



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

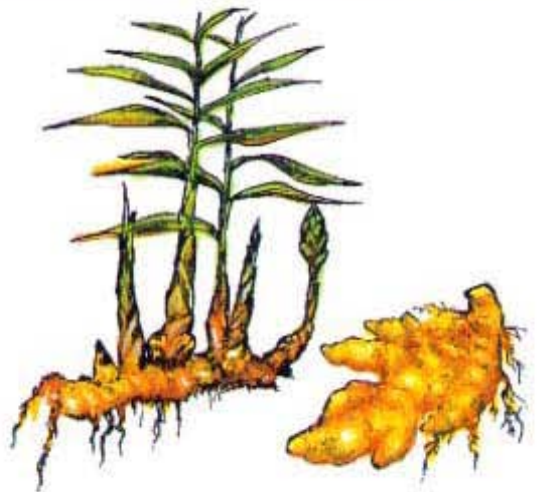
Pound the ginger root (one piece, about 7 cm) and boil in 1 cup of boiling water for 15 minutes. Strain the mixture. Sugar or honey may be added to sweeten.

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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