

MEDICINAL PLANTS

of

M Y A N M A R



MEDICINAL PLANTS OF MYANMAR



Compiled by
MINISTRY OF HEALTH
DEPARTMENT OF TRADITIONAL MEDICINE



Contents

1. *Kin-mun-gyin*
 2. *Ma-ya-gyi*
 3. *Kyet-thun-ni*
 4. *Sha-zaung-let-pat*
 5. *Padegaw-gyi*
 6. *Nanat*
 7. *Say-gha-gyi*
 8. *Aw-za*
 9. *Kun-thee-pin*
 10. *Zaung-ya*
 11. *Tama*
 12. *Leik-su-shwe*
 13. *Gin-beik-ni*
 14. *Phone-ma-thein*
 15. *Htan*
 16. *Thin-baw-ma-hnyo*
 17. *Thinbaw-mezali*
 18. *Ngu*
 19. *Na-lin-gyaw*
 20. *Nga-yant-pa-htu*
 21. *Ohn*
 22. *Ziyar-ywet-tu*
 23. *Kadet*
 24. *Ko-yan-gyi*
 25. *Mye-sa-myet*
 26. *Gway-dauk*
 27. *Kyeik-hman*
 28. *Kywe-kyauing-hmin-hsay*
 29. *Sha-zaung-thin-ga-nate*
 30. *Yin-khat-kyi*
 31. *Si-mee-dauk*
 32. *Ma-nhyo-lone*
 33. *Sin-hna-maung*
- Acacia concinna* DC. (ကင်ပွန်းချဉ်)
Adhatoda vasica Nees. (မုယားကြီး)
Allium cepa Linn. (ကြက်သွန်နီ)
Aloe vera Linn. (ရှားစောင်းလက်ပပ်)
Alpinia galanga (L.) Willd. (ပဒဲကော)
Ananas sativus Linn. (နာနတ်)
Andrographis paniculata Nees. (ဆေးခါးကြီး)
Annona squamosa Linn. (သြဇာ)
Areca catechu Linn. (ကွမ်းသီး)
Averrhoa carambola Linn. (စောင်းလျား)
Azadirachta indica A. Juss. (တမာ)
Barleria prionitis Linn. (လိပ်ဆူးရွှေ)
Basella rubra Linn. (ကင်ပိမ့်)
Blumea balsamifera DC. (ဖုမ္မသိမ်)
Borassus flabellifer Linn. (ထန်း)
Catharanthus roseus G. Don. (သင်္ဘောမညှိုး)
Cassia alata Linn. (သင်္ဘောမဲဇလီ)
Cassia fistula Linn. (ငှ)
Cinnamomum obtusifolium Nees. (နလင်ကျော်)
Clerodendron siphonanthus R. Br. (ငရံပုဒု)
Cocos nucifera Linn. (အုန်း)
Coleus aromaticus Benth. (ဇီယာရွက်ထူ)
Crataeva religiosa Forst. (ခံတက်)
Crinum asiaticum Linn. (ကိုရံကြီး)
Cynodon dactylon (L.) Pers. (မြေဇာ)
Dregea volubilis Benth. (ခွေးတောက်)
Eclipta alba Hassk. (ကြိတ်မှန်)
Euphorbia hirta Linn. (ကျွဲကျောင်းမင်ဆေး)
Euphorbia splendens Bojer. (ရှားစောင်းသင်္ကနိတ်)
Gardenia coronaria Ham. (ရင်ခတ်ကြီး)
Gloriosa superba Linn. (ဆီမီးတောက်)
Gomphrena globosa Linn. (မညှိုးလုံး)
Heliotropium indicum Linn. (ဆင်နာမောင်း)

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|-------------------------------|---|
| 34. <i>Ka-zun</i> | <i>Ipomoea aquatica</i> Forsk. (ရေကန်စွန်း/ကန်စွန်း) |
| 35. <i>Da-bin-shwe-htee</i> | <i>Jatropha podagrica</i> Hk. (တပင်ရွှေထီး) |
| 36. <i>Taw-lay-hnyin</i> | <i>Jussiaea suffruticosa</i> Linn. (တောလေးညှင်း) |
| 37. <i>Kun-sa-gamon</i> | <i>Kaempferia galanga</i> Linn. (ကွမ်းစားဂမုန်း) |
| 38. <i>Pyin-ma</i> | <i>Lagerstroemia speciosa</i> (L.) Pers. (ပျဉ်းမ) |
| 39. <i>Egayit</i> | <i>Millingtonia hortensis</i> L.f. (ဧကရောင်) |
| 40. <i>Dant-da-lun</i> | <i>Moringa oleifera</i> Lamk. (ဒန့်ဒလွန်) |
| 41. <i>Yuzana</i> | <i>Murraya paniculata</i> (L.) Jack. (ယုဇန) |
| 42. <i>Ba-don-ma-kyar</i> | <i>Nelumbo nucifera</i> Gaertn. (ပဒုမ္မာကြာ) |
| 43. <i>Seik-pha-lu</i> | <i>Nyctanthes arbor-tristis</i> Linn. (ဆိပ်ဖလူး) |
| 44. <i>Tha-gya-ma-gaik</i> | <i>Orthosiphon aristatus</i> (Blume) Miq. (သကြားမကိုဋ်) |
| 45. <i>Hmo-na-do-gin</i> | <i>Oxalis corniculata</i> Linn. (မို့နတိုချဉ်) |
| 46. <i>Peik-chin</i> | <i>Piper longum</i> Linn. (ပိတ်ချင်း) |
| 47. <i>Nga-yoke-koung</i> | <i>Piper nigrum</i> Linn. (ငရုတ်ကောင်း) |
| 48. <i>Kant-gyoke-phyu</i> | <i>Plumbago zeylanica</i> Linn. (ကန်ချုပ်ဖြူ) |
| 49. <i>Ma-ha-ga-kyan-sit</i> | <i>Polygonum tomentosum</i> Willd. (မဟာဂါကြံဆစ်) |
| 50. <i>Dawei-hmaing</i> | <i>Quisqualis indica</i> Linn. (ထားဝယ်ပိုင်း) |
| 51. <i>Htaw-la-bat</i> | <i>Rhinacanthus communis</i> Nees. (ထောလပတ်) |
| 52. <i>Mee-gwin-gamon</i> | <i>Rhoeo discolor</i> (L. Her) Hance. (မီးကွင်းဂမုန်း) |
| 53. <i>Thinbaw-kokko</i> | <i>Samanea saman</i> (Jacq.) Merr. (သဘောကုက္ကို) |
| 54. <i>Kyet-tha-hin</i> | <i>Sauropus albicans</i> Blume. (ကြက်သဟင်း) |
| 55. <i>Set-naya-thi-pin</i> | <i>Thevetia peruviana</i> (Pers.) Schum. (ဆယ့်နှစ်ရာသီ) |
| 56. <i>Kyaung-pan-gyi</i> | <i>Vitex negundo</i> Linn. (ကြောင်ပန်းကြီး) |
| 57. <i>Kyaung-pan-lay</i> | <i>Vitex trifolia</i> Linn. (ကြောင်ပန်းလေး) |
| 58. <i>Dabin-daing-myanan</i> | <i>Vitis repens</i> Wight & Arn. (တပင်တိုင်မြန်း) |
| 59. <i>Zee</i> | <i>Zizyphus jujuba</i> Lamk. (မြန်မာ ဇီးချဉ်) |

MEDICINAL PLANTS OF MYANMAR

1. Acacia concinna DC.

Mimosaceae

Myanmar name : Kin - mun - gyin (ကင်ပွန်းချဉ်)

English name : Soap Acacia

Description

Spinous or prickly shrubs or trees. Leaves bipinnate with cordate stipules; leaflets small. Inflorescence globose heads; flowers white. Fruits ligulate or oblong pods, not jointed, thick succulent. When dry shrivelled and rugose with wavy sutures.

Distribution

Wild and cultivated in Myanmar.

Parts used

Leaves, fruits, flowers

Indications

Dyspepsia, hepatitis and jaundice, adaphoresis, dysentery, insomnia, loss of concentration, indigestion, skin infections and insect bite.

Dosage

Decoction of leaf or flowers is orally used in a dose of 600 ml per day in dyspepsia, hepatitis and jaundice, insomnia and loss of concentration. 300 ml per day of decoction is used for child in indigestion. Expressed juice of fresh leaf is orally used in insect bite. Ash of fruit is externally used in skin infections.

Acacia concinna DC.



2. *Adhatoda vasica* Nees.

Acanthaceae

Myanmar name : Ma - ya - gyi (မုယားကြီး)
English name : Malabar Nut

Description

A small evergreen sub - herbaceous bush. Leaves opposite, petiolate, entire, broadly lanceolate or ovate lanceolate, apex acuminate, tapering at the base, taste bitter. Inflorescence axillary spikes: flowers white, dense, short pedunculate, bracteate. Fruits 4 seeded, small, capsule, shortly and bluntly pointed, pubescent. Seeds orbicular oblong, glabrous.

Distribution

Found wild in gardens and along the road sides. Especially found in Northern parts and Middle parts of Myanmar.

Parts used

Leaves, Flowers

Indications

Haematemesis, melena, pulmonary diseases, bleeding piles and dry cough.

Dosage

Decoction of leaves with sugar is orally taken in a dose of 100 - 200 ml. Expressed juice is also orally taken, together with sugar and lime juice in the same dose.

Adhatoda vasica Nees.



3. *Allium cepa* Linn.

Liliaceae

Myanmar name : Kyet - thun - ni (ကြက်သွန်နီ)

English name : Onion

Description

A perennial herb; bulb thick, globular. Scape tall, hollow, inflated base leafy. Leaves shorter than the scape. Inflorescence umbel, globular or subglobose; flowers white, numerous. Fruits capsule.

Distribution

Extensively cultivated as a spices and medicinal plants.

Parts used

Bulbs

Indications

Febrile fits, tinnitus, ringing ear, earache, otitis, and eye instillation.

Dosage

Expressed juice of fresh bulb is externally used for febrile fits in children. Expressed juice is used as eye - drop in case of fits in adult. It is also used as ear - drop for earache and otitis.

Allium cepa Linn.



4. *Aloe vera* Linn.

Liliaceae

Myanmar name : Sha - zaung - let - pat (ရှားစောင်းလက်ပပ်)
English name : Barbados Aloe

Description

A stemless herb. Leaves lanceolate, large, thick, fleshy, sessile, apex sharp, spiny margin. Inflorescence raceme, scape longer than the leaves, dense; flowers yellow or orange cylindrical.

Distribution

Cultivated agricultural fields for medicinal purposes. Widely cultivated in middle parts of Myanmar.

Parts used

Leaves

Indications

Hypertension, as antihyperlipoproteinaemic agent, indigestion, menstrual disorders, eye and ear diseases, constipation, numbness, paresis, paralysis, skin diseases and disorders, menorrhagia, and as tonic agent.

Dosage

Fresh leaves are used in the preparation of medicated paste by the ratio of about 30%. Such paste is orally taken in a dose of 0.5 gm to 1 gm jelly of fresh leaf is externally used as skin lotion cream.

Aloe vera Linn.



5. *Alpinia galanga* (L) Willd.**Zingiberaceae****Myanmar name** : Padegaw - gyi (ပဒဲကောကြီး)**English name** : Greater galangal**Description**

Perennial herb. Rhizome cylindrical, stout, aromatic, covered with scales. Leaves alternate oblong lanceolate, upper surface glabrous and shining. Inflorescence in terminal dense raceme; flowers greenish white. Fruits globose or ovoid.

Distribution

Occurs wild throughout Myanmar.

Parts used

Rhizome, roots, stem, flowers.

Indications

Indigestion, flatulence, dyspepsia, colic, nausea, vomiting, diarrhoea, cough, haemoptysis, fever, allergic reaction, amenorrhoea, laxation and as blood purifying agent.

Dosage

Stem or flower powder is orally taken in a dose of 1 - 2 gm for indigestion, flatulence, vomiting and colic. Decoction of rhizome, together with sugar is orally taken in a dose of 15 - 30 ml or dried powder in a dose of 1 - 2 gm for cough, fevers, menstrual disorders.

Alpinia galanga (L) Willd.



6. *Ananas sativus* Linn.

Bromeliaceae

Myanmar name : Nanat (နာနတ်)

English name : Pineapple

Description

A perennial herb with densely rhizome. Leaves numerous, linear - lanceolate, wide, acuminate, sharply spiny - toothed margins. Heads terminal, solitary, ovoid, much enlarged in fruit. Flowers violet purple above. White below.

Distribution

Generally planted for edible fruits.

Parts used

Fruits, Leaves

Indications

Leucorrhoea, oliguria, dysuria, haematemesis, injuries, urinary disorders, oedema, laxation, as tonic and deodorant.

Dosage

Expressed juice of fresh leaves in a dose of 100 - 200 ml or decoction in a dose of 200-600 ml is orally taken for leucorrhoea, oliguria, dysuria and haematemesis. Leaves are baked and it is adhered on injuries. Unripe fruit is cooked with other meats and taken for laxative. Ripe fruit is taken for urinary disorders, oedema and as tonic, deodorant and anthelmintic.

Ananas sativus Linn.



***7. Andrographis paniculata* Nees.**

Acanthaceae

Myanmar name : Say - gha - gyi (ဆေးခါးကြီး)

English name : King of Bitters

Description

An annual herb. Stem quadrangular. Leaves opposite, lanceolate, apex acuminate, petiole short. Inflorescence racemose; flowers whitish, small. Fruits capsule, linear - oblong, erect, acute at both ends. Seeds numerous, small, glabrous.

Distribution

Grows wild throughout Myanmar. Especially found in lower parts of Myanmar.

Parts used

Whole plant

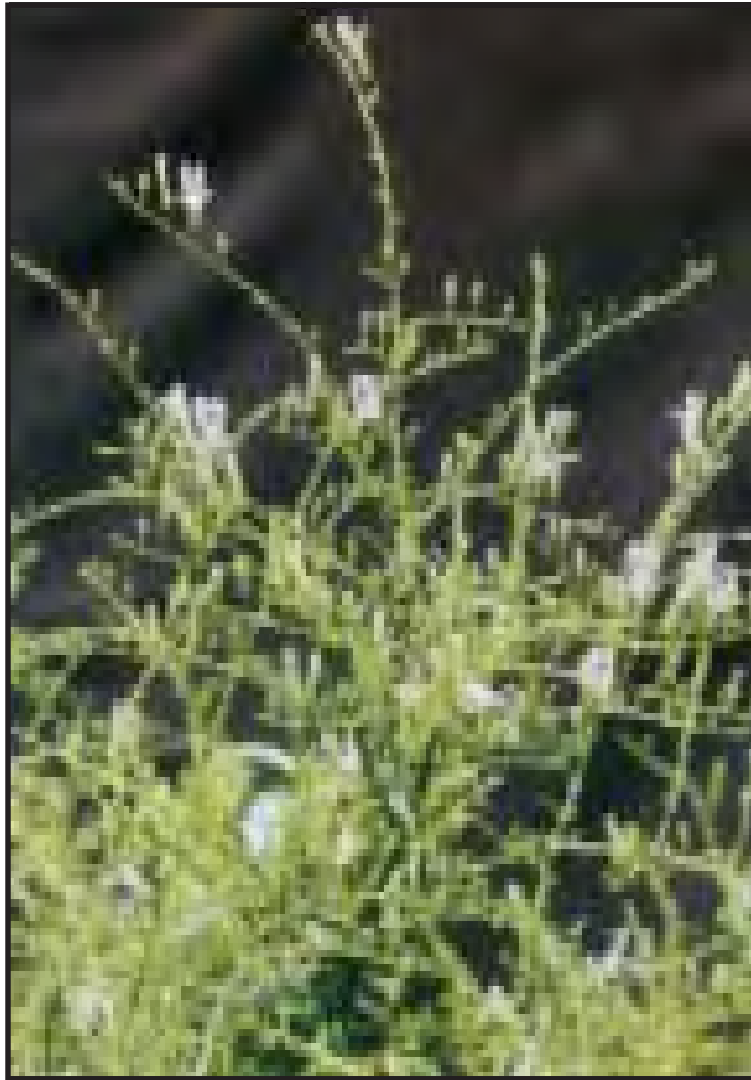
Indications

Diabetes, malaria, fevers, indigestion, colic, paresis and paralysis, tingling and numbness.

Dosage

Dried powder in a dose of 3 - 6 gm or decoction in a dose 150 ml - 300 ml orally taken for the specified indications.

Andrographis paniculata Nees.



8. *Annona squamosa* Linn.**Annonaceae**

Myanmar name : Aw - za (အုခ)
English name : Custard apple

Description

A small deciduous tree; bark thin, brownish. Leaves alternate, elliptic or lanceolate or oblong - lanceolate, acute or obtuse. Flowers solitary or in pairs, greenish - yellow. Fruits ovoid cream white when ripe, pulp white, juicy, sweet edible. Seeds numerous, oblong or obovoid, hard, brownish black, smooth, shining.

Distribution

Cultivated as a fruit tree throughout Myanmar. Mostly found in middle parts of Myanmar.

Parts used

Fruits, leaves

Indications

Various ulcers and sore, arthritis, inflammation, oedema, as a tonic agent and to promote spermatogenesis.

Dosage

Crushed fresh leaves are adhered for various ulcers and arthritis. Dried unmaturred fruit is made slurry and externally used in oedema. Ripe fruit is taken as tonic.

Annona squamosa Linn.



9. *Areca catechu* Linn.

Palmae

Myanmar name : Kun - thee - pin (ကွမ်းသီးပင်)
English name : Betel - nut; Areca - nut

Description

A quite straight tree, trunk solitary. Leaves pinnately compound, leaflets numerous, glabrous. Inflorescence spathe double; male flowers very numerous, female flowers solitary at the base. Fruits ovoid, brown, astringent, slightly bitter.

Distribution

Cultivated in many areas of Myanmar for its fruits which are chewed.

Parts used

Roots, fruits, flowers

Indications

Oliguria, dysuria, indigestion, gingivitis, bleeding from the gastrointestinal tract, menorrhagia and skin infections.

Dosage

Fruits are macerated and macerated solution is orally taken in a dose of 90 - 120 ml for oliguria, dysuria, indigestion. Decoction of unmaturred fruit is used as antiseptic for gingivitis. Ash of fruit (½ tea spoonful) with jaggery is orally taken for bleeding from the gastrointestinal tract. Decoction of matured fruit is taken in a dose of 150 - 450 ml for menstrual disorders. Ash of fruit is externally used for skin infection with coconut oil.

Areca catechu Linn.



10. *Averrhoa carambola* Linn.**Oxalidaceae****Myanmar name** : Zaung - ya (ခောင်းလျား)**English name** : Carambola, Star apple**Description**

A small tree with close drooping branches. Leaves alternate; imparipinnate, leaflets ovate or ovate - lanceolate, acuminate, margin entire, glabrous or pubescent above, glaucous and glabrous beneath. Inflorescence axillary or sometimes springing from the bark in short raceme; flowers purplish pink or purplish white. Fruits berry, oblong or ellipsoid, angled yellow when ripe. Seeds arillate.

Distribution

Found wild or cultivated as a fruit tree. Especially in lower parts of Myanmar.

Parts used

Fruits

Indications

Melena, urolithiasis and perspiration.

Dosage

Orally use the fresh fruit and it is also used as curry.

Averrhoa carambola Linn.



11. *Azadirachta indica* A. Juss.**Meliaceae****Myanmar name** : Tama (တမာ)**English name** : Neem**Description**

A large tree with a straight trunk. Leaves pinnate, 5-6 leaflets pairs; opposite, ovate, lanceolate, sessile or sub - sessile, acuminate, serrated edge, oblique, glabrous. Flowers white, numerous. Fruits drupes, oval and elongated, yellowish green. Seed one, linear oblongoid.

Distribution

Naturalized in many areas especially in middle parts of Myanmar.

Parts used

Bark, leaves, flowers

Indications

Diabetes, skin diseases, malaria, fevers, dysentery, colic, round worm and pin worm, injuries and oedema.

Dosage

Leaves and flowers are used as salad. Decoction of leaves and flowers in a dose of 200 - 400 ml or dried powder in dose of 5 - 10 gm are orally taken for diabetes, antiseptic purposes. Ash of leaves and flowers are externally used for skin diseases. Decoction of bark is orally taken in a dose of 300 - 600 ml for malaria, fevers, dysentery. Dried powder in a dose of 4 - 6 gm with honey is orally taken for colic and anthelmenthic activities. Slurry of bark is externally used in inflammation and injuries.

Azadirachta indica A.Juss.



12. *Barleria prionitis* Linn.**Acanthaceae****Myanmar name** : Leik - su - shwe (လိပ်ဆူးရွှေ)**English name** : Not Known**Description**

A shrub, much branched; stems and branches glabrous. Leaves elliptic, acuminate, entire, base tapering into the petiole. Flowers yellow in colour, sessile, often solitary. Fruits capsule, ovoid. Seeds 2, compressed, clothed with silky appressed hairs.

Distribution

Grows wild throughout Myanmar.

Parts used

Whole plant

Indications

Piles, melena, as a diuretic agent, oedema, as antiseptic in piles and fistula - in - ano and to increase spermatogenesis.

Dosage

Decoction of whole plant is orally taken in a dose of 450 - 600 ml for piles, melena, diuretic action and oedema. It is also used as antiseptic for piles and melena. Dried powder in a dose of 6 gm with honey is orally taken to increase spermatogenesis.

Barleria prionitis Linn.



13. *Basella rubra* Linn.**Basellaceae****Myanmar name** : Gin - beik - ni (ကင်ပိန်နီ) ကင်ပိတ်နီ**English name** : Indian spinach**Description**

A perennial succulent herb; stem purplish red, long and slender twining to the right, glabrous. Leaves alternate, simple, broadly ovate, acute or acuminate, entire, base often cordate. Inflorescence pedunculate spikes; flowers white or purple, sessile. Fruits berry, purplish red to black when mature.

Distribution

Naturalized in Myanmar

Parts used

Whole plant

Indications

Urinary disorder, oedema, leucorrhoea and menstrual disorder.

Dosage

Orally use in a dose of 12 - 15 gm per as dried powder or 120 - 200 ml per as decoction. Sugar and jaggery may be used as vehicles.

Basella rubra Linn.



14. *Blumea balsamifera* DC.**Compositae.****Myanmar name** : Phone - ma - thein (ဖုမ္မသိမ်)**English name** : Borneo camphor**Description**

An ever green shrub, tomentose or silky woody; stem tall. Leaves lanceolate to oblong - lanceolate, margin serrate. Inflorescence head; flowers numerous, yellow. Fruits achenes, minute, glabrous, pappus soft.

Distribution

Grows wild throughout Myanmar.

Parts used

Leaves

Indications

Gastric diseases, indigestion, colic, intestinal ulcers, pyrexia, arthritis, bone diseases and malaria.

Dosage

Expressed juice in a dose of 2 - 4 ml or dried powder in a dose of 2 - 4 gm is orally used for gastric diseases, colic, fevers and intestinal ulcers. Crushed fresh leaves are externally used for arthritis and bone diseases. Expressed juice is orally taken in a doses of 20 - 60 ml for malaria, and it is also used as eye - drop for the malaria.

Blumea balsamifera DC.



15. *Borassus flabellifer* Linn.**Palmae**

- Myanmar name** : Htan (ဝဲနဲး)
English name : Toddy palm

Description

Tall, stout, unarmed trunk, often swollen above the middle. Leaves palmate, fan-shaped, rigidly coriaceous, margin spinous; Inflorescence Spadix; flowers dioecious male minute, perianth glumaceous, female very large, sessile, clothed with large coriaceous rounded bracts. Fruits drupe, distinctly trigonous in young, perfectly globe in mature, fibrous outside, fleshy mesocarp inside.

Distribution

Grows wild or cultivated in many places. Especially in the tropical region of Myanmar.

Parts used

Roots, buds, toddy (i.e. - juice from buds.)

Indications

Dyspepsia, flatulence, to promote digestion, as a central nervous system stimulant, as tonic, abdominal colic for laxation to increase haemopoiesis and spermatogenesis.

Dosage

Root is macerated and it orally taken in a dose of 50 - 150 ml for digestion, relaxation, and to alleviate dyspepsia and flatulence. Sweet toddy is drunk as stimulant and tonic agent. Ash of bud is orally taken in a dose of 250 mg daily for indigestion and colic. Jaggery (i.e. - the product obtained by evaporation of sweet juice) is taken as a snack and food to increase haemopoiesis and spermatogenesis.

Borassus flabellifer Linn.



16. *Catharanthus roseus* G. Don.**Apocynaceae**

Myanmar name : Thin - baw - ma - hnyo (သင်္ဘောမညို)
English name : Peri winkle

Description

A perennial woody shrub. Leaves opposite, oblong - lanceolate, stipules minute. Flowers solitary, white or pinkish purple, arising from the axil of the leaves. Fruits paired, follicle, slender, cylindrical.

Distribution

Mostly cultivated as an ornamental plants in various parts of Myanmar.

Parts used

Whole plant.

Indications

Diabetes, anaemia, dizziness due to anaemia, inflammation (ulcers and sore.)

Dosage

Decoction is orally taken for diabetes in a dose of 300 - 450 ml. Expressed juice together with the same amount of honey is orally taken in a dose of 20 - 40 ml for anaemia. Crush fresh leaves are externally used on various ulcers.

Catharanthus roseus G. Don.



17. *Cassia alata* Linn.**Caesalpiniaceae**

- Myanmar name** : Thinbaw - mezali (သင်္ဘောမဲလီ)
English name : Ringworm shrub

Description

A bush or small tree horizontally spread branches. Leaves pinnately compound 8 - 12 pairs; leaflets opposite, oblong - ovoid or ovoid, glabrous, rounded at both ends. Flowers yellow, clusters. Fruits black pods, glabrous, thick flattened winged. Seeds quadrangular.

Distribution

Grows wild in wet places but is also cultivated in various parts of Myanmar for its medicinal purposes.

Parts used

Whole plants, leaves, flowers

Indications

Insomnia, palpitation, over sweating, diarrhoea diseases due to menstrual disorders and urinary disorders, flatulence, dyspepsia, anorexia, wounds and injuries.

Dosage

Fresh leaves and flowers are used as vegetable and curry. Dried powder in a dose of 3 to 8 gm or decoction 400 - 600 ml is orally taken for insomnia, palpitation and over sweating. Decoction of bark in the dose of 400 - 600 ml together with jaggery is orally taken for diarrhoea diseases, flatulence and poor appetite. Aqueous extracts of bark and root are dissolved in ethanol and it is externally used on wounds and injuries to promote healing. Decoction of bark is also used as antiseptic for oral diseases.

Cassia alata Linn.



18. *Cassia fistula* Linn.**Caesalpiniaceae**

- Myanmar name** : Ngu (ငှဲ)
English name : Pudding Pipe Tree

Description

Tree, trunk straight, branches spreading. Leaves compound; leaflets 3 - 6 pairs, ovate or ovate - oblong, acute. Flowers slender, yellow. Fruits pods, nearly straight, smooth, shining brownish black with numerous horizontal seeds. Seeds broadly ovate.

Distribution

Naturalized or cultivated throughout Myanmar for its showy flowers.

Parts used

Whole plant

Indications

For laxative and cathartic actions, menstrual disorders, menopausal syndrome, piles, tingling and numbness, paresis and paralysis, skin infections and disorders, oedema, as antiaging drug, headache and hypertension.

Dosage

About two leaves is baked and taken as salad for laxative activity. Ripe fruits are used as an ingredient in formulations for menstrual disorders, piles tingling and numbness, paresis and paralysis. Dried bark powder in a dose of 1 - 2 gm daily with honey is orally taken for chronic headache, hypertension, skin disorders and for antiaging. Bark is made slurry and externally used for oedema.

Cassia fistula Linn.



19. *Cinnamomum obtusifolium* Nees.**Lauraceae**

Myanmar name : Na - lin - gyaw, Lu - lin - gyaw (နုလင်ကျော်၊ လုလင်ကျော်)
English name : Not Known

Description

An evergreen large straight forward tree; bark grey. Leaves alternate, simple, oblong obtuse, tip acute, 3 - nerved, leathery texture. Inflorescence cymose; flowers white, small silky - hairy pedicels. Fruits succulent drupes, ellipsoid or sub - globose, small.

Distribution

Naturalized or cultivated for its medicinal purposes.

Parts used

Wood

Indications

Muscle stiffness and pain, tingling and numbness, skin rashes and skin diseases and arthritis.

Dosage

Slurry of woody part is used as lotion for specific diseases.

Cinnamomum obtusifolium Nees.



20. *Clerodendron siphonanthus* R.Br.**Verbenaceae**

- Myanmar name** : Nga - yant - pa - du (ငန့်ပုဒုံ)
English name : The nodding clerodendron

Description

Shrubs, tall, erect; stem herbaceous, fluted, hollow. Leaves in whorls, oblong, shortly acuminate, base narrowed, margin entire, glabrous, shortly curved. Inflorescence 3 flowered axillary or terminal paniculate, cyme; flowers white in lax. Fruits dark bluish green when ripe with enlarged red persistent calyx.

Distribution

Grows wild throughout Myanmar.

Parts used

Leaves, flowers, roots

Indications

Indigestion, piles, amenorrhoea, giddiness and vomiting, as agent for improvement of memory due to neural deficit, and white - patches.

Dosage

Leaves and flowers are used as curry. Dried root powder in a dose of 6 - 10 gm or decoction in a dose of 450 - 600 ml are orally taken for specific diseases.

Clerodendron siphonanthus R.Br.



21. *Cocos nucifera* Linn.

Palmae

Myanmar name : Ohn (အုန်း)
English name : Coconut Palm

Description

Perennial trunk, straight or curved ring - like leaf scars rising from an inclined swollen base. Rootlets mass, protruding from the base. Leaves alternate, pinnate; leaflets equal size, coriaceous. Inflorescence spadix; flowers creamish white, male flowers unsymmetric, female flowers globose. Fruits trigonously obovoid or sub - globose, green or yellowish, large cavity filled with sweet fluid.

Distribution

Cultivated for its edible fruits. Also found naturalized along the sea - shore.

Parts used

Fruits, nut, coconut water, roots

Indications

Dyspepsia, flatulence, indigestion, as a central nervous system stimulant and nutritious diet, to increase urination and perspiration, insomnia and urinary disorders.

Dosage

Roots is macerated and it is orally taken in a dose of 50 - 150 ml for digestion, and to alleviate dyspepsia and flatulence (same as Htan) Coconut and coconut - water are taken as food for essential glucose, for urination and tonic purposes.

Cocos nucifera Linn.



22. *Coleus aromaticus* Benth.

Labiatae

- Myanmar name** : Ziyar - ywet - htu (ဒီယာရွက်ထူ)
English name : Country Borage

Description

A perennial herb, shrubby below, hispidly villous or tomentose, fleshy. Leaves broadly ovate, cordate, crenate fleshy, aromatic. Inflorescence close panicle or racemose or densely many flowered cymes; flowers blue, minute. Fruiting calyx suberect.

Distribution

Grows wild among shrubs. Cultivated as a medicinal plant.

Parts used

Leaves

Indications

Cough, fever, asthma, arthritis, tinnitus, earache and as topical agent.

Dosage

Orally use the expressed juice of fresh leaves in a dose of 2 - 4 tea spoonful a day for cough, asthma, fever and arthritis. This expressed juice is also used as ear - drop. Externally use the crush fresh leaves together with sesame oil on forehead of children in case of fever.

Coleus aromaticus Benth.



23. *Crataeva religiosa* Forst.

Capparidaceae

- Myanmar name** : Kadet (ခိတက်)
English name : Three - Leaved Caper

Description

A tree with much branched head. Leaves 3 foliate; leaflets deciduous, ovate, lanceolate or obovate, alternate at the base, margin entire, glabrous on both surfaces. Flowers numerous yellowish white or greenish white, stout, glabrous. Fruits berry, globose or ovoid, woody, smooth or scurfy. Seeds brown, nearly smooth.

Distribution

Naturalized in lower parts of Myanmar.

Parts used

Leaves, bark, roots, flowers

Indications

To promote digestion, regular bowel habit and micturition, tumour mass or solid mass, as tonic agent, chills due to menstrual disorders and urinary disorders tingling and numbness, paresis and paralysis, as antiaging agent, oedema and arthritis.

Dosage

Leaves and flowers are taken as salad for digestion and promotion of regular bowel habit and micturition. Bark is made slurry and it is externally used for solid mass and wounds. Dried bark powder is orally taken in a dose of 3 - 6 gm for diuretic activity and general good health. Bark powder is mixed with honey and orally taken as antiaging drug, to use tingling and numbness, to promote clear vision. Root is made slurry with alcohol and it is externally used for oedema and arthritis.

Crataeva religiosa Forst.



24. *Crinum asiaticum* Linn.**Amaryllidaceae****Myanmar name** : Ko - yan - gyi (ကိုရံကြီး)**English name** : Lily Poison Bulb**Description**

A stout perennial herb; rootstock bulbous. Leaves linear - lanceolate, fleshy, margin entire and undulate. Flowers, white, large, fragrant. Fruits subglobose.

Distribution

Occurs wild or cultivated in gardens as a flowering plant in middle parts of Myanmar.

Parts used

Leaves

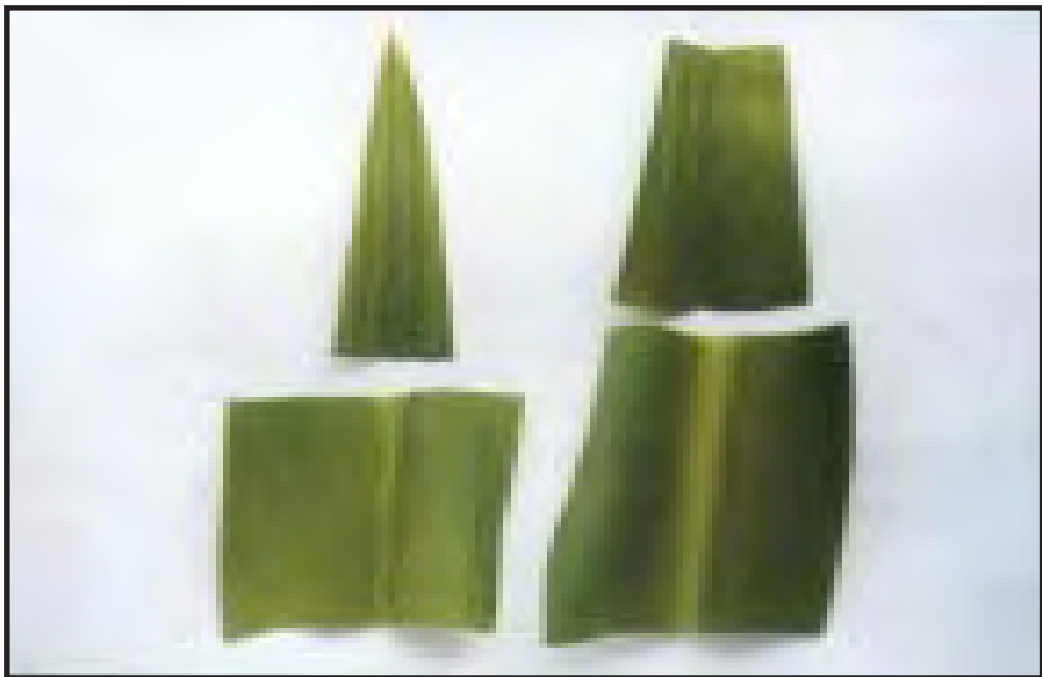
Indications

Arthritis, injuries, skin infections and herpes.

Dosage

Leaves are heated and it is adhered on arthritis and injuries. Expressed juice of fresh leaves is externally used for skin infections and herpes.

Crinum asiaticum Linn.



25. *Cynodon dactylon* (L.) Pers.**Gramineae**

- Myanmar name** : Mye - sa - myet (မြေခက်)
English name : Bermuda Grass

Description

Stem slender, prostrate, widely creeping forming matted tufts. Leaves linear or lanceolate, finely acute, more or less glaucous, soft, smooth usually conspicuously distichous in the barren shoots. Inflorescence spike, green or purplish, floral glume obliquely oblong to semi - ovate.

Distribution

Grass found wild everywhere in Myanmar.

Parts used

Whole plant

Indications

Oliguria, neuroasthenia, eye diseases, renal diseases, diarrhoea diseases due to menstrual disorders in female and urinary disorders in male and skin infections.

Dosage

Decoction of whole plant is orally taken in a dose of 300 - 600 ml, for oliguria, neurasthenia and eye diseases. Fresh plant is cooked with fish or prawn and it is taken for renal diseases, diarrhoea diseases, oedema and skin infections.

Cynodon dactylon (L) Pers.



26. *Dregea volubilis* Benth.**Asclepiadaceae****Myanmar name** : Gway - dauk (ခွေးတောက်)**English name** : Not Known**Description**

A large twining shrub; young branches green, slender, smooth, older branches with gray coloured very long, glabrous, often with lenticles and sometimes with small black dots. Leaves broadly ovate, suborbicular, acuminate. Inflorescence laterally drooping umbellate cymes; flowers numerous, green or yellowish green. Fruits follicles slightly tapering to a very blunt point, rugosely striate, glabrous. Seeds broadly ovate, flattened.

Distribution

Cultivated for its leaves, eaten as a vegetable.

Parts used

Whole plant

Indications

Indigestion, dyspepsia, dysentery, diarrhoea, insomnia, dog bite, insect bite, tingling and numbness, and oedema.

Dosage

Leaf, flower and fruit are used as salad or curry. Dried root powder is orally used in a dose of 5 - 10 gm per day. It is externally used on various ulcers and oedema by making slurry with water or alcohol and rabies, injury, sore and boils.

Dregea volubilis Benth.



27. *Eclipta alba* Hassk.**Compositae**

Myanmar name : Kyeik - hman (ကြိတ်မှန်)
English name : Trailing Eclipta

Description

An annual herb, short flat or round stem. Leaves opposite, sessile or sub - sessile, oblong - lanceolate, subentire. Heads, solitary or 2 together on unequal axillary peduncles; flowers white, small, on a long stalk.

Distribution

Grows as a weed in gardens, waste places and along the road - sides throughout Myanmar.

Parts used

Whole plant

Indications

Menstrual disorders, perspiration and to control bowel habit, hepatitis and jaundice, hepatoprotective, burns, scald, injuries, to promote digestion, haemopoiesis and anaemia.

Dosage

Dried powder in a dose of 3 - 6 gm or decoction in a dose of 400 - 600 ml is orally taken for menstrual disorders, to control bowel habit, hepatitis and jaundice, as hepatoprotective agent. Expressed juice is externally used for burns and various skin disorders. Fresh leaves or powder with honey is taken for anaemia, and blood formation or blood circulations.

Eclipta alba (L) Hassk.



28. *Euphorbia hirta* Linn.**Euphorbiaceae**

Myanmar name : Kywe - kyaung - hmin - hsay (ကျွဲကျောင်းမင်းဆေး)
English name : Milk - weed

Description

An annual erect herb, hispid with often yellowish crisped hairs, branching from the root stock. Leaves opposite, obliquely oblong - lanceolate or obovate - lanceolate, apex sub - acute, base unequal sided, dark green above, pale beneath, pubescent; petiole short, reddish. Inflorescence globose cymes; flowers whitish green, minute. Fruits capsule, villous with white hairs. Seeds trigonous, reddish brown in colour.

Distribution

Grows wild along the roadsides, open lands, surrounding paddy field in various parts of Myanmar.

Parts used

Leaves, stem, flowers

Indications

Dysentery and menorrhagia.

Dosage

Dried powder in a dose of 3 - 6 gm or decoction of aerial portion in a dose of 150 - 250 ml is orally taken with jaggery for specified indications.

Euphorbia hirta Linn.



29. *Euphorbia splendens* Bojer.**Euphorbiaceae.****Myanmar name** : Sha - zaung - thin - ga - nate (ရှားစောင်းသင်္ကနိတ်)**English name** : Kiss - me - quick**Description**

Shrubs, trunk stout, rough short sharp stipular spines on the stem, branches curving upwards the plants appear to be a leafless, after falling of the leaves. Leaves small, obovate-oblong, subsessile, apex rounded or subtruncate, cuneate at the base, glabrous, deciduous. Inflorescence cyathium, central flower sessile, female, the two lateral on long stout pedicels. Fruits capsule, cocci, compressed.

Distribution

Cultivated in gardens, parks for ornament.

Parts used

Leaves

Indications

Dysentery

Dosage

Expressed juice of fresh leaves is orally taken 3 - 6 ml per day in case of dysentery.

Euphorbia splendens Bojer.



30. *Gardenia coronaria* Ham.**Rubiaceae****Myanmar name** : Yin - khat - kyi (ရင်ခတ်ကြီး)**English name** : Not known**Description**

A deciduous tree, branches stout. Leaves opposite, stipules intrapetiolar, sub - sessile, obovate, shortly acuminate. Inflorescence terminal or axillary; flowers white changing to yellow, fragrant. Fruits smooth, endocarp thick, woody.

Distribution

Naturalized or cultivated throughout Myanmar for its fragrant flowers.

Parts used

Flowers, bark

Indications

Haemoptysis, haematemesis and melena, diarrhoeal diseases, skin disorders, as antiseptic and oedema.

Dosage

Decoction of flowers is orally taken in a dose of 50 - 100 ml for haemoptysis and diarrhoeal diseases. Slurry of bark is externally used for skin disorders.

Gardenia coronaria Ham.



31. *Gloriosa superba* Linn.**Liliaceae****Myanmar name** : Si - mee - dauk (ဆီးမီးတောက်)**English name** : Climbing Lily**Description**

A herbaceous tall glabrous branching climber, root stock of arched, solid, fleshy, white cylindrical tubers. Stem annual, herbaceous. Leaves sessile, scattered or opposite or ternately whorled, ovate - lanceolate, acuminate, tip ending in a tendril - like spiral, base cordate. Flowers large, axillary, solitary. Fruits capsule, linear - oblong.

Distribution

Cultivated for its medicinal uses.

Parts used

Tubers, flowers

Indications

Asthma, tussis, amenorrhoea, as anti - inflammatory agent and arthritis.

Dosage

Dried flowers are used to combine with other ingredients for asthma and tussis, amenorrhoea. Dried tuber is also used together with other ingredients for inflammation. Dried tuber powder and roasted common salt in the ratio of 1:2 is orally taken in a dose of 2 gm for asthma and arthritis.

(Caution, Flowers and tuber can cause abortion. These are never used without roasting due to toxicity. If even roasted powder is taken too much, it can cause vomiting)

Gloriosa superba Linn.



32. *Gomphrena globosa* Linn.**Amaranthaceae****Myanmar name** : Ma - nhyo - lone (မညှိုးလုံး)**English name** : Bachelor's Button**Description**

An erect annual herb; branched, hairy. Leaves simple obovate - oblong, opposite, acute, margin entire. Inflorescence large globose with two leafy bracts; flowers with pinkish purple bracteoles, scarious, lateral with a crested dorsal wing, larger than sepals. Fruits capsule. Seeds shining black.

Distribution

Grows wild but mostly cultivated in garden for ornament.

Parts used

Whole plant

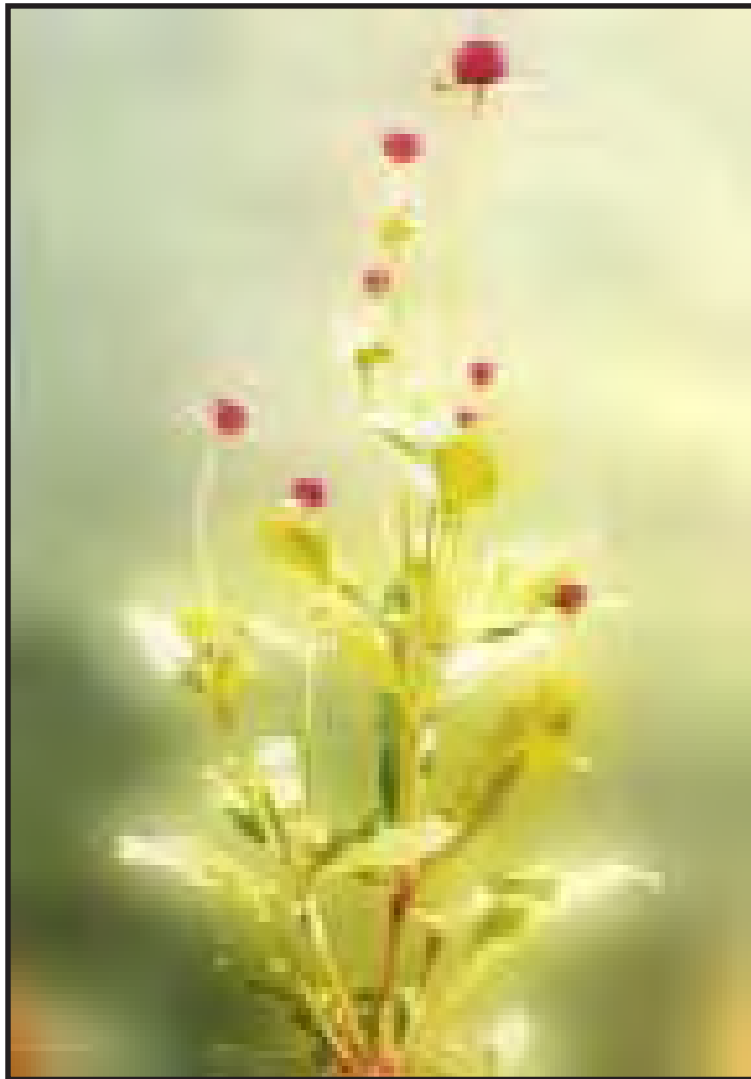
Indications

Cough

Dosage

Decoction is orally taken in a dose of 10 - 30 ml for cough.

Gomphrena globosa Linn.



***33. Heliotropium indicum* Linn.**

Boraginaceae

Myanmar name : Sin - hna - maung (ဆင်နာမောင်း)

English name : Heliotrope

Description

A succulent annual herb. Stems stout, ascending branches more or less densely rough spreading hairs. Leaves alternate, ovate or ovate - oblong, few scattered hairs on above, minutely soft hairs beneath, wavy margins. Flowers pale violet, numerous, densely arranged on the stalk. Fruits deeply 2 lobed, each lobe compressed.

Distribution

Found wild as a weed among grasses along the roadsides.

Parts used

Whole plant

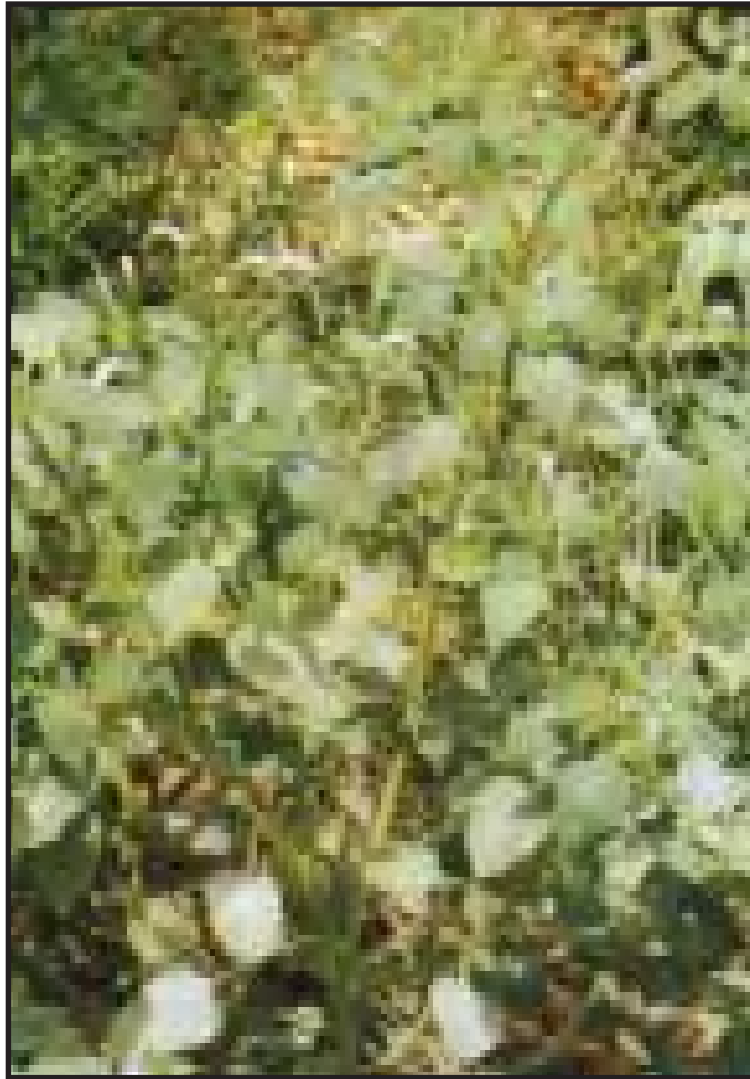
Indications

Oliguria, haematuria as anti - inflammatory agent and oedema due to renal diseases and other causes.

Dosage

Dried powder in a dose of 3 - 6 gm and decoction in a dose of 200 - 400 ml are orally taken for urinary diseases. Decoction is also externally used for inflammation and oedema. (Contraindication; patients with hepatitis)

Heliotropium indicum Linn.



34. *Ipomoea aquatica* Forsk.

Convolvulaceae

Myanmar name : Ka - zun (ကန်စွန်း/လေကန်စွန်း)
English name : Rabbit leaf

Description

An annual or biannual aquatic herb. Stem long, prostrate, trailing on mud or floating, thick, hollow, rooting at the nodes, glabrous. Leaves alternate, elliptic - oblong or sub - deltoid, base usually dilated, cordate. Flowers infundibuliform, white or pale purple. Seeds minutely pubescent.

Distribution

Grows wild or widely planted in ponds as a vegetable. Especially found in lower parts of Myanmar.

Parts used

Aerial parts

Indications

Menorrhagia, flatulence, as tonic and inflammation for intoxication.

Dosage

It is commonly used as curry leaf. Crushed aerial portion is externally used for inflammation.

Ipomoea aquatica Forsk.



35. *Jatropha podagrica* Hk.**Euphorbiaceae****Myanmar name** : Da - bin - shwe - htee (တပင်ရွှေထီး)**English name** : Gouty - stemmed *Jatropha***Description**

Herbs, stem swollen Leaves alternate, terminal, margin lobed. Inflorescence terminal cymes; flowers monoecious orange red in colour. Fruits capsule, green in colour.

Distribution

Cultivated in gardens for ornament and medicinal use.

Parts used

Whole plant

Indications

Toothache, menstrual disorder, stomatitis, glossitis, disorder after delivery, injury and haemorrhage.

Dosage

Decoction of fruit, leaf and flower are used as mouth - washing agent for dental and oral diseases. Root powder is orally used in a dose of 5 gm - 15 gm per day in disorder after delivery. Resin is externally used as a healing for various ulcers.

Jatropha podagrica Hk.



36. *Jussiaea suffruticosa* Linn.**Onagraceae**

- Myanmar name** : Taw - lay - hnyin / Mae - lay - pin (တောလေးညှင်း/မဲလေးပင်)
English name : Not known

Description

Perennial erect shrub, much branched, cylindrical. Leaves linear to broadly elliptic, usually lanceolate, acute, tapering towards the base. Flowers solitary and axillary, yellow, bracts minute. Fruits capsule, subquadrangular, truncate. Seeds minute, brown.

Distribution

Grows wild along the road - sides.

Parts used

Leaves, flowers

Indications

Pulmonary diseases, haematemesis and melena, gastrointestinal diseases, indigestion, tussis and abscess.

Dosage

Decoction of leaves is orally taken in a dose of 50 - 100 ml. Dried powder is also orally taken in a dose of 2 - 4 gm together with sugar or honey.

For external use, crushed fresh leaves and flowers are adhered on abscess.

Jussiaea suffruticosa Linn.



37. *Kaempferia galanga* Linn.**Zingiberaceae**

Myanmar name : Kun - sa - gamon (ကွမ်းစားဂမုန်း)
English name : Maraba

Description

Perennial herbaceous plant; rhizomes tuberous, ovate, strongly aromatic. Leaves spreading, flat on the ground, deep green, petiole short, channelled. Flowers white tinged with violet, sweet-scented, opening successively.

Distribution

Grows wild or cultivated as a medicinal herb in Myanmar.

Parts used

Rhizome, leaves, flowers

Indications

Sore-eye, inflammation, wounds, giddiness, palpitation, as antiaging agent, poisoning, poor appetite and in digestion and for general well - being.

Dosage

Expressed juice is used as eye - drop in case of sore-eye. Fresh leaves are heated and adhered on wounds for healing by granulation. Crushed fresh leaves are used as inhalant for giddiness and palpitations. Dried flowers, with honey is regularly taken as antiaging drug. Expressed juice of rhizome is orally taken as antidote. Dried rhizome powder is orally taken in a dose of 4 - 6 gm with boiling water for poor appetite, to promote digestion, and for general well - being.

Kaempferia galanga Linn.



38. *Lagerstroemia speciosa* (L.) Pers.**Lythraceae**

Myanmar name : Pyin - ma (ပျဉ်းမ)
English name : Queen Crape Myrtle

Description

A large tree; widely branched, bark flaking off in irregular pieces. Leaves oblong - lanceolate or elliptic. Inflorescence axillary, terminal panicles; flowers purple, clawed, much undulate, crumpled. Fruits capsule ellipsoid or sub - globose, minutely apiculate.

Distribution

Grows wild along roadside and cultivated as a shade tree in various parts of Myanmar.

Parts used

Bark, roots, fruits

Indications

Anti-inflammatory agent for ulcers and sore, diabetes, altered bowel habit and motion, as antiseptic in case of piles, fistula - in - ano, as agent for dental health to obtain white and strong teeth.

Dosage

Decoction of bark is orally taken in a does of 200 ml to 300 ml per day for diabetes and altered bowel habit. It is also used as cleaning agent for piles and various ulcers. Slurry of fruit is externally use for fistula - in - ano. Powder of roasted fruit is used to brush teeth.

Lagerstroemia speciosa (L.) Pers.



39. *Millingtonia hortensis* L.f.**Bignoniaceae**

Myanmar name : Egayit (ဧကရာဇ်)
English name : Indian Cork Tree

Description

An erect tree, bark corky, branches drooping. Leaves compound, 2 - 3 pinnate; leaflets ovate - lanceolate, acuminate, serrate or crenate, deep green above, pale beneath. Flowers white, fragrant, numerous. Fruits capsule, acute at both ends. Seeds winged, wing narrow at the apex.

Distribution

Grows wild on cultivated throughout Myanmar as a vegetable and medicinal purposes.

Parts used

Flowers, leaves, roots

Indications

Hypertension, dizziness, food poisoning, insect bite, perspiration, urolithiasis, dysuria, oedema due to renal diseases, tinnitus, earache, neck stiffness, muscle stiffness and pyrexia.

Dosage

Flowers and leaves are used as salad. Decoction of dried root powder is orally taken in a dose of 100-200 ml for hypertension, dizziness and poisoning, Dried flower is taken as tea for perspiration. Leaf is made curry with other meat and it is taken for urolithiasis and renal diseases. Slurry of dried root is also orally taken as the same cases above and earache, stiffness and pyrexia.

Millingtonia hortensis L.f.



40. *Moringa oleifera* Lamk.

Moringaceae

Myanmar name : Dant - da - lun (ဒန့်ဒလွန်)

English name : Drum - stick

Description

A small middle size tree, bark corky. Leaves tripinnate; leaflets opposite, deciduous, elliptic or obovate. Flowers white in large puberulous panicles. Fruits long pods with ribs. Seeds tri - angled, the angles winged.

Distribution

Grows wild or extensively cultivated as a vegetable in throughout Myanmar.

Parts used

Whole plant

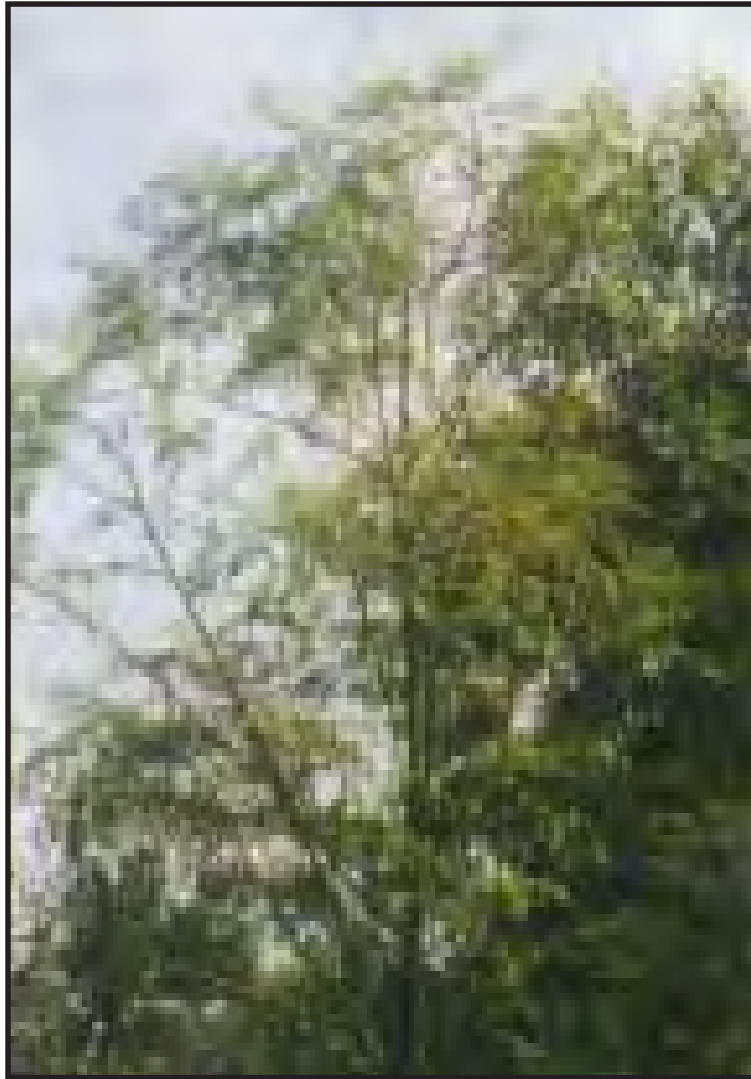
Indications

Menstrual disorder, tingling and numbness, oedema, dry cough, menorrhagia, hypertension, as agent to increase spermatogenesis and to improve memory.

Dosage

Decoction of root and bark together with jaggery in a dose of 100 - 200 ml for menstrual disorders. Slurry of root or bark is externally used for oedema tingling and numbness. Leaves, flowers and fruits are commonly used as vegetable and salad for the tonic purposes.

Moringa oleifera Lamk.



41. *Murraya paniculata* (L.) Jack.**Rutaceae**

Myanmar name : Yuzana (ယုဇန)
English name : Orange Jessamine

Description

A large shrub or small evergreen tree. Leaves pinnate, glabrous; leaflets 3 - 8 alternate, ovate or elliptic - ovate, often notched at the tip, oblique at base, shining above. Flowers white, fragrant, borne in few or multi - flowered terminal or axillary corymbs. Fruits berries, globose or ovoid, red or orange - yellow in colour. Seeds 1 - 2.

Distribution

Cultivated for fragrant flowers.

Parts used

Roots

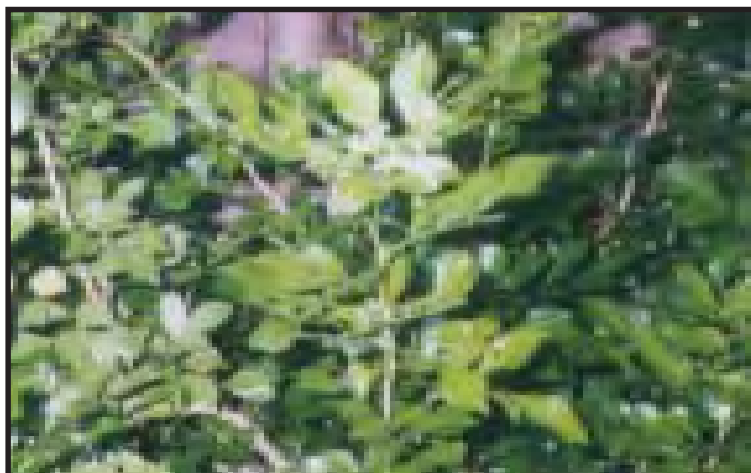
Indications

Injuries, abscess, cellulitis, skin disorders. Pyrexia due to infected wounds and measles.

Dosage

Externally use as slurry for various ulcers and skin disorders. The slurry with common salt is orally taken in a dose of 5 - 10 ml for fevers.

Murraya paniculata (L.) Jack.



42. *Nelumbo nucifera* Gaertn.**Nymphaeaceae****Myanmar name** : Ba - don - ma - kyar (ပဒုမ္မာကြာ)**English name** : Sacred lotus**Description**

An erect large attractive herb; root stock stout, creeping underground rhizome. Leaves raised high above the water orbicular, peltate, membranous, entire, petioles very long, smooth or rough with prickles. Inflorescence solitary cymes; flowers white or rosy - pink or rosy - red, large. Fruits torus spongy, top - shaped. Seeds black slightly elongated spherical, smooth.

Distribution

Grows wild and cultivated in ponds and swamps for its scented flowers.

Parts used

Roots, fruits, pollens

Indications

Vomiting, haemoptysis, tachycardia, pyrexia, stiffness of neck, giddiness, restlessness, leucorrhoea, spermatorrhoea, impotency and aging.

Dosage

Dried powder is orally used in a dose of 8 - 10 gm per day and decoction is used in the dose of 25 - 50 ml per day.

Nelumbo nucifera Gaertn.



43. *Nyctanthes arbor-tristis* Linn.**Oleaceae****Myanmar name** : Seik - pha - lu (ဆိပ်ဖလူး)**English name** : Coral Jessamine**Description**

Erect shrubs or small trees with soft white hairs, young branches sharply quadrangular. Leaves opposite, ovate, apex acute or acuminate, rough with short stiff hairs, margin entire or a few large distinct teeth, base rounded or slightly cuneate, main nerves conspicuous beneath. Inflorescence axillary, solitary or in terminal short trichotomous cymes; flowers white, corolla tube orange, fragrant. Fruits capsule, orbicular, compressed. Seeds orbicular, flattened.

Distribution

Cultivates for its fragrant flowers.

Parts used

Leaves, flowers, roots

Indications

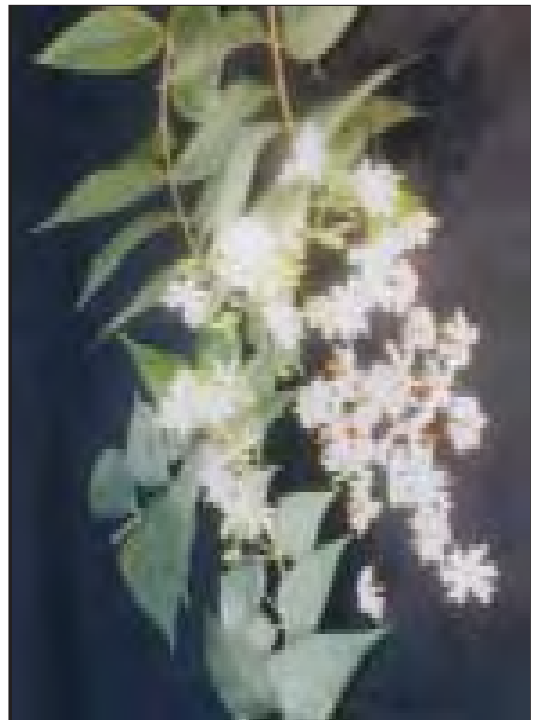
Insomnia, palpitation, drowsiness, diabetes, carbuncle due to diabetes, as tonic and antiaging agent.

Dosage

Dried flower powder is orally taken in a dose of 3 - 6 gm together with sugar and drinking water sterilized by boiling for insomnia and drowsiness.

Decoction of leaves is orally taken in a dose of 150 - 300 ml for carbuncle due to diabetes. Dried root powder with honey is taken as tonic and antiaging drug.

Nyctanthes arbor-tristis Linn.



44. *Orthosiphon aristatus* (Blume) Miq.**Labiatae**

Myanmar name : Tha - gya - ma - gaik (သိကြားမကိုင်း)
English name : Java tea

Description

A perennial herb, stem 4 - angled. Leaves opposite in distant pairs, ovate to ovate - acuminate, coarsely toothed margins, base cuneate. Inflorescence close whorled raceme; flowers purplish white. Fruits nutlets, broadly oblong, compressed.

Distribution

Cultivated as a medicinal herb in lower parts of Myanmar.

Parts used

Whole plant

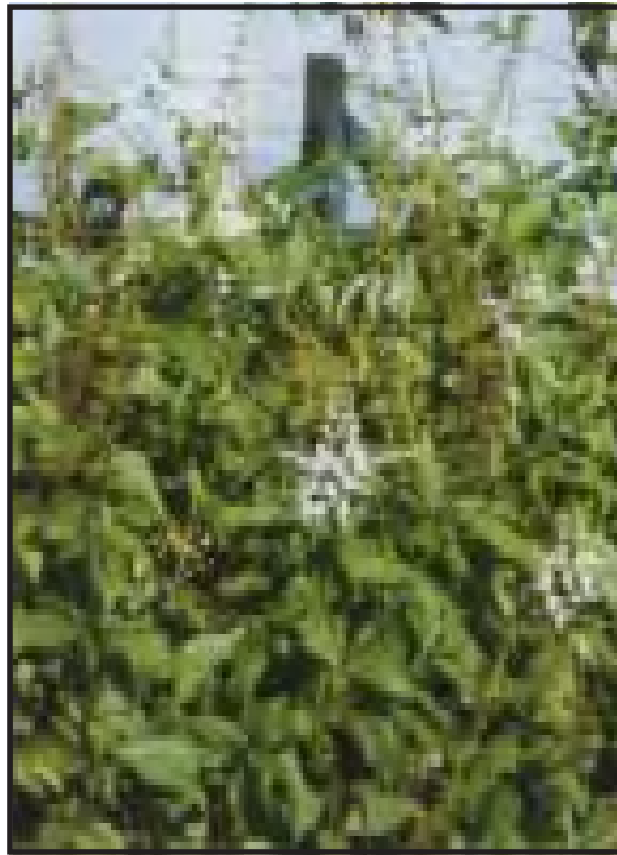
Indications

Diabetes and inflammation.

Dosage

Decoction in a dose of 300 - 500 ml or dried powder in a dose of 3 - 6 gm is orally taken for diabetes. Crush fresh leaves are externally used for ulcers and sore to reduce inflammation.

Orthosiphon aristatus (Blume) Miq.



45. *Oxalis corniculata* Linn.**Oxalidaceae**

Myanmar name : Hmo - na - do - gin (မိုနတိုချဉ်)

English name : Indian sorrel

Description

A perennial creeping herb. Leaves palmately trifoliolate, long petioled; leaflets obcordate, cuneate at the base. Inflorescence axillary, subumbellate; flowers yellow, minute. Fruits capsule, 5 - angled. Seeds dark brown, numerous.

Distribution

Grows wild in shady and wet places. Mostly used as salad.

Parts used

Whole plant

Indications

Eye diseases, gonorrhoea, hepatitis and jaundice and insect bite.

Dosage

Expressed juice is used as eye - drops. Decoction with sugar is orally taken in a dose of 150 - 300 ml for gonorrhoea. The same dose of decoction with glucose is orally taken for hepatitis and jaundice.

Oxalis corniculata Linn.



46. *Piper longum* Linn.**Piperaceae****Myanmar name** : Peik - chin (ပိတ်ချင်း)**English name** : Long Pepper**Description**

A small shrub, creeping stem, branches prostrate or creeping with broad leaves. Leaves broadly ovate, or oblong ovate, apex acuminate, base cordate, margin - entire, glabrous, dark green and shining above, pale beneath. Inflorescence spikes; male flowers slender, bracts narrow, female flowers bracts circular. Fruits small, ovoid, blackish green, slightly tapering.

Distribution

Occurs wild in shady places and hilly region of Myanmar.

Parts used

Whole plant

Indications

Indigestion, colic, amenorrhoea, chills due to menstrual disorders, malaria, headache, muscle stiffness, tingling and numbness, paresis and paralysis.

Dosage

Dried powder of whole plant is orally taken in a dose of 3 - 6 gm for specified indications.

Piper longum Linn.



47. *Piper nigrum* Linn.

Piperaceae

Myanmar name : Nga - yoke - kOUNG (ငရုတ်ကောင်း)

English name : Black Pepper

Description

A climbing perennial shrub; branches stout, trailing, rooting at the nodes. Leaves broadly ovate, acuminate, margin entire, base rounded, acute or cordate, glabrous. Inflorescence spikes; flowers minute, usually dioecious. Fruits globose or ovoid, bright red when ripe. Seeds globose.

Distribution

Cultivated as a spices, along the coast, southern parts and western parts of Myanmar.

Parts used

Fruits, stem, leaves

Indications

Promotions for digestion, urination and perspiration, gastrointestinal diseases, diarrhoea diseases, menstrual disorders, dizziness, for oral-hygiene and appetizing and for clear-vision.

Dosage

Dried fruit powder is commonly used as curry powder. It is orally taken in a dose of 5-8 gm together with the same amount of roasted common salt for urinary disorders, to increase perspiration and digestion, gastrointestinal diseases, diarrhoea diseases, menstrual disorders. Roasted dried fruit powder is inhaled for dizziness. Skin diseases and inflammation are treated with vapour produced from boiling fruits, stem and leaves with water to get relief or recover.

Piper nigrum Linn.



48. *Plumbago zeylanica* Linn.**Plumbaginaceae****Myanmar name** : Kant - gyoke - phyu (ကန်ချပ်ဖြူ)**English name** : White flowered lead wort**Description**

A perennial herb. Stem cylindrical, striate, glabrous. Leaves alternate, simple, ovate, entire, narrowed into the petiole. Inflorescence spikes, rachis glandular, striate; flowers white, slender. Fruits capsules, oblong pointed.

Distribution

Cultivated as a medicinal herb.

Parts used

Whole plant

Indications

Dysmenorrhoea, metrorrhagia, amenorrhoea, skin disorders (itchiness, numbness, skin rashes) due to menstrual disturbances and neurological disorders, indigestion, numbness, paresis and paralysis.

Dosage

Decoction is orally taken in a dose of 300 - 450 ml for specific diseases. Honey and Jaggery may be used as vehicles. (Caution; abortion if it is used during early pregnancy)

Plumbago zeylanica Linn.



49. *Polygonum tomentosum* Willd.**Polygonaceae**

- Myanmar name** : Ma - ha - ga - kyan - sit (မဟာဂါကြံဆစ်)
English name : Not known

Description

Herbs, stem with swollen nodes. Leaves alternate, simple, sheathing petiole, stipule
orchreate. Inflorescence panicle; flowers white. Fruits achene.

Distribution

Grows wild on roadsides.

Parts used

Whole plant

Indications

Arthritis, abscess, metrorrhagia, constipation, tingling and numbness, oedema and
general paresis.

Dosage

Crush fresh leaves are used externally for arthritis and abscess. Whole plant powder is
orally used in a dose of 9 - 12 gm per day. Sugar and honey may be used as vehicles.

Polygonum tomentosum Willd.



50. *Quisqualis indica* Linn.**Combretaceae****Myanmar name** : Dawei - hmaing (ထားဝယ်နိုင်း)**English name** : Rangoon Creeper**Description**

A large scandent shrub. Leaves opposite, oblong or obovate. Inflorescence axillary and terminal drooping racemes; flowers white first, finally turning rosy pink colour, long narrow tube. Fruits oblong, glabrous, black. Seed only one.

Distribution

Naturalized or cultivated in many places as a hedge plant throughout Myanmar.

Parts used

Leaves

Indications

Dysentery.

Dosage

Fresh leaves are taken as salad in case of dysentery.

Quisqualis indica Linn.



51. *Rhinacanthus communis* Nees.**Acanthaceae****Myanmar name** : Htaw - la - bat (ဖောလပတ်)**English name** : Not known**Description**

An under shrub. Stem obscurely angled, glabrous or pubescence. Leaves elliptic - lanceolate, tip acute, margin entire, base tapering. Inflorescence panicles; flowers white, shortly pedicellate. Fruits capsule.

Distribution

Grows wild and is cultivates throughout Myanmar.

Parts used

Leaves, roots

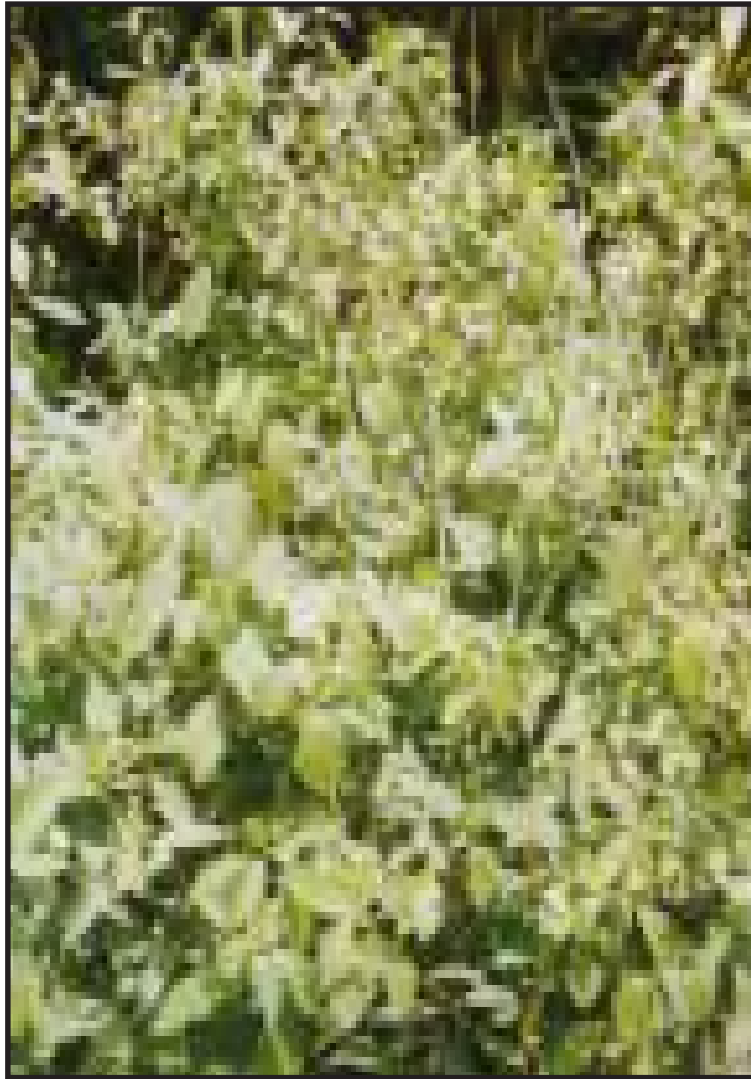
Indications

Leucorrhoea, dysmenorrhoea, alopecia, skin infections, sore and boils.

Dosage

Expressed juice of fresh is externally used in alopecia, 50 - 75 ml of expressed juice or 70 - 100 ml of decoction is orally used in dysmenorrhoea. Dried root powder is orally used for tonic by mixing with sugar or honey. Ash of leaf is mixed with coconut oil to use externally in skin infections, sore and boils.

Rhinacanthus communis Nees.



52. *Rhoeo discolor* (L. Her) Hance.**Commelinaceae**

- Myanmar name** : Mee - gwin - gamon (မီးကွင်းဂမုန်း)
English name : Oyster Plant

Description

A succulent perennial herbs. Stems nodose; roots fibrous sometimes thick. Leaves alternate, flat or trough like, entire margin, parallel venation, sheathing petiole, upper surface green, purple beneath. Inflorescence axillary cymose, subtended by a boat - shaped spathe or foliaceous bract; flowers white, minute. Fruits loculicidal capsule, enclosed by fleshy sepals.

Distribution

Cultivated in gardens throughout Myanmar for ornament.

Parts used

Whole plant

Indications

Haematemesis, bleeding tendency and epistaxis.

Dosage

Only fresh leaves are used. Decoction with sugar is orally taken in a dose of 200 - 300 ml per day for haematemesis. In case of epistaxis, fresh leaves are adhered on the base of nose.

Rhoeo discolor (L. Her) Hance.



53. *Samanea saman* (Jacq.) Merr.**Mimosaceae**

Myanmar name : Thinbaw - kokko (သင်္ဘောကုက္ကို)

English name : Rain Tree

Description

A large deciduous tree. Leaves bipinnately compound, dark green or pale green, apex acute, hairy on both surfaces. Flowers reddish pink in peduncled heads, pubescent outside. Fruits pod, pale brown or yellowish, pubescent till mature. Seeds numerous.

Distribution

Naturalized along the roadsides as a shade tree in various parts of Myanmar.

Parts used

Bark, leaves

Indications

Malaria, chronic illness and fever, indigestion, diarrhoeal diseases and injuries.

Dosage

Dried bark powder is orally taken in a dose of 1.5 to 3 gm for specified diseases. Expressed juice of fresh leaves is externally used for injuries.

Samanea saman (Jacq.) Merr.



54. *Sauropus albicans* Blume.**Euphorbiaceae**

Myanmar name : Kyet - tha - hin (ကြက်သလင်း)

English name : Not known

Description

A perennial under shrub; erect slender woody stem, basal branches. Leaves alternate, pinnate, ovate - lanceolate, tip acute, base obtuse. Axillary clustered inflorescence, yellowish - red flowers. Fruits globose, berry, white tinged with pink colour. Seeds ovoid.

Distribution

Grows wild but also cultivated in many places.

Parts used

Leaves, fruits, flowers, roots

Indications

Hepatitis and jaundice, gastric bleeding, urinary disorder, oedema, ringing ear, earache, constipation and stiffness.

Dosage

10 - 15 gm of dried powder or 45 - 75 ml of decoction is orally used per day.

Sauropus albicans Blume.



55. *Thevetia peruviana* (Pers.) Schum.**Apocynaceae****Myanmar name** : Set - naya - thi - pin (ဆယ့်နှစ်ရာသီပင်)**English name** : Yellow Oleander**Description**

An evergreen shrub or small tree. Juice milky poisonous. Leaves spirally arranged crowded, linear, petiole minute. Inflorescence terminal cymes; flowers yellow. Fruits ovoid or elliptic. Seeds 4 or fewer by suppression.

Distribution

Cultivated in gardens or roadside for its elegant foliage and beautiful flowers.

Parts used

Roots, flowers

Indications

Numbness and aching because of menstrual disorders and as nasal spray for sinusitis.

Dosage

Decoction of root is orally taken in a dose of 100 - 200 ml per day for menstrual disorders. Dried flower powder is used as nasal spray for sinusitis.

Thevetia peruviana (Pers.) Schum.



56. *Vitex negundo* Linn.**Verbenaceae**

- Myanmar name** : Kyaung - pan - gyi (ကျောင်းပန်းကြီး)
English name : Five leaved chaste tree

Description

A large shrub or small tree, branches quadrangular. Leaves opposite, 3 - 5 foliolate; leaflets lanceolate, apex acute, glabrous above, tomentum beneath. Inflorescence terminal thyrse; flowers bluish purple, tomentose outside hairy inside. Fruits drupe, black when ripe.

Distribution

Found both wild and cultivated throughout Myanmar.

Parts used

Leaves, fruits, roots

Indications

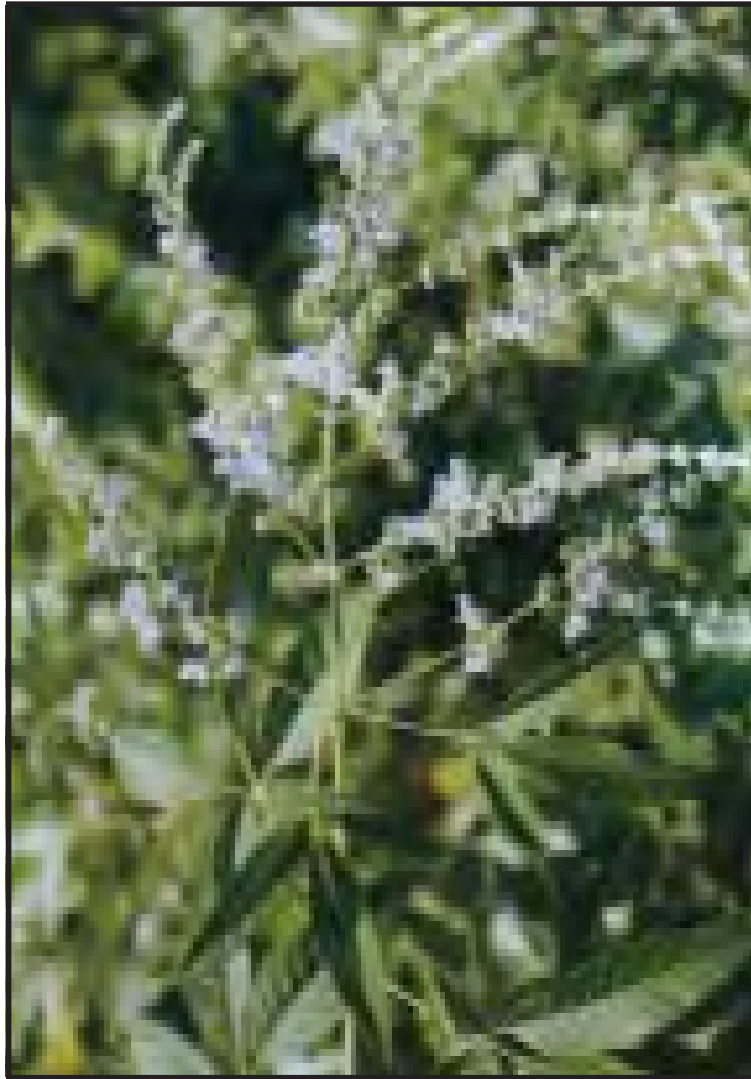
Indigestion, dyspepsia, diarrhoea, dysentery, menstrual disorders, urinary disorders concerned with men only and muscle cramps.

Dosage

Dried fruits powder is orally taken with honey in a dose of 5 -10 gm for diarrhoeal diseases. For menstrual disorders and urinary disorders, indigestion, dried powder is orally taken with roasted common salt and warmed water in the same dose as above.

Leaf is used as curry. Root powder is made slurry with alcohol and it is externally used for muscle cramps.

Vitex negundo Linn.



57. *Vitex trifolia* Linn.**Verbenaceae**

Myanmar name : Kyaung - pan - lay (ကြောင်ပန်းလေး)
English name : Indian wild Pepper

Description

A large shrub or small tree. Leaves opposite, 3 foliolate; elliptic or oblong - obovate, terminal leaflets sessile, glabrous above, very densely white tomentose beneath, base tapering, a strong smell when crushed. Inflorescence pedunculate tomentose cymes; flowers pale purple, pubescent outside. Fruits drupe, globose, purplish black when ripe.

Distribution

Occurs in many forms, cultivated and wild throughout Myanmar.

Parts used

Leaves, fruits, roots

Indications

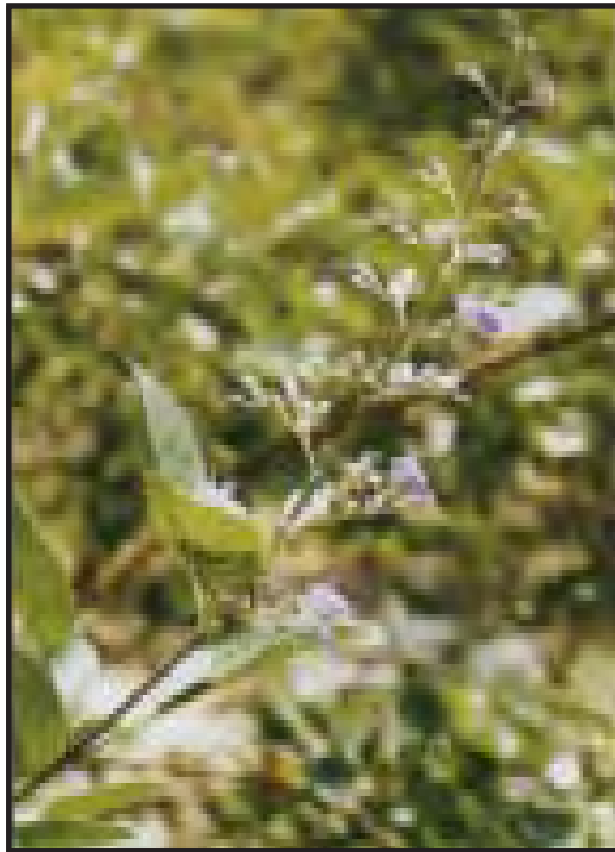
Indigestion, dyspepsia, diarrhoea, dysentery, menstrual disorders, urinary disorders, concerned with men only and muscle cramps.

Dosage

Dried fruits powder is orally taken with honey in a dose of 5 - 10 gm for diarrhoeal diseases. For menstrual disorders and urinary disorders, indigestion, dried powder is orally taken with roasted common salt and warmed water in the same dose as above.

Leaf is used as curry. Root powder is made slurry with alcohol and it is externally used for muscle cramps.

Vitex trifolia Linn.



58. *Vitis repens* Wight & Arn.**Vitaceae**

- Myanmar name** : Dabin-daing-myanan (တပင်တိုင်မြေနန်း)
English name : Not known

Description

Tendrillar climber, slender, scandent, glabrous, glaucous with fusiform to tuberculous rhizome. The tendrils borne at the nodes, opposed to the leaf, forked at the tips. Stems 6 - angled with ridges and furrows. Leaves alternate, simple, the tips acuminate, margin serrulate, base truncate to cordate. White patch in pale green coloured leaf blade. Inflorescence axillary, compound umbellate cymes, flowers small yellowish green, bracteate. Fruits berries, globose, dark red, shining black in fully ripe.

Distribution

Widely distributed in Shan State.

Parts used

Whole plant

Indications

Sore, carbuncles, ulcers, hepatitis and jaundice, peptic ulcer, tumors and hypertension.

Dosage

Dried powder is orally used in a dose of 10 - 16 gm per day.

Vitis repens Wight & Arn.



59. *Zizyphus jujuba* Lamk.**Rhamnaceae**

Myanmar name : Zee (Myanmar-zee-chin) (မြန်မာစီးချဉ်)
English name : Jujube Chinese Date

Description

A small or spiny deciduous shrub, usually armed. Leaves elliptic - ovate or suborbicular, dark green, glabrous above. Flowers in axillary clusters or shortly peduncled cymes. Fruits drupes, globose, oblong or ovoid, fleshy, glabrous, dark - reddish brown when ripe, edible. Seeds plano - convex.

Distribution

Widely grows throughout Myanmar. Cultivated as a fruit tree.

Parts used

Fruits, bark, kernel

Indications

Tachycardia, insomnia, loss of concentration, menorrhagia, irregular menstruation, diarrhoea, anaemia, anxiety, piles and skin infections.

Dosage

Fruit is taken for tachycardia and insomnia. Decoction of fruit together with lime - water $\text{Ca}(\text{OH})_2$, jaggery and salt is orally taken in a dose of 450 - 750 ml for menstrual disorders, tachycardia and diarrhoea diseases. In case of skin infections and piles, decoction of bark is used as antiseptic agent.

Zizyphus jujuba Lamk.

