamosa</i> L.	Annonaceae	Leaf	Water Water Boil <i>Annona squamosa</i> L. and <i>Syzygium polyanthum</i> (Wight) Walp. leaves, and consume 2 times a day.	
		2.	Salam	<i>Syzygium polyanthum</i> (Wight) Walp.	Myrtaceae	Leaf		
45.	Increase stamina	1.	Cecendet	<i>Physalis angulata</i> L.	Solanaceae	Fruit	Water Boil 4-5 fruit and half a glass of the water is consumed twice daily in the morning and evening.	
		2.	Kemungkus	<i>Piper cubeba</i> L.	Piperaceae	Fruit	Water Boil fruit, the bark of <i>Parameria laevigata</i> (Juss.) Moldenke, <i>Areca catechu</i> L. root, and <i>Carica papaya</i> L. fruit, then drink the water 2 times a day.	
		3.	Cukangkang	<i>Parameria laevigata</i> (Juss.) Moldenke	Apocynaceae	Bark		
		4.	Jambe	<i>Areca catechu</i> L.	Areaceae	Root		
		5.	Gandul	<i>Carica papaya</i> L.	Caricaceae	Fruit	–	Eat ripe fruit directly
		6.	Hanggasa	<i>Amomum dealbatum</i> Roxb.	Zingiberaceae	Fruit	Rhizome	Honey Wash rhizome and eat the peel directly.
46.	Loss of appetite	7.	Kapol	<i>Amomum compactum</i> Sol. ex Maton	Zingiberaceae	Fruit	– Second method is by washed the fruit and air-dried, after which cardamom fruit is roasted, coarsely powdered, brewed with hot water, and sweetened to taste like honey.	
		8.	Laja	<i>Alpinia galanga</i> (L.) Willd.	Zingiberaceae	Rhizome	Lime Honey Crush the rhizome, and boil in water. Strain the boiled water from the rhizome, add lime and honey, and drink.	
		9.	Cecendet	<i>Physalis angulata</i> L.	Solanaceae	Leaf Root	Water Leaves of <i>Physalis angulata</i> L. roots, <i>Cinnamomum sintoc</i> Blume skin, and <i>Alpinia zerumbet</i> (Pers.) B.L.Burtt & R.M.Sm. rhizomes are boiled, and the water is consumed.	
		10.	Sintok	<i>Cinnamomum sintoc</i> Blume		Bark		
47.	Female organs disorders	1.	Cukangkang	<i>Parameria laevigata</i> (Juss.) Moldenke	Apocynaceae	Bark	Water Boil <i>Parameria laevigata</i> (Juss.) Moldenke bark and add honey to the juice before drinking.	
48.	Vaginal discharge	1.	Seureuh	<i>Piper betle</i> L.	Piperaceae	Leaf	Water Boil a few pieces of betel leaf, and use the water to wash the private part of females	
49.	Low breast milk secretion	1.	Katuk	<i>Sauropus androgynus</i> (L.) Merr.	Euphorbiaceae	Leaf	Water Salt leaves can be consumed in two ways. First used as fresh vegetables, wash a few leaves, add a little salt, and boil in water. The second way is to boil the leaves with half a glass of water and drink twice a day.	