

A Field Guide to the

Medicinal Plants of Tasek Bera

Ramsar Site, Pahang, Malaysia



Prepared by:



Scientific Name: *Aglaonema nebulosum* N.E.Br.

Family: Araceae

Vernacular Name: Kayu ulat bulu

Traditional Medicinal Use by Semelai people:

The poultice made from leaves and roots are used to cure skin irritation caused by caterpillar / worms.



Scientific Name: *Agrostistachys longifolia*

Family: Euphorbiaceae

Vernacular Name: Peret chengrang

Traditional Medicinal Use by Semelai people:

- Chopped root pieces are boiled and the decoction is taken to cure stomach-ache, bloody diarrhea and purging.



Scientific Name: *Amischotolype griffithii* (C.B. Clarke) I.M. Turner

Family: Commelinaceae

Vernacular Name: Sentawar

Traditional Medicinal Use by Semelai people:

- Parts of this plant are especially used to treat children if they are not feeling well.
- The roots are boiled and the decoction is taken to treat flu or other sickness in children.
- A few leaves and slices of roots placed in warm water is used to bathe children to provide relief from illness.



Scientific Name: *Amomum xanthophlebium* Baker

Family: Zingiberaceae

Vernacular Name: Luchol / Halia Jacus or Halia Landak

Traditional Medicinal Use by Semelai people:

- Smashed roots are applied to affected areas infected by burns and scalds.
- Boiled root decoction is taken for body heat.
- Dewdrops collected from the flower can be used as eye drops.



Scientific Name: *Apostasia nuda* R.Br.

Family: Orchidaceae

Vernacular Name: Penghilang Bau

Traditional Medicinal Use by Semelai people:

Sap from root is applied all over body before entering forest. The sap release a scent which is thought to mask human scent thus keeping wild animals especially elephants.



Scientific Name: *Aquilaria hirta* Ridl.

Family: Thymelaeaceae

Vernacular Name: Gaharu

Traditional Medicinal Use by Semelai people:

- Resin burnt as joss sticks or as incense.



Scientific Name: *Ardisia sanguinolenta* Blume

Family: Myrsinaceae

Vernacular Name: Penawar Kabeq / Kabuk

Traditional Medicinal Use by Semelai people:

- During confinement period, the roots are boiled and the decoction is taken to cure birth wound and also to cleanse the uterus.



Plant Habit

Scientific Name: *Ardisia sp.*

Family: Myrsinaceae

Vernacular Name: Penjarang

Traditional Medicinal Use by Semelai people:

Roots are boiled and decoction taken as contraceptive.

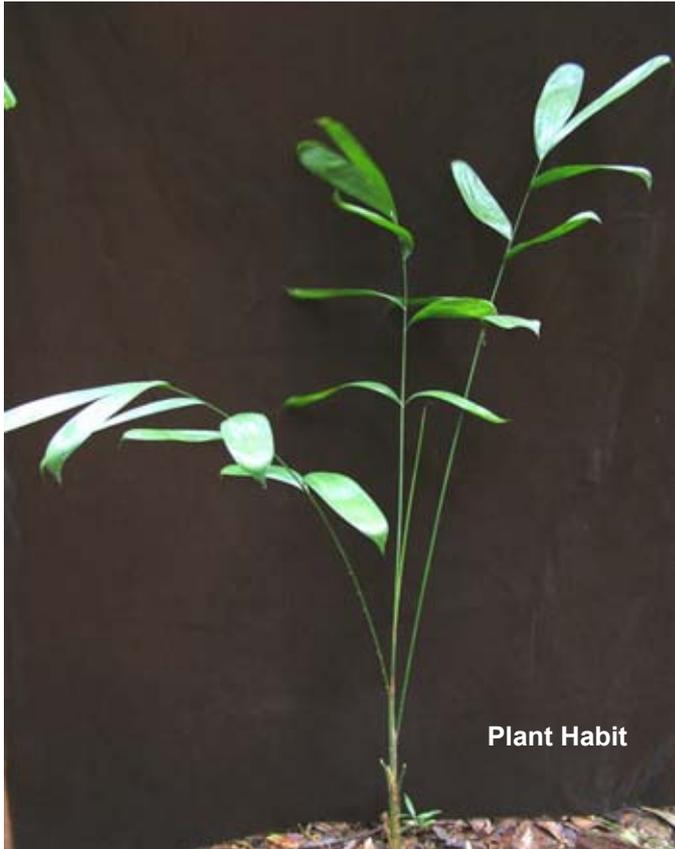
Scientific Name: *Calamus insignis* Griff.

Family: Palmae

Vernacular Name: Derey Batu or rotan batu

Traditional Medicinal Use by Semelai people:

The root is mixed with the roots of Tongkat Ali (*Eurycoma longifolia*), boiled and decoction taken to boost energy.



Scientific Name: *Canarium littorale* Blume

Family: Burseraceae

Vernacular Name: Kedondong

Traditional Medicinal Use by Semelai people:

- Fruit eaten as an appetizer.



Scientific Name: *Champereia manillana* (Blume) Merr.

Family: Opiliaceae

Vernacular Name: Chempedai

Traditional Medicinal Use by Semelai people:

- Shoots can be cooked in various ways as a vegetable.
- Leaves and roots chopped and applied to wounds to speed up the healing process and also for scabies.

Scientific Name: *Clerodendrum deflexum* Wall.

Family: Verbenaceae

Vernacular Name: Kayu Selubang

Traditional Medicinal Use by Semelai people:

Root sap extracted by rubbing against a rock is applied to treat septic wounds.

Scientific Name: *Croton argyratus* Blume.

Family: Euphorbiaceae

Vernacular Name: Tempolong

Traditional Medicinal Use by Semelai people:

- Shoots from this plant are softened on flame, pressed and placed on affected area to treat Kudis / Kusta
- The roots are rubbed on stone and the sap / latex is used to treat rashes by applying on affected area.



Scientific Name: *Cyclea laxiflora* Miers

Family: Menispermaceae

Vernacular Name: Selenban Beri

Traditional Medicinal Use by Semelai people:

Raw or boiled tuber is taken to treat kidney problems and constipation.



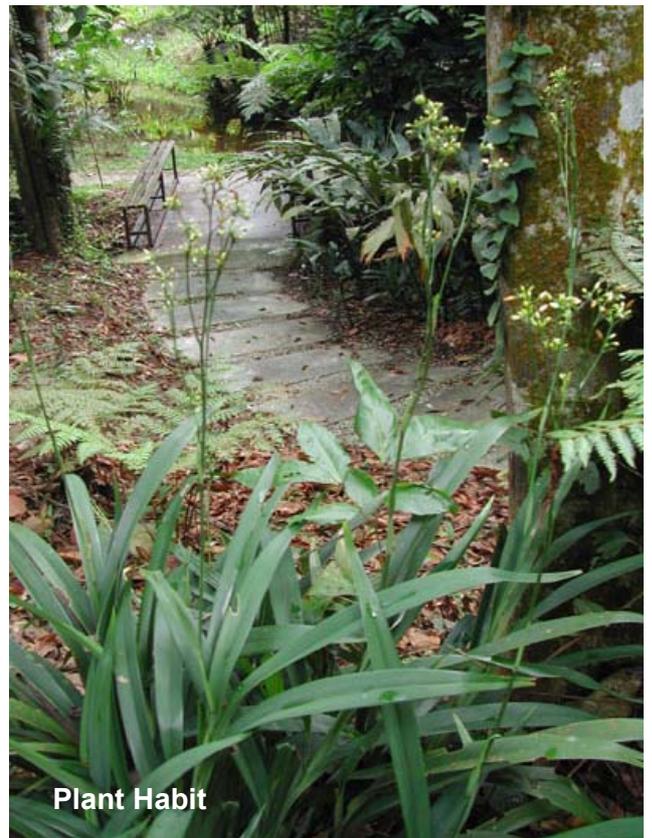
Scientific Name: *Dianella ensiflora* (L.) DC.

Family: Phormiaceae

Vernacular Name: Setanggi

Traditional Medicinal Use by Semelai people:

- Roots burned underneath houses are believed to ward off evil spirits away.



Scientific Name: *Diospyros argentea* Griff

Family: Ebenaceae

Vernacular Name: Kerentah Roy

Traditional Medicinal Use by Semelai people:

- The plant is burnt, especially the leaves to keep away flies.
- Leaves when burnt make crackling noises which keep away flies.



Scientific Name: *Diospyros buxifoliol* (Blume) Hiern.

Family: Ebenaceae

Vernacular Name: Kayu perimbun rambut

Traditional Medicinal Use by Semelai people:

- Pounded leaves and roots are mixed with oil and applied daily to stimulate hair growth.



Scientific Name: *Dipterocarpus kerrii* King

Family: Dipterocarpaceae

Vernacular Name: Keruing

Traditional Medicinal Use by Semelai people:

The resin from a Keruing tree was once used to light up torches which is rarely seen nowadays but the resin is still used as sealants on boats and musical instruments, to caulk boats and for varnishing.

Semelai man showing resin extraction from Keruing tree



Leaves arrangement



Close-up of the undersurface of leaf

Scientific Name: *Dracaena cantleyi*

Family: Dracaenaceae

Vernacular Name: Segemuk

Traditional Medicinal Use by Semelai people:

The leaves are boiled and decoction is taken to increase body weight.



Scientific Name: *Elettaniopsis cf. curtisii*

Family: Zingiberaceae

Vernacular Name: Chepot

Traditional Medicinal Use by Semelai people:

- Juice obtained from smashed green leaves can be applied to the throat or taken to cure sore throat.
- A few leaves are tied and pressed together until scent is emitted which is then tied around the forehead to provide relief from headache. It can also be used to treat people affected by spells / black magic (jampi).
- It is only used by Bomoh and Tok Puyang to treat the patient. If used by ordinary person, it can become poisonous or make the illness worse.
- Rice paste and sap from smashed leaves are mixed and applied on the patient's head to cure fever.
- The leaves are placed in water and It is used for bathing to cure a child from fever.



Scientific Name: *Eurycoma longifolia* Jack

Family: Simaroubaceae

Vernacular Name: Tongkat Ali

Traditional Medicinal Use by Semelai people:

- The root is boiled and the decoction taken to boost energy levels also. It is used as an aphrodisiac. The decoction mixed with Ubi Jaga (*Smilax myosotiflora*) will make it more effective.
- Juice extracted from the leaves are used to treat rash or wounds.



Scientific Name: *Fibraurea tinctoria* Lour.

Family: Menispermaceae

Vernacular Name: Penawar Peraba

Traditional Medicinal Use by Semelai people:

The roots are cut into pieces and boiled. The decoction is drunk to treat stomach-ache and bloody diarrhea. To make the decoction more effective, midur (*Goniothalamus tenuifolius*) and seluol (*Thottea grandiflora*) can be added in and boiled together.



Scientific Name: *Ficus grossularioides*

Family: Moraceae

Vernacular Name: Sikat Nenek Kebayan

Traditional Medicinal Use by Semelai people:

- Latex/sap from leaves is applied to treat boils.



Scientific Name: *Goniothalamus tenuifolius* King.

Family: Annonaceae

Vernacular Name: Midur

Traditional Medicinal Use by Semelai people:

- The leaves and twigs are burnt during heavy storm to get rid of evil spirits.
- The roots are cut into small pieces and boiled. The decoction is taken to treat stomach-ache, wounds infected during childbirth and also to treat diarrhoea.



Scientific Name: *Homolomena sp.*

Family: Araceae

Vernacular Name: Kelemunyang

Traditional Medicinal Use by Semelai people:

- To treat muscle sprains, a leaf poultice is placed on affected areas and bandage.
- The leaves are heated and bandaged around the stomach by using a long strip of cloth as a post-natal treatment.

Scientific Name: *Iguana wallichiana* (Wall. Ex Mart.) Hook.f. var. *wallichiana*

Family: Palmae

Vernacular Name: Kit Kot

Traditional Medicinal Use by Semelai people:

The roots are boiled with Tongkat Ali, Bahngas and rotan batu, and the decoction is taken to boost energy level and also as an Aphrodisiac.



Leaf



Leaf



Plant Habit

Scientific Name: *Ixora* sp.

Family: Rubiaceae

Vernacular Name: Pemecah Darah

Traditional Medicinal Use by Semelai people:

- To treat bruises, the roots are mixed with cooking oil and applied on affected area.
- The roots are boiled and the decoction is drunk for abortion.



Scientific Name: *Knema cinerea* var. *rubens*

Family: Myristicaceae

Vernacular Name: Mendarah

Traditional Medicinal Use by Semelai people:

Red sap from stem obtained by making a slight incision on the bark is used to treat mouth ulcers by applying on affected areas.



Scientific Name: *Knema kunstleri* (King) Warb.

Family: Myristicaceae

Vernacular Name: Mendarah

Traditional Medicinal Use by Semelai people:

- To treat bleeding gum and mouth.



Plant Habit



Leaves specimen

Scientific Name: *Knema laurina*

Family: Myristicaceae

Vernacular Name: Mendarah

Traditional Medicinal Use by Semelai people:
To treat bleeding gum and mouth.



Scientific Name: *Kunstleria* sp.

Family: Leguminosae

Vernacular Name: Serepet Pupuk

Traditional Medicinal Use by Semelai people:

- The young shoots (red or white in colour) are made minced into paste is then mixed with some water. The paste is then applied on forehead to treat headache.



Scientific Name: *Labisia pumila*

Family: Annonaceae

Vernacular Name: Kacip Fatimah

Traditional Medicinal Use by Semelai people:

- The whole plant mixed with sentawar (*Amischotholype griffithii*) is boiled and decoction taken to treat flu.
- The roots and leaves are boiled and the decoction drunk or the leaves and roots are put in warm water which is then used to bathe children who is sick.



Scientific Name: *Lasianthus* sp.

Family: Annonaceae

Vernacular Name: Akar Busung

Traditional Medicinal Use by Semelai people:

The roots are boiled and the water is then used for bathing to treat high fever especially when the patient starts shivering.



Scientific Name: *Licuala grandis*

Family: Palmae

Vernacular Name: Palas

Traditional Medicinal Use by Semelai people:

The sapling / shoots or 'Umbat' is used in traditional medicine to treat all sorts of ailments. One of the treatments can last a whole night and is specially done by an appointed // authorised medicine man / shaman only. Otherwise, the unauthorised spell caster will be afflicted with disease or experience misfortune.



Fruits



Plant Habit



Leave

Scientific Name: *Lygodium circinnatum* (Burm.f.) Sw.

Family: Schizaeaceae

Vernacular Name: Pembenci

Traditional Medicinal Use by Semelai people:

- The roots are mixed with cooking oil, incantations said (jampi) and applied on anyone that a person dislikes. It is believed that the potion will cause the targetted person to have more enemies or will not like the person he/she had initially liked or loved.
- It is also believed that if a person scrapes a bit of the tree bark of 2 trees in the forest that create rubbing sound during strong wind and bits of bark are mixed with roots of *pembenci* and cooking oil the potion would become more effective.



Scientific Name: *Melicope glabra* (Blume) T.G. Hartley

Family: Rutaceae

Vernacular Name: -

Traditional Medicinal Use by Semelai people:

Sap from roots obtained by rubbing on stones are used to cure stomach pains and complaints.



Scientific Name: *Molineria latifolia* (Dryand.) Herb. Ex Kurz.

Family: Hypoxidaceae

Vernacular Name: Meg Beri

Traditional Medicinal Use by Semelai people:

- The roots are boiled and the decoction is taken to boost energy or to treat stomach-ache and bloody diarrhoea.
- The fruit is also taken as an appetizer.



Scientific Name: *Phyllagathis rotundifolia* (Jack) Blume

Family: Melastomataceae

Vernacular Name: Kapal baning

Traditional Medicinal Use by Semelai people:

- The whole plant or only the leaves are boiled and the decoction is taken to treat high blood pressure.



Scientific Name: *Piper cf. caninum*

Family: Piperaceae

Vernacular Name: Sirih Pareh or sirih biawak

Traditional Medicinal Use by Semelai people:

The leaves and stems are soaked in warm water and used to bathe children with fever, epilepsy (sawan), pale complexion and several other serious illness.



Semelai guide trying to get the *piper* specimen



Plant Habit



Plant Habit

Scientific Name: *Psychotria calocarpa* Kurz.

Family: Rubiaceae

Vernacular Name: Sesalung biri

Traditional Medicinal Use by Semelai people:

- To treat rashes or wounds, poultice from roots are applied on affected areas.



Scientific Name: *Rourea rugosa* Planch.

Family: Connaraceae

Vernacular Name: Serepet

Traditional Medicinal Use by Semelai people:

- The roots are boiled and the decoction is taken to treat stomache and bloody diarrhea. To make the treatment more effective, other herbs with similar abilities are added in and boiled together with Serepet.
- Dripping water from freshly cut stem can quench thirst.



Scientific Name: *Scaphium macropodum* (Miq.) BeumTe ex Heyne

Family: Sterculiaceae

Vernacular Name: Kembang Semangkuk

Traditional Medicinal Use by Semelai people:

- The fruits are used in making jam.



Scientific Name: *Scleropyrum pentandrum* (Dennst.) Mabb.

Family: Santalaceae

Vernacular Name: Limau Hantu

Traditional Medicinal Use by Semelai people:

- The roots are boiled and the decoction is taken as a contraceptive.
- It is believed that women will become barren after consuming the decoction



Scientific Name: *Sindora* sp.

Family: Leguminosae

Vernacular Name: Sepetir

Traditional Medicinal Use by Semelai people:

Water added to seed powder of *Sindora* sp. (obtained by rubbing against a stone) is consumed to cure many illness.



Scientific Name: *Smilax calophylla* Wall.ex A. DC.

Family: Smilacaceae

Vernacular Name: Segedang

Traditional Medicinal Use by Semelai people:

The whole plant is boiled together with Paksa Bumi (*Eurycoma longifolia*) and Dedawai (*Smilax* sp.) to boost energy level or as Aphrodisiac.



Scientific Name: *Smilax myosotiflora* A. DC.

Family: Annonaceae

Vernacular Name: Ubi jaga

Traditional Medicinal Use by Semelai people:

- The tuber mixed with Tongkat Ali (*Eurycoma longifolia*) are boiled together and the decoction is taken to boost energy levels and also used as an aphrodisiac.
- Some of the old folks chew beetlenut with slices of *S. myosotiflora* tuber.



Scientific Name: *Spathobes ferrugineus*

Family: Leguminosae

Vernacular Name: Serikan

Traditional Medicinal Use by Semelai people:

- To treat mouth ulcers, the reddish latex / sap / resin is extracted from stem and applied on affected area.



Scientific Name: *Strychnos* sp.

Family: Loganiaceae

Vernacular Name:

Traditional Medicinal Use by Semelai people:

The sap or juice from the roots are used as poisons on darts (sumpitan).



Scientific Name: *Tetracera scandens* (L.) Merr.

Family: Dilleniaceae

Vernacular Name: Mempelas

Traditional Medicinal Use by Semelai people:

- Droplets of water/sap from freshly cut stems are used for eye irritation.
- Juice gathered from smashing the stem are taken to remove body heat.
- Fresh leaves are used to smoothen wood carving or woodwork.



Scientific Name: *Thottea grandiflora* King.

Family: Aristolochiaceae

Vernacular Name: Selwol / Seluol

Traditional Medicinal Use by Semelai people:

- The roots are rubbed on stone to extract juice which is then applied to cure swollen testicles.
- It can also be boiled in water and the decoction taken to cure stomach-ache.



Scientific Name: *Tinomiscium petiolare* Hk.f&Th.

Family: Menispermaceae

Vernacular Name: Jemuk Kunyit

Traditional Medicinal Use by Semelai people:

- The whole plant with the roots are boiled in water. Bathing in this water will cure jaundice.



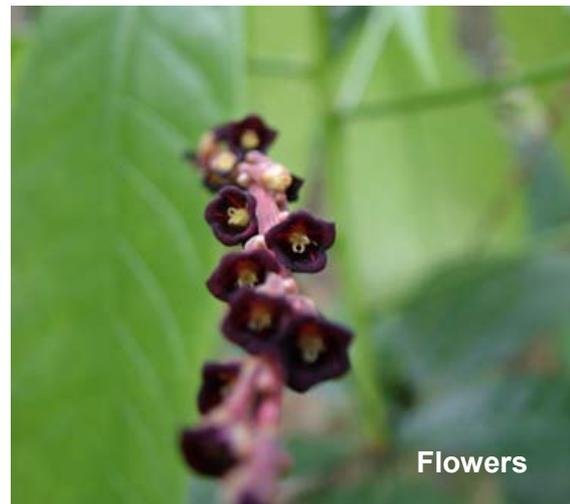
Scientific Name: *Trigonostemon malaccanus* Mnl. Arg.

Family: Euphorbiaceae

Vernacular Name: Kelant Tokchaong

Traditional Medicinal Use by Semelai people:

- The latex is used to treat mouth ulcers and tongue blisters.



Scientific Name: *Vernonia arborea* Buch.-Ham

Family: Compositae

Vernacular Name: Pemeltup Bedil / Prak Tok Berih / Pelatuk Bedil

Traditional Medicinal Use by Semelai people:

The leaf shoots are burned and the ash used to rub on pregnant woman's belly who are waiting to deliver, to initiate labour, so that she will have a quick delivery.

