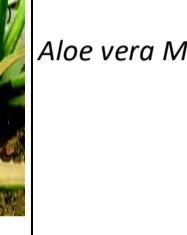
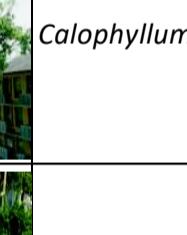
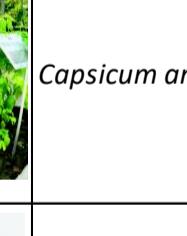
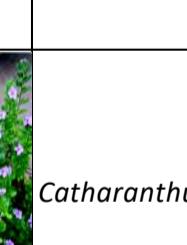


A GUIDE TO MEDICINAL PLANTS MONOGRAPHS

S.L	IMAGE	SCIENTIFIC NAME	FAMILY NAME	COMMON NAME(S)	DESCRIPTION	ORIGIN	PHYTOCONSTITUENTS	TRADITIONAL MEDICINAL USES
1		<i>Abrus precatorius L.</i>	Leguminosae	Rosary Pea, Indian Licorice, Precatory Bean	Abrus precatorius L. is a perennial climber with a slender stem. Leaves are pinnate and 5–8 cm long. Leaflets are rhomboid, numbering 20–24 or more, opposite and are 1.2–1.8 cm long. Leaf margin is entire. It bears pink flowers arranged in dense axillary racemes. Pods are oblong, cylindrical, inflated, 5–6 cm by 1 cm and contains 3–6 round, glossy, black and red seeds.	Native to Pakistan, India, Ceylon and tropical Africa; and introduced widely in the New and Old World.	Abrectorin, abrinic, abridin, abrins A–D, (+)-abrine, abruslactone A, abrusgenic acid, abrusogenin, abrusoside A–D, precatorin, abruquinones, abraline, abrusic acid, abruquinone G and others	A decoction of the leaves has been prescribed for scurvy, cough, bronchitis, sprue and hepatitis and as a refrigerant. They are also applied on painful swellings, eye inflammation, cancer, syphilis and on leucoder-mic spots. The leaves are also effective in the treatment of coryza, cough, fever, and jaundice resulting from viral hepatitis and intoxications. The seeds have been used to treat fever, malaria, headache, drowsy and to expel worms. A decoction of the seeds is applied for abdominal complaints, conjunctivitis, trachoma and malarial fever, and many more.
2		<i>Adiantum capillus-veneris L.</i>	Polypodiaceae	Black Maidenhair Fern, Southern Maidenhair Fern, Venus Hair Fern	Adiantum capillus-veneris L. is a perennial fern with shortcreeping stems. Leaf blades are lanceolate, pinnate, 10–45 cm by 4–15 cm and glabrous. Ultimate segments are various but generally cuneate or fan-shaped to irregularly rhombic, about as long as well as broad with its base broadly to narrowly cuneate. Plant is delicate, brittle and has dark stalks.	Native to America, Mexico, West Indies and South America. It can also be found in temperate regions of Eurasia and Africa.	Adiantoxide, adiantone, isoadiantone, isoadiantol, hydroxyadiantone, capesterol and others.	The fern is considered an astringent, demul-cent, depurative, diaphoretic, diuretic, emmenagogue, emollient, expectorant, laxative, stimulant, sudorific and a tonic. It is also used for alopecia, asthma, bladder ailments, catarrh, chest ailments, chills, cold, dropsy, dysmenor-rhoea, fever, head ailments, hepatitis, labour, lung ailments, respiratory problems, rheumatism, sclerosis, snake bite, sores, sore throat, splenosis, stones and other urinary calcification, and many more.
3		<i>Allamanda cathartica L.</i>	Apocynaceae	Allamanda, Common Allamanda, Golden Trumpet	Allamanda cathartica L. is a woody shrub that can grow up to 4 m tall. The stems exude milky white sap when incised. Leaves are simple, exstipulate, glossy, leathery and glabrous. Leaf blade is oblong-lanceolate, large, tubular, bright yellow and 4–5 cm long.	Native to South America; cultivated in China for medicine.	Allamandin, plumerin, plumeride, ursolic acid and others.	The plant has been used as a purgative to induce vomiting at low dosage. Its leaves are cathartic and the bark is used as a hydra-gogue for ascaris. In Surinam's traditional medicine, its roots are used against jaundice, for complications with malaria and enlarged spleen.
4		<i>Aloe vera Mill.</i>	Aloeaceae	Aloe, Lidah Buaya	Aloe vera Mill. is a short-stemmed, up to 50 cm, succulent herb with thick green leaves that have a sharp and pointed apex, 15–50 cm by 4–7 cm, arranged in a rosette around the short stem. Blade is green to variegated with small white or glaucous dots, irregular bands, lanceolate, tapering from base to apex, glabrous with green and spiny-toothed margins. The leaves contain a thick colourless juice. Flowers are yellow, orange or red, crowded into a rosette and in panicles.	Native to North Africa; cultivated in China for medicine and widely used as indoor ornamental plants.	Aloin (barbaloin), arabinose, aloe-emodin, aloetinic acid, emodin, aloeresin A–C, aloesone, aloeride and others.	The plant has been used in cosmetic preparations for the treatment of pimples, acne and mouth ulcers. It has also been used to control bleeding, itching of piles, and relief from arthritic pains. The Chinese uses the plant juice as a mild laxative, wash for piles, abscesses and scabies. In the Philippines, it is used to treat dysentry and pain in the kidneys. The plant has been found to treat bacterial infection, as a cathartic, emmenagogue, purgative and vermifuge. It can be used cancer; treatment of constipation, eczema, piles and pertussis. The whole burns, oedema, pain, swellings and wounds; treatment of leukemia, lungin the treatment of lung cancer; treatment of constipation, eczema, piles and pertussis, and many more.
5		<i>Andrographis paniculata (Burm.f.) Nees</i>	Acanthaceae	(Burm.f.) Nees (Acanthaceae), Hempedu Bumi, Sambiloto, Chuan Xin Lian	Andrographis paniculata (Burm.f.) Nees is an annual herb that grows up to 1 m in height. Stems are glabrous and articulated. Leaves are simple, opposite and exstipulate. Blade is dark green, bitter, glossy, simple, lanceolate, opposite and 4–8 cm by 1.3–2.5 cm. Its small and white flowers grow in terminal or axillary panicles. Both the bracts and the 5-lobed calyx are small. Fruits are upright, fusiform, capsular and contains 2–4 seeds.	Native to Indian subcontinent and cultivated elsewhere.	Andrographolide, andropanolide, andrographic acid and andrographidine A, andrographatoside, andropaniculosin A and andropaniculoside A and others.	The plant is used orally to prevent and treat common cold, influenza, pharyngotonsillitis, allergies and sinusitis. Traditionally, it is used for many conditions including anorexia, atherosclerosis, insect and snake bites, bronchitis, prevention of cardiovascular disease, diabetes, hyper-tension, cholera and as a tonic.
6		<i>Ardisia elliptica Thunb.</i>	Myrsinaceae	Mata Pelanduk/Ayam, Sea-Shore Ardisia, Shoebutton Ardisia	Ardisia elliptica Thunb. is a small shrub that can grow up to 10 m tall. The leaves are obovate, 6–9 cm long with smooth margins. They have an acute apex and a cuneate leaf base. The leaves have a leathery texture. The plant bears whitish pink axillary inflorescences and the drupes are globular, 1–1.2 cm in diameter and grow in clumps, pale red when immature, and turning dark purplish upon maturity	Native to tropical and temperate Asia.	Rapanone, bauerol, α - and β -amyrin, syringic acid, isorhamnetin and queretin, bergenin, 5-(Z-Heptadec-4-enyl)resorcinol and 5-pentadecyresorcinol.	The decoction of the leaves is used by the Malays to treat pain in the region of the heart. The Kadazan Dusun tribes in Malaysia used paste made from the leaves of Ardisia elliptica to treat her-pes and measles. The fruits are used in Thai Traditional Medicine to cure diarrhoea with fever.
7		<i>Areca catechu L.</i>	Palmae	Betel Nut Palm, Areca Nut, Pinang	Areca catechu L. is a tall, slender palm that can grow up to 10 m. Leaves are dark green, pinnate and up to 1.2–2 m long. Inflorescence is branched and male flowers grow in one row surrounding the female flower at the base of branch. Fruit is a one seeded ovoid berry about 5 cm long.	Originate from the Philippines.	Arecoline, arecaidin, arecaine, catechin, glucides, gua-cine, guavacoline, arecolidine, isoguavacine, nicotine and others.	In Irian Jaya, parts of this tree are used on wounds, swellings and other skin afflictions. The pericarp is effective in the treatment of flatulence, oedema, dysuria and hyperemesis of pregnancy. On the Finschhafen coast, Papua New Guinea, the inner seed is chopped, heated over fire and pressed on sores caused by sea urchins. Chewing the betel nut with lime and the leaves of catkins or Piper betel gives a stimulant effect as well as an attributed sedative effect. This may also be used to sooth a mad person. The red mixture is applied on ulcers in New Britain and to treat sores caused by venereal disease in Northern Province; whereas in New Ireland, the scraped bark is mixed with sea water with a leaf of Indocarpus fagiferus and drunk to treat asthma, and many more.
8		<i>Asplenium nidus L.</i>	Aspleniaceae	Bird's Nest Fern	Asplenium nidus L. is a common epiphytic fern found growing on trees. Fronds are long, simple and green and grow from a central rhizome attached to the tree branch in the shape of a nest. Parallel lines of spores are found on the undersides of the fronds and radiate away from the midrib towards the leaf margin.	Native to tropical Africa, temperate and tropical Asia and Australasia.	Kaempferol-3-O-gentibioside-7,4'-bisglucoside, kaempferol-3-O-diglucoside, kaempferol-3,7-diglycoside and kaempferol-3-O-vicianoside.	A. nidus is regarded as depurative. Infusion of the fronds is used to ease labour pains by Malaysia native tribes. The Malays plant the leaves in water and apply the resulting lotion to feverish head. Two young fronds are eaten when they are still coiled, just after menstruation, in the morning as a contraceptive. Tea made from the fronds is recommended for general weakness.
9		<i>Aster tataricus L.f.</i>	Compositae	Tatarian Aster, Tatarian Daisy	Aster tataricus L.f. is a small shrub with abundant fibrous roots. Leaf blades are ob lanceolate to lanceolate, margins serrate or entire, 4–18 by 1–5 cm and acute. Flower heads are in large bunches with white petals and yellow centre.	Native to Siberia.	Shinone, friedelin, epifriedelinol, shinoside A–C, aster-nin A–F, astins A–E, astertarone A&B and others.	The underground rootstock is used as a purgative, treats colds, coughs with excessive sputum or with blood and painful menstruation. It is also used as a bechic-expectorant. Used as an aromatic tonic in chronic gastroenteritis.
10		<i>Azadirachta indica A. Juss.</i>	Meliaceae	Neem	Azadirachta indica A. Juss. is a tall evergreen tree, growing up to 30 m in height. Leaves are pinnate with opposite or alternate, lanceolate, serrated and glabrous 8–16 leaflets, 20–32 cm long. Flowers are yellowish white. Fruits are small, ellipsoid, about 5 cm long and green.	A native of India and China, cultivated and naturalised throughout India, Malay Peninsula, Indonesia and Pakistan.	Azadirachtin O–Q, nimbin, deacylnimbin, salatin, nim-binidin, nimbinin, nimbidol, azadirone, melanol, meliacion, nimbothalin, nimmonol, azharone and others.	It is used for the treatment of a variety of human and veterinary ailments including head lice, mange, fleas, fever, convulsions, leprosy, scrofula, rheumatism, asthma, worm infections, treat bacterial infection, insecticide, local application for indolent ulcer and consumed as tonic after childbirth. It is used for boils, heart disease, fever, tuberculosis, diarrhoea, dysentry, dysentery, to promote healing, measles, smallpox, sores, inflamed gums, syphilis, leprosy, piles, urinary diseases, to expel worms, purgative, emollient, local stimulant, treat fever (crushed leaves added to lemon), disinfectant (oil from nuts), astringent, contraceptive and tonic, and many more.
11		<i>Barringtonia asiatica L.</i>	Lecythidaceae	Beach Barringtonia, Fish-killer tree, Putat Laut	Barringtonia asiatica L. is a large tree bearing large simple leaves, 20–30 cm long which taper to the leaf base. Flowers are large and white with several white stamens. The flowers are actinomorphic and have four petals. The fruit is oblong, green, large, 8–10 cm across and contains one seed.	Native to Africa, temperate and tropical Asia and Australasia.	Al-barrinin, ranuncoside VIII, Al-barrigenin and others.	The plant is used to treat fungal infections, burns and wounds. The leaves are heated and used to treat stomachache and rheumatism in the Philippines. Its fruits are used as a fish poison and the fruit juice for controlling scabies while the seeds are used for the expulsion of intestinal worms and also as a fish poison. They are also used to treat sores, cough, influenza, sore throat, larva, swollen spleen after malaria. In other provinces of Vietnam, the fresh nut is scraped and applied to sores; dried it is ground into a powder, mixed with water and drunk to cure coughs, influenza, sore throat, bronchitis, diarrhoea and swollen spleen, and many more.
12		<i>Barringtonia racemosa (L.) K. Spreng</i>	Lecythidaceae	Putat Kampong, Samundrapandu	Barringtonia racemosa (L.) K. Spreng is a small tree with large, simple leaves about 20 cm long. Flowers are large with numerous pink-ish stamens. The fruit is ellipsoid, green, 8 cm long, and turns red upon maturity.	Native to Africa, temperate and tropical Asia, Australasia and the Pacific.	Nasimulan A and B, barringtonin, R1-barrigenol, R2-barrigenol, barringtonol, barringtonogenic acid and others.	The plant is widely used in the form of a decoction in Sri Lankan traditional medicine. The leaves and bark are used for rat and snake bites, rat poisoning and on boils. The fruits are used for cough, asthma and diarrhoea. Kernels of the drupe are mixed with milk to treat bilious diseases and jaundice whereas the seed has been used as an insecticide and tonic. The seeds along with other ingredients are employed in preparations for the treatment of itch, piles and typhoid fever, while the bark is also used for gastric ulcers. Its roots act as a coolant and deobstruent.
13		<i>Bauhinia purpurea L.</i>	Leguminosae	Butterfly Tree	Bauhinia purpurea L. is a deciduous tree. Leaves are simple and stipulate. Blade is butterfly shaped, coriaceous with 9–11 pairs of secondary veins. Flowers are showy, pink and arranged in axillary. The fruits are darkish pods, 1.5 by 15 cm and woody.	Native to India and grown in the Asia-Pacific as ornamental plants.	Bauhiniasatinas 1–4, bauhinoxepin C–J, bauhizofurin A, bauhispironin A, bauhilon E and others.	The root is grated with water and is drunk to treat common fever. The flowers are used as laxative and leaves applied to sores and boils, and for cough treatment.
14		<i>Bixa orellana L.</i>	Bixaceae	Anatto, Lipstick Tree	Bixa orellana L. is a small tree with simple and spiral leaves, 10–20 cm by 6.3–12.5 cm, dark green, ovate, acuminate, truncate at the base and glabrous. Flowers are large, 5 cm in diameter, pinkish or white, arranged in terminal panicles. Fruits are dehiscent, ovoid capsules containing 15–20 trigonous seeds in bright red pulp.	Originate from tropical America. Cultivated Pantropically.	Bixin, valencene, β -elemene, β -selinene, copaene, β -cadinene, spathulenol, γ -cadinene, δ -elemene, ledol, α -muurolone, α -cadinol and others.	The leaves have been used to treat snakebites and jaundice and the seed is considered a good cure for gonorrhoea. The bark of the root is used to treat fever and as an aperient. In Cambodia, the leaves are a popular febrifuge while in Indonesia, water in which the leaves are rubbed is poured over the head of children with fever. In Malaysia, the leaves are used in a postpartum medicine and in the Philippines the leaves are pounded in coconut oil and heated, then applied to the abdomen to relieve tympanites. Pastes of the fresh leaves are rubefacient and used in dysentry. Leaves and seed pods are used as a female aphrodisiac, and many more.
15		<i>Calophyllum inophyllum L.</i>	Guttiferae	Indian Laurel, Penaga Laut, Borneo Mahogany	Calophyllum inophyllum L. is a large tree with broad, glossy, leathery, elliptic-oblong leaf blades, 8–16 cm by 4–8 cm, and with numerous parallel side veins. The tree bears sweetly scented white flowers in erect racemes. Fruits are globose, 2 cm across and are green in colour.	It is found in Africa, tropical and temperate Asia, Australasia and the Pacific.	Inophylone, canophyllone, canophyllide, calophyllumide, inophyllum B, C, P, and E, jacareubin, (+)-calanolide A, inocalophyllins A and B, calophinone, calophyllumin C, inophyllum A and others.	The whole plant is used as a crude drug for curing rheumatism and skin afflictions in South India. Its juice is a purgative and the seed oil is specific for rheumatism and various skin diseases (i.e., scabies, ringworm and dermatosis). The bark is used for internal haemorrhage and as an astringent. In Busu, Papua New Guinea, the milky latex from the leaves is diluted with water and the solution is applied to irritated eyes. The gum is emetic and purgative.
16		<i>Cananga odorata (Lam.) Hook. f. & Th.</i>	Annonaceae	Kenanga, Ylang-Ylang	Cananga odorata (Lam.) Hook. f. & Th. is a shrub which grows to a height of 4 m. Its bark is grey and smooth. Leaves are simple, alternate, exstipulate, oblong to broadly elliptic, large, 3–6.5 cm across, 8.5–29 cm long, with distinct venation pattern. Flowers are fragrant, in clusters on older branches. Fruit turns black on maturity and has many seeds in two rows.	Originates from Indochina, Malesia and tropical Australia.	Acetogenin, aporphine, iridoidine, canagrene, α -humulene, β -cubebene, germacrene D, cananodine, γ -eudesmol and others.	It is used for asthma, malaria, fever, cholera, typhoid, scabies, dermatitis, ulcer and wounds. The seeds are used for stomach complaints with fever and in Indonesia, the bark is used for scabies. In Malaysia, a paste of fresh flowers is applied to the chest for asthma and to treat malaria. In Solomon Islands, a paste of fresh flowers is applied to boils while in India, the essential oil from the flowers makes an external remedy for cephalgia, ophthalmia and gout.
17		<i>Capsicum annuum L.</i>	Solanaceae	Chilli, Red Pepper	Capsicum annuum L. is a small herb that can grow up to 1 m tall. Leaves are oblong-ovate, ovate, or ovate-lanceolate, 4–13 cm by 1.5–4 cm with entire margin. Flowers are small, white or tinged purple. Fruits are mostly red, but can be green, orange, yellow and can grow up to 15 cm. Seeds are pale yellow, discoid or reniform and 3–5 mm.	Native to Mexico and South America, widely cultivated throughout the world.	Capsaicin, capsicosides E–G, capsianosides I–4, capsinoids VIII, IX, X, XIII, XV and XVI, solanidine, solanine, solasidine, scopoletin and others.	The leaves are used to treat toothache. The fruits are used to stimulate gastric activities and increase blood circulation. It is also a stimulant, carminative, and used locally for neuralgia and for rheumatism. Utterine pain associated with childbirth is treated with soup containing the fruit. The Commission E approved Capsicum annuum for painful muscle spasms in areas of shoulder, arm and spines. Preparations are used to treat arthritis, neuralgia, lumbago and chilblains.
18		<i>Cassia fistula L.</i>	Leguminosae	Golden Shower Tree, Indian Laburnum, Purging Cassia	Cassia fistula L. is a large tree, which grows to 10 m tall. Leaves are alternate, pinnate, 3–8 pairs of leaflets, broadly ovate and pointed. Flowers are dense, bright yellow and about 4–5 cm across. Fruit pods are long, 30–60 cm, cylindrical, brown in colour and contains many seed.	Native to India and Sri Lanka.	Fistucacidin, chrysophanic acid, chrysophanol, chlorin, sennosides A and B, chrysophane and others.	The whole plant is used for anthrax, burns, cancer, constipation, convulsions, delirium, diarrhoea, dysentery, dysuria, epilepsy, fever, influenza, grave, haematuria, pimples, syphilis, tumours and worms. The leaf is used for skin diseases (juice), healing ulcers, for ring-worm and irritation of skin (juice of young leaves), facial paralysis and rheumatism (paste). The raw black pod found between the seeds is a popular remedy for constipation. It is also used as a cathartic, for rheumatism and snakebite (pulp), treats bacterial infections (pulp mixed with leaves of Cassia angustifolia), liver complaints, heart disease, reduce fever, as abortifacient, demulcent and is useful in liver, throat, eye diseases, convulsions and sores, and many more.
19		<i>Catharanthus roseus (L.) G. Don</i>	Apocynaceae	Madagascar Periwinkle, Rose Periwinkle	Catharanthus roseus (L.) G. Don is a herb, up to 80 cm tall. Stem is woody, slightly branched and all parts contain white milky latex. Leaves are simple, dark green, glossy, obovate-elliptic, 4–5 cm by 2–3 cm with prominent lateral veins on the abaxial surface. Flowers are bisexual, white, purple, pink, red or white with a red or pink centre. Fruits consist of pairs of greenish succulent follicles, 2–3 cm long and contain small oblong seeds.	Native to Madagascar. Cultivated or naturalised in all tropical countries.	Vinblastine, vinristine, leurosine, akuminicaine, carosine, catharanthine, catharcine, catharine, catharosine, catholine, vindoline, vincaleucoblastine, secologanin, mauro-ritianin, roscine and others.	The plant is used as a remedy for diarrhoea, malaria, diabetes, astringent, diaphoretic, bechic, emmenagogue, menstrual pain, hypertension, insomnia and depurative after parturition in Indochina, the Philippines, Jamaica, West Indies, South Africa, Southeast Asia, India and Queensland. The plant is also used for cold, cough, fever and bronchitis. In Malaysia, the crushed leaves are applied to soads, burns, sores, mumps, swollen neck, tonsillitis and insect bites. In Puerto Rico and Cuba, the flowers are decocted and used as an eyewash.
20		<i>Celosia argentea L.</i>	Amaranthaceae	Feather Cockcomb, Red Spinach	Celosia argentea L. is an annual tropical herb, up to 1 m tall. Stems are cylindrical and the aerial part is branched. Leaves are simple, the blade is lanceolate and ovate. The apex is acuminate. It bears several pinkish or white flowers which are minute. The fruits are globose and seeds are black.	Native to India.	Celosian, nicotinic acid, celogenamide A, celogenin A–D, H, J and K, moroidin and others.	C. arg