

# Herbal Plants

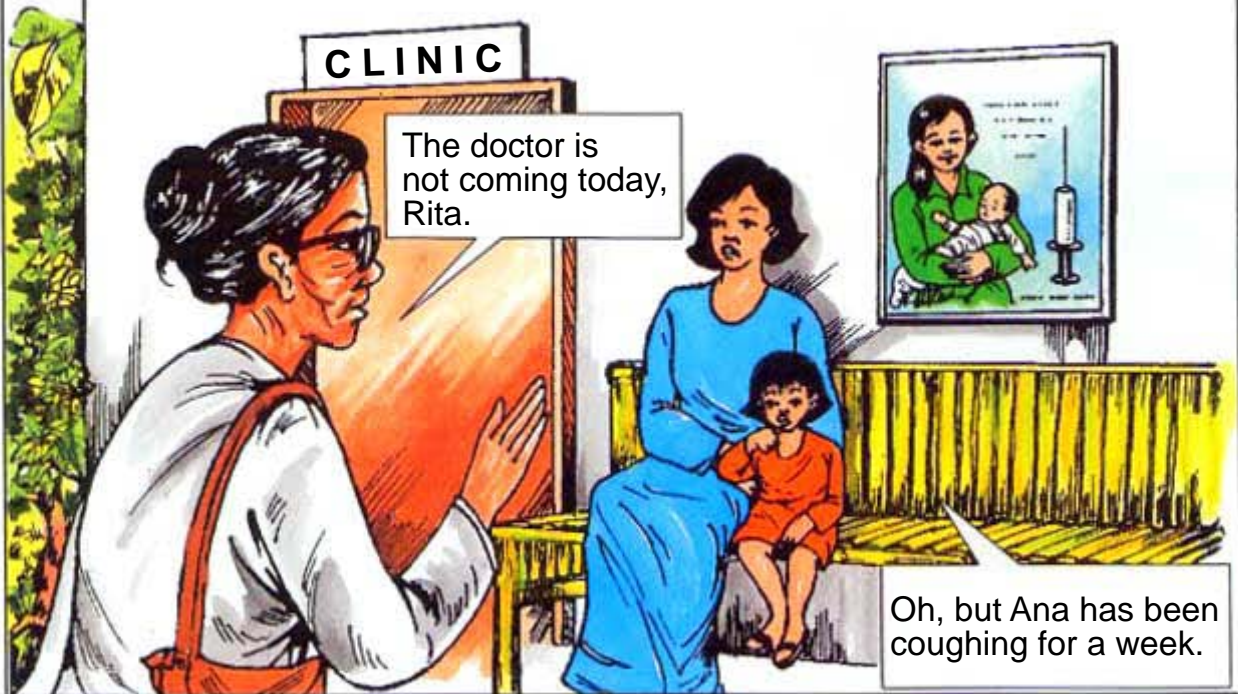
Keeping Our Traditional Wisdom Alive.



Asia/Pacific Cultural Centre for UNESCO (ACCU)

One day, Rita brought her daughter Ana to the village clinic.

1



The doctor is not coming today, Rita.

Oh, but Ana has been coughing for a week.

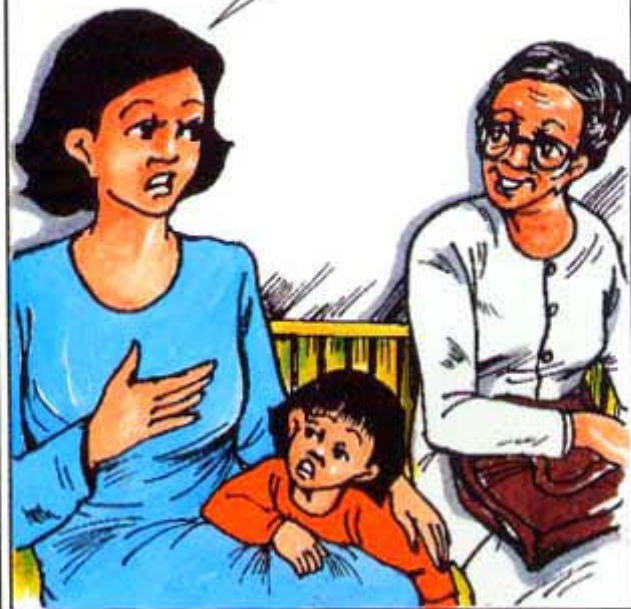
2

For simple sickness like coughing, I used herbal treatments for my children. They are effective.



3

I would like to learn about them in case the doctor is not here. Besides, medicine is costly nowadays.



I have a book on simple and effective traditional cures. Let's have a look at it, Rita and little Ana!

4



Sure!

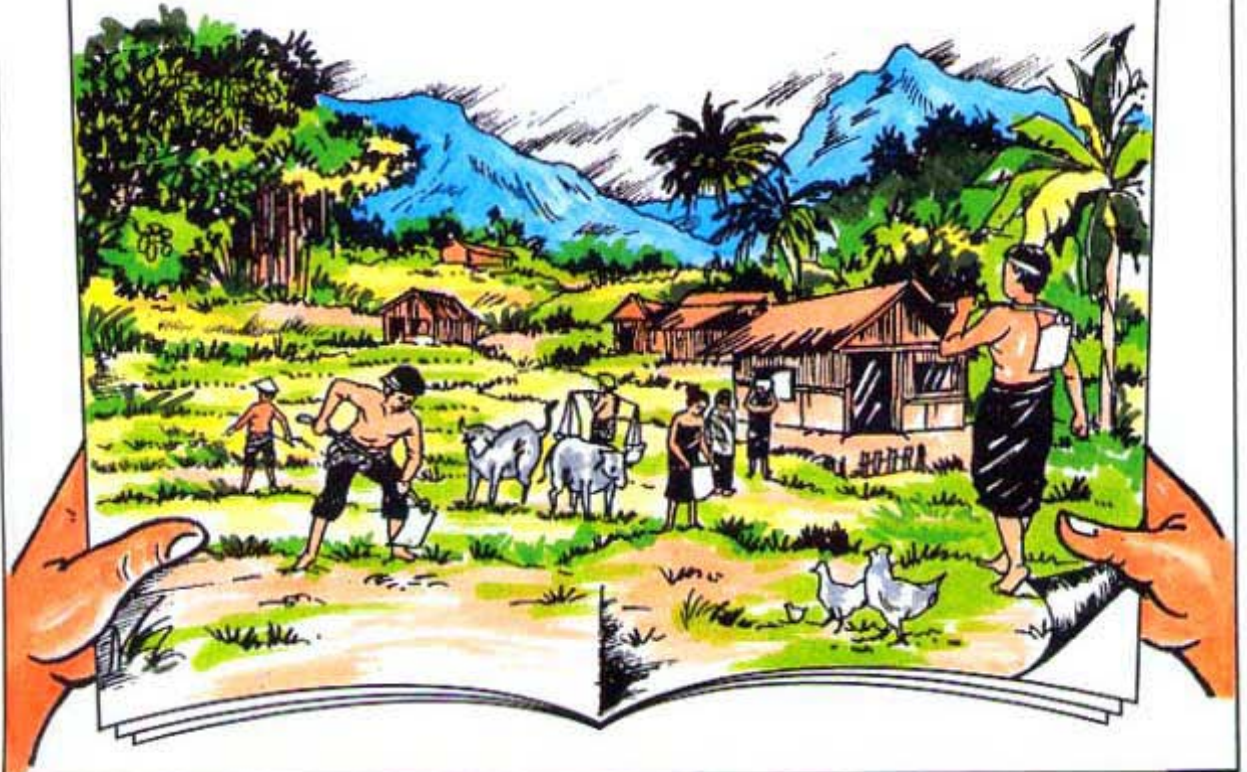
Grandma Rosa took out her book titled "The Herb that Saved the Chief."

5



Once upon a time, there was a village surrounded by mountains and valleys. The villagers made their living by farming and raising animals.

6



One day, the village chief became ill with serious diarrhea.  
The people gathered around the chief's house to discuss what to do.

7



A man said, "If only the medicine man were here, he would have known how to treat the Chief." A woman said, "But the medicine man passed away last winter."

8



An old woman entered and said "I know which herb can cure the Chief." Some did not believe her and tried to make her go away. Others, however, convinced everyone to let her treat the Chief.



The old woman took some herbs out and said, " Forest tea leaves can cure diarrhea."



She started to prepare the medicine.

11



First, she cleaned the leaves thoroughly.

12



Then, she pounded the leaves into small pieces.

13



Next, she put the leaves into 2 cups of boiling water and boiled the mixture further.

14

The mixture cooled.



15

Then, she strained the mixture using a piece of cloth.



16

The strained juice was collected in a small cup.



17

"Now, the Chief can drink this," she announced.



She gave some to the Chief.



Three days later, the village chief became well again.



The old woman told the thankful villagers, "Everyone can learn how to make simple herbal treatments like this. It's part of our ancestors' wisdom." The villagers started learning about herbs and preserving their traditional knowledge.





The entire village held a festival to celebrate the Chief's health. The Chief gave thanks to the old woman, recognizing the importance of traditional wisdom.

Young villagers continued to learn the traditional ways from her for many years. Her wisdom was passed on for many generations.

THE END



22

I did not know that many common illnesses can be treated with herbs.



Yes. Even if we have access to health clinics, our local wisdom such as herbal medicine is still useful.

23

What herbs in our village are useful, Grandma Rosa?



24

These are some herbs that treat cuts and wounds, common colds, even worm infestation! But remember, if the symptoms and conditions do not improve, or become worse, you should go to a health clinic or hospital.



**For Common Cold**

Five-leaved chaste tree



**For Cough**

Ginger



**For Skin Disease**

Ringworm bush



**For Diarrhea**

Forest tea



**For Cuts and Wounds**

Guava



**For Worm Infestation**

Rangoon creeper



25

What is good for a cough?



Here, ginger will help to cure Ana's cough.

26

I'll lend you another booklet on herbs, Rita. It shows how to make the medicine.



Thank you! I will prepare it when I return home.

One week later, Ana's cough was cured.

27

I want to hear more stories from Grandma Rosa!



Yes, let's go and learn more about herbal plants.

Rita and Ana tried to find more useful herbs in their village with Grandma Rosa.

Knowledge of medicinal herbs is just one of the many types of wisdom that our ancestors had. Let's keep them alive for future generations.





Here are some common medicinal herbs.  
Some people may experience discomfort while using these herbs. If you do, stop its use and go to a clinic.



### For diarrhea

#### Method of preparation

Pound the leaves into small pieces. Put 8 tablespoons of the leaves in 2 glasses of boiling water. Boil for 15 minutes. Cool and strain the mixture, collecting the juice. (Refer to pages 6-7)

#### Application

Take a quarter of the juice 4 times a day.

#### Safety precautions

The mixture must be freshly prepared daily.  
Do not use metallic cookware, since they may react with the herbs.



Forest tea [*Carmona retusa* L.]

#### Where to find the herb

In thickets and secondary forests.  
Leaf size: 1-6 cm long



### For cough

#### Method of preparation

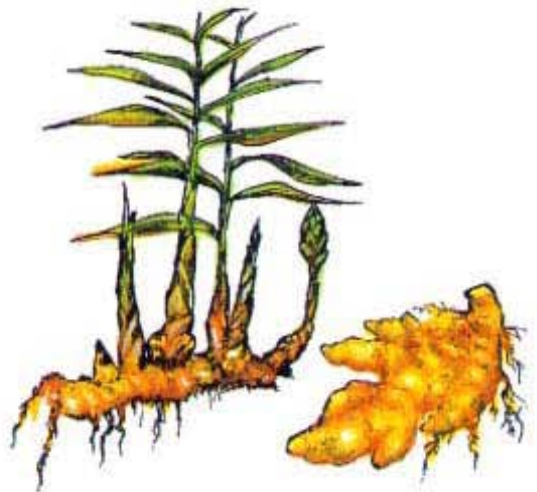
Pound the ginger root (one piece, about 7 cm) and boil in 1 cup of boiling water for 15 minutes. Strain the mixture. Sugar or honey may be added to sweeten.

#### Application

Take 1 cup in morning and evening.

#### Safety precautions

Wash the ginger root thoroughly.



Ginger [*Zingiber officinale* Rosc.]

#### Where to find the herb

Widely cultivated as condiment for culinary purposes.



**For common colds  
(runny nose, watery eyes,  
etc.)**

**Method of preparation**

Pound the leaves. Put 6 tablespoons of the leaves in 2 glasses of boiling water. Boil further for 15 minutes. Cool and strain the mixture, collecting the juice.

**Application**

Take a quarter to half of the juice 3 times a day.

**Safety precautions**

Use clay pots, since metallic pots may react with the herbs. Prepare a fresh mixture daily.



Five-leaved chaste tree [Vitex negundo L.]

**Where to find the herb**

Commonly found in thickets and waste places.

Plant height: 2-5m



**For worm infection**

**Method of preparation**

Peel the mature fruits and take the following number of kernels.

Adults: 8 to 10

9-12 years old: 6 to 7

6-8 years old: 5 to 6

3-5 years old: 4 to 5

**Application**

Take the kernels 2 hours after supper. Chew very well, and drink a glass of water after swallowing. If no effects are seen, take the same dose after 1 week.

**Safety precautions**

Take only the prescribed number of kernels.



Rangoon creeper, Chinese honeysuckle [Quisqualis indica L.]

**Where to find the herb**

In thickets and secondary forests; in hot, dry areas.

Plant height: 7-8m



### For cuts and wounds

#### Method of preparation

Pound and crush the leaves.

#### Application

Wash the cut or wound with clean water. Apply the pounded leaves to the cut with slight pressure and wrap with the bandage. Change the bandage as needed.

#### Safety precautions

Observe cleanliness at all times.



Guava [*Psidium guajava* L.]

#### Where to find the herb

Common in thickets, secondary forests, at low altitudes. Trees are often grown in backyards and orchards for its fruit.



### For skin disease (fungal) e.g. ringworm

#### Method of preparation

Pound the leaves. Strain, and collect the juice.

#### Application

Wash the affected areas of the skin with clean water. Apply the juice thinly on the affected areas in the morning and night for at least 7 days.

#### Safety precautions

Apply the juice up to 1 cm from the edge of the affected area of the skin, to prevent the infection from spreading.



Ringworm bush, Ringworm cassia [*Cassia alata* L.]

#### Where to find the herb

In open wastelands near watery places. Plants height: 1-3m; leaf size: 1.5-2cm



## Things to Remember

1. Be sure you have the correct plant.
2. Use only one herbal preparation at a time.
3. Wash the plants thoroughly before preparation.
4. Observe cleanliness at all times.
5. Do not use metallic pots for herbal preparations.



### Guide for Utilization

Target learners: Neo-literates in rural areas  
Theme: Utilization of available local herbal plants for the treatment of common ailments  
Type: Instructional

### Objectives:

1. To make learners aware of availability of useful herbs around them.
2. To familiarize learners with some common herbal plants and their uses.
3. To encourage learners to utilize and preserve local wisdom such as herbal treatments.

### Application:

1. Before distributing the booklet, discuss what illnesses are common in the community and what people do to treat them.
2. Distribute the booklet to the learners and ask them to read through it.
3. Discuss the herbal treatment used in the story. Do the learners use this or any other herb to treat a similar condition?
4. The learners and the instructor may go outside to identify various herbs. They may pick and practice preparation of a treatment mentioned in the booklet, or a common treatment in the area. The instructor may also mention to the learners a person in the area who is knowledgeable about herbal treatments.
5. What knowledge or wisdom is locally available? Discuss various aspects of traditional knowledge such as herbal treatments, food preparations, and handicraft, and traditional culture like folk tales, songs, and dances.
6. Discuss the importance of preserving traditional skills and culture.

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