



# PLANTS IN *Herbal Rice*



Aweng Eh Rak  
Karunakaran Tharmadurai  
A. Latiff



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# Preface

Humbly, we are grateful to have completed the writing of this book. The publication of this book begins with the basic question of are there more than 50 types of herbs used by the Siamese community in Kelantan in the preparation of herbal rice. Are they safe and whether the nutritional value of the available food is sufficient. Once these questions, arose then, we have made a proposal and submitted it for the approval of the Ministry of Higher Education through the Fundamental Research Grant Scheme (FRGS). Thankfully, we were able to secure the grant. After the money went into the account of Universiti Malaysia Kelantan (UMK), then we began the study related to herbs used for the preparation of herbal rice among the Siamese community of Kelantan. One of the outputs of this research is to record all herbal plants used by Siamese community in Kelantan for their herbal rice preparation in the form of book. This book cannot only be used as a reference to academics and researchers but also to the general public. For us this book is very beneficial to all stakeholders. For researchers and academics, the findings from this book can be used as a basis for further research in related fields to improve knowledge

in the field. For the public, the information in this book can be used as a reference for the purpose of identifying herbal plants and also their use as traditional medicine.

This book is also a very valuable collection, in addition to recording the species of plants used in the preparation of herbal rice, it records the traditional knowledge of local folks in the village related to herbal rice ingredients and also the types and use of herbs in traditional medicine, especially among the Siamese community in Kelantan. This traditional knowledge if there are no efforts to record will eventually disappear through times. The new generation may not have the opportunity to inherit this knowledge if this book is not published.

Finally, we would like to express our appreciation and thanks to the Ministry of Higher Education (MoHE) for approving the research grant, Fundamental Research Grant (FRGS/1/2014/STWN01/UMK/02/1), until the publication of this book.

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Acanthaceae



*Acanthus ebracteatus*

\*Sea holly \*Jeruju putih \*Kem pla mor