

# The Use of Herbs According to the Perspective of Traditional Malay Medicine in Selangor, Malaysia

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## Abstract

Herbal medicines have long been a cornerstone of conventional medicine and remain widely used today. In Malay traditional medicine, herbs are the primary component that are usually used to treat various ailments. However, there is still confusion among some Malaysians regarding the functions and benefits of traditional medicine such as herbs as treatment option, most probably due to limited information on the application of herbs in treating diseases. Hence, this study aims to identify the types of herbs used as well as the factors of herbal usage in the Central Zone of Selangor. To obtain such data, a qualitative research methodology was adopted, involving literature review, distribution of surveys to 327 respondents and interviews of several respondents. The study's findings provide relevant information on the various types of herbs used in Selangor as well as their applicability in treating various diseases. This study conclusively supports the efficacy of traditional Malay herbal remedies in treating diverse diseases prevalent in Selangor. Amidst globalization, it is vital for society to earnestly embrace herbal usage for fostering a healthy and thriving life. The study's findings offer valuable insights into the effective utilization of herbs as alternative treatments, complementing modern therapies by the Ministry of Health Malaysia. Embracing this knowledge can pave the way for a comprehensive and holistic approach to healthcare, benefiting the community at large.

**Keywords:** Herbs, Traditional Malay Medicine, Treatment, Theory of Plan Behavior, Herbs Medicine

## Introduction

There are an estimated 30,000 plant species globally, with approximately 10% used for medicinal purposes (Farnsworth & Soejarto, 1991; Watanabe, 2000). Of these species, 65 are indigenous to Asia (Karki & Williams, 1999). The use of herbs, especially within Malay traditional medicine, represents a vital and continually evolving field within healthcare. In the context of Malaysian society, where indigenous knowledge and modern medicine coexist,

herbal medicine is a significant component of cultural heritage and offers potential health benefits that are not yet fully understood or utilized.

Traditional Malay medicine, according to Faisal (2012), comprises a comprehensive collection of practices developed over centuries to address both wellness and illness. Some individuals have adhered to this system for generations, indicating its perceived effectiveness and cultural value. Herbs, as described by Chooi (2004), encompass any plants used to address health issues, and Harun (2015), emphasizes that traditional Malay medicine is an integrated system that includes diagnosis of body imbalances, adherence to taboos, and specified treatments for maintaining health. This traditional system also incorporates physical treatments, specific instructions on herbal use, taboos, and guidelines (Jamal et al., 2011).

However, despite its historical importance and continued use, the traditional Malay medicine system remains under-recognized in the broader healthcare landscape (Ahmad, 2019). This gap highlights the need for in-depth studies to explore the utility and effectiveness of traditional practices, particularly the use of herbs, to validate and potentially integrate these methods with modern health practices. While modern medicine addresses numerous health conditions effectively, there are ailments where traditional methods, such as those practiced in Malay medicine, can offer alternative or complementary benefits (Baharudin, 2019).

This study aims to bridge the gap in scientific knowledge regarding Malay traditional medicine by focusing on the types of herbs used and factors influencing their application in Selangor. By conducting a thorough investigation, the study intends to underscore the importance of traditional Malay medicine as a crucial component of Malaysia's healthcare options. Furthermore, this research emphasizes the significance of preserving and scientifically examining indigenous knowledge, which could be valuable for individuals seeking holistic or alternative health solutions. Through an understanding of how and for whom traditional Malay herbal practices are beneficial, this study contributes insights into the practical utility and effectiveness of herbal medicine within the broader context of healthcare in Malaysia.

By systematically examining the specific herbs and their usage factors, this study supports the potential role of traditional Malay medicine in addressing the diverse health needs of Malaysia's population, offering an integrative approach to healthcare that could complement modern medical treatments.

### **Literature Review**

In the past, Khairunnisa et al (2016), collected and assembled hadiths about how to heal physical ailments in al-Sahihain. They also concentrated on establishing the distinction between the herbal remedies and the physical therapeutic modalities suggested by the Prophet SAW. In such a circumstance, the continuous mention of hadiths relating to herb-based tactics throughout both sahih books proves their certain truth.

In addition, a study by Yusof et al (2016), used al-Sahihain's hadith as guidance and focused on the use of plants in the treatment of ten physical human ailments. Without focusing on the efficacy of employing herbs for healthcare, the study also proved that the

herbal treatment strategy appropriately corresponds with the Sunnah of the Prophet SAW, as evidenced by the hadiths.

Inductive and deductive analyses are used in conjunction with the selection of two hadiths as part of the research approach used in this study. According to Yusof et al (2016), these two hadiths were chosen from well-known narrators Abu Abd Allah Muhammad bin Ismail and Abu al-Husayn Muslim bin al-Hajjaj al Qushayri al-Naysaburi. According to the study's findings, herbal treatment is in fact consistent with the Prophetic Sunnah, which is supported by a number of hadiths that discuss the management of ten physical human diseases, including headaches, leprosy, head lice, infectious eye pain, stomach pain, wounds, fever, and others (Yusof et al., 2016).

A study by Ridzuan et al (2019), titled Bibliometric Analysis of Herbal Applications in an Academic Environment, also looked at the idea of bibliometrics in analysing academic studies involving herbs and used quantitative methods and analysis to gauge the level of productivity and contribution of scholarly works in this research. According to the study, several herbal plants are generated at the same time. This information is used as the main source of reference for academics or herbalists researching herbal ingredients and is essential to the field of herb research (Ridzuan et al., 2019).

### **Methodology**

Basically, this study was conducted among people residing in the state of Selangor, with a total population of 5,694,945 (Department of Statistics Malaysia, 2022). Involving a sampling size of 327 respondent samples. Questionnaires were collected and analyzed based on the framework proposed by (Krejcie and Morgan, 1970). These numbers indicate that the sampling of the study meets the validity and reliability requirements. The selection of the Selangor state district as the study location was justified by the ease of sampling and availability of the information sources related to the study topic. Four respondents in all, separated into two groups: patients and conventional medical professionals with expertise in herbal treatment, were interviewed by the researchers. Individuals from the neighbouring villages in the Selangor region who have experience and information about the use of herbs as a means of disease treatment participated in the patient interviews at the teaching hospital of UPM.

### **Theoretical and Conceptual Framework**

In this study, the Theory of Planned Behavior introduced by Ajzen (1985), has been adopted by the researcher as the theoretical framework. The theory was selected due to its relevance and applicability in determining the effectiveness and factors influencing an individual's practice and use of medicine. According to Ajzen (1969), the theory proposes that a person's behavior or practice can be predicted by their desire or intention to engage in the behavior or practice, as well as their control over it. Desire is determined by the individual's attitude towards the behavior or practice, subjective norms, and perceived behavioral control.

According to Ajzen (1991), the main component in planned behaviour, is a person's intention to carry out a specific behaviour. The degree to which people are prepared to try and the amount of effort they intend to put out in executing that behaviour are both reflected in this intention, which also acts as a marker of the motivation that influences behaviour.

Intention is assumed to encompass the motivational factors that influence behavior and is an indication of the level of effort people are willing to put in to implement the behavior and decision through action. The stronger an individual's intention towards the practice of traditional medicine, the more likely it is that their attitude towards the effectiveness of herbs as a treatment material is positive. Additionally, Ajzen and Fishbein (2000), also referred "subjective norm" as a person's sense of the social pressure they feel from significant others to engage in a particular behaviour. Adults were shown to be motivated to engage in desired behaviour by subjective standards, according to (Fishbein & Rhodes, 1999).

## Findings

### *Understanding of Society from the Perspective of Traditional Malay Medicine*

The society's understanding, as reflected in their perception of traditional Malay medical practices listed in the table, represents common views towards such treatments. The use of herbs, seeking treatment from experienced practitioners, and identifying types of herbs suitable for different illnesses demonstrate a high level of societal knowledge about herbs. Some of these perceptions have been refined and adapted to align with the community's understanding of the functions and benefits contained within each type of herb mentioned in this study. Additionally, the community has played an increasingly significant role in ensuring the continuation of herbal use as an alternative to hospital medications. The practice of using herbal plants has thus been preserved as a traditional method of treatment that remains effective in curing ailments.

Table 1

### *Societal Perception of the Effectiveness of Herbal Use*

Individual Perceptions of Herbal Plants		1	2	3	4	5	Mean
The Use of Herbal Plants Does Not Result in Severe Side Effects	<i>n</i>	1.0	1.0	5.0	153	167	4.48
	<i>%</i>	0.3	0.3	1.5	46.8	51.1	
Herbal Plants as Culinary Ingredients with Health Benefits	<i>n</i>	1	0	6.0	161	159	4.46
	<i>%</i>	0.3	0.0	1.8	49.2	48.6	
There are many herbal plants that contain high nutritional value suitable for treating diseases.	<i>n</i>	2	7	21	160	137	4.29
	<i>%</i>	0.6	2.1	6.4	48.9	41.9	
Herbal medicine consistently provides quick recovery effects.	<i>n</i>	0	1	22.0	178	126	4.31
	<i>%</i>	0.0	0.3	6.7	54.4	38.5	
Herbal-based treatment methods can effectively cure ailments such as fever, cough, colds, fatigue, and headaches.	<i>n</i>	0	4	12	155	156	4.42
	<i>%</i>	0.0	1.	3.7	47.4	47.7	

Based on Table 1 above, the societal perception of the herbal plants listed in Table 4.8 reflects the views selected by the researcher. Overall, the highest mean score (4.48) was achieved for the perception that herbal plants do not cause severe side effects. Furthermore, most respondents also believed that herbal plants could be used as ingredients in cooking, offering various health benefits (mean score: 4.46). Thirdly, they perceived that this form of treatment is capable of curing common ailments such as fever, cough, flu, fatigue, and headaches (mean score: 4.42). Additionally, a mean score of 4.31 was recorded for the perception that herbal plants provide quick recovery, while a mean score of 4.29 was noted for the belief that herbal plants contain high nutritional value for treatment purposes.

Next, the percentage and mean scores for the subjective norms within this society regarding herbal-based medicine are presented in the table. These subjective norms can be categorized into two types: norms from the elderly and norms from the broader community. Firstly, the elderly play a crucial role in the use of herbal-based medicine through direct actions, such as instructing (mean score: 4.45) and teaching the methods of its usage (mean score: 4.38). Additionally, the elderly also play an indirect role in promoting the use of herbal plants for treatment by emphasizing the advantages of this type of medicine (mean score: 4.29).

Furthermore, the community also plays a role in promoting the use of herbal plants as a method of treatment. Among the actions observed are the community's use of this form of medicine (mean score: 4.02) and their encouragement of its usage (mean score: 4.13). In summary, this society has played a more proactive role compared to the local population in utilizing herbal plants as part of traditional medicine, demonstrating that herbal-based treatments can serve as an effective method of healing.

Table 2  
*Subjective Norms Regarding Herbal-Based Medicine*

Subjective Norms		1	2	3	4	5	Mean
My parents advised me to use herbal plants as a method of treatment.	<i>n</i>	0	0	5	170	152	4.45
	<i>%</i>	0.0	0.0	1.2	52.0	46.5	
My parents emphasized the benefits of herbal-based medicine	<i>N</i>	1	3	15	188	120	4.29
	<i>%</i>	0.3	0.9	4.6	57.5	36.7	
My parents taught me a little about how to use herbal plants as a method of treatment	<i>n</i>	1	1	24	148	153	4.38
	<i>%</i>	0.3	0.3	7.3	45.3	46.8	
My local community is seen using herbal plants as a method of treatment.	<i>n</i>	0	47	25	129	126	4.02
	<i>%</i>	0.0	14.4	7.6	39.4	38.5	
My local community encourages the use of herbal plants as a method of treatment.	<i>N</i>	1	18	18	183	105	4.13
	<i>%</i>	0.9	5.5	5.5	56.0	32.1	

The table 2 shows the the findings of this study reveal that all 327 respondents from the Selangor district demonstrated positive subjective norms regarding the use of herbs as a treatment method. Based on item 1, the average score of 4.45 indicates a significant influence from the respondents' elders, who encouraged the use of herbal plants as one of the methods for treating illnesses. Furthermore, item 2 recorded a mean score of 4.29, suggesting that the respondents' elders emphasized the benefits of herbal-based medicine. Item 3, with a mean score of 4.38, reveals that the elders provided early exposure to the effective use of herbal plants as a form of treatment.

Additionally, item 4 highlights the influence of the local community, the majority of whom practice herbal-based medicine as a tradition within the Malay community, using natural ingredients and remedies that provide effective healing. This is reflected in a mean score of 4.02. Lastly, item 5, with a mean score of 4.13, indicates the positive influence of local community support for the use of herbal plants as an effective treatment method. Overall, the subjective norms have influenced individuals to adopt herbal use as a suitable alternative to modern medicine for illnesses that may not be cured by conventional treatments.

In conclusion, the majority of respondents expressed strong agreement regarding the use of herbs in traditional treatment methods as an alternative that provides positive outcomes. Herbal use has shown to have a significant impact on the recovery of certain illnesses, complementing modern treatments. The findings of this study demonstrate that the majority of the population in the Selangor district have a high level of agreement on the use of herbs. Thus, these results provide evidence that the community in Selangor has a good understanding of the role of herbs as an alternative medium for maintaining health and treating diseases. These findings align with the view of Tuan Hj. Samsuddin Bin Daud, who shared his experience of recovering from a heart attack through herbal treatment.

He believes that diet is a major contributing factor to illness, with the majority—approximately 80 percent—of diseases originating from stomach-related issues. In addition, he has experienced gastric problems that caused heart palpitations and anxiety. To reduce the frequency of gastric attacks and improve his gastric health, he chose to incorporate goat's milk into his morning routine. Through this practice, he noticed significant improvement in his gastric issues, and his overall condition became better.

This study also reveals that a portion of the population has an understanding of traditional Malay medical principles, which have successfully cured diseases based on patient experiences and treatments. This method of treatment is rooted in a heritage of time-honored practices that trust the efficacy of herbs in treating and preventing certain diseases. The use of herbs within the Malay community spans a wide range of applications, from flavoring in cooking to everyday use as part of the Malay lifestyle.

This aligns with the views of Adi Yasran (2022), who emphasized the role of herbs, stating that information on the benefits, functions, and positive testimonials can help enhance community health and well-being. The use of herbal plants and traditional practices provides effective healthcare for individuals, and many scientific studies have confirmed the efficacy of herbs in treating and maintaining individual health. The use of herbs yields positive outcomes that contribute to the well-being of society today. Therefore, it is evident that the

tradition of herbal medicine in Malay culture remains relevant and continues to offer benefits in treating human ailments.

Table 3

*Determining Public Understanding of Perceptions Toward Treatment Methods*

Item	Details	Answer	Sample (n)	Percentage (%)
1	What are the effects after receiving herbal treatment?	Effective	150	45.9
		Ineffective	21	5.4
		<b>Improving</b>	<b>153</b>	<b>46.8</b>
		Worsening	3	.9
2	What are the popular methods for treating diseases?	Eaten raw	97	29.7
		Drunk	57	17.4
		<b>Cooked</b>	<b>100</b>	<b>30.6</b>
		Soaked	24	10.4
3	Besides modern treatments, what diseases are suitable to be treated with herbal plants?	<b>Asthma/Gastritis</b>	<b>114</b>	<b>34.9</b>
		High blood pressure/Low blood pressure	86	26.3
		ObObesity/Gout/Allergies/Arthritis	71	21.7
		None	56	17.1
4	Can internal diseases be treated using herbal plants?	Diabetes/Eczema	78	23.9
		Cancer/Heart disease	50	15.3
		<b>Stroke/High cholesterol</b>	<b>142</b>	<b>43.4</b>
		None	57	17.4
5	How many days after noticing the symptoms of an illness do you seek treatment?	On the same day	70	21.4
		<b>The next day</b>	<b>89</b>	<b>27.2</b>
		2 days later	70	21.4
		3–7 days	78	23.9
		More than 7 days	15	4.6
		No treatment	5	1.5
6	Say I agree that herbs contain various properties suitable for being made into supplement products.	<b>Yes</b>	<b>310</b>	<b>94.8</b>
		No	17	5.2

Based on the table above, the study reveals that the majority of respondents, 153 individuals or around 46.8%, stated that the use of herbal treatments had a highly positive impact on disease recovery. The findings also show that the public's understanding of herbal use increased after receiving such treatments. Additionally, 150 respondents, or around 45.9%, indicated that herbal treatments were effective. Only about 5.4% (21 respondents) and 0.9% (3 respondents) of all respondents stated that herbal use was ineffective.

Based on the provided data, several interpretations can be made. First, in item 2, the majority of respondents (100 individuals or 30.6%) indicated that they use herbs directly (eaten raw), followed by 97 respondents (29.7%) who chose the convenience of consuming herbs in drinkable form. The method of soaking herbs was the least preferred, with only 10.4% or 24 respondents.

In item 3, the majority of respondents (114 individuals or 34.9%) believed that asthma and gastritis could be effectively treated with herbs. The second most significant response was hypertension, with 26.3% or 86 respondents. Additionally, obesity, gout, allergies, and arthritis were also considered treatable with herbs by 71 respondents or 21.7%. This demonstrates a high level of understanding among the community regarding the effectiveness of herbal use. However, 21.7% or 57 respondents with illnesses still chose herbal-based treatments.

Overall, the findings indicate that the majority of respondents have a good understanding of the benefits and effectiveness of using herbs as a treatment method, with convenience being a major consideration. However, a small portion of respondents also faced some challenges or difficulties in using herbs.

Referring to item 4, the majority of respondents (142 individuals or 43.4%) believed that stroke and high cholesterol are suitable for herbal treatment, followed by diabetes and eczema, representing 23.9% or 78 respondents. The lowest percentage, 15.3% or 50 respondents, believed that cancer and heart disease could be treated with herbs, followed by 17.4% or 57 respondents who had no illness. Additionally, 89 respondents (27.2%) agreed that they sought treatment the next day after recognizing symptoms of illness, while only 15 respondents (1.5%) waited seven days.

In item 5, the majority of respondents (114 individuals or 34.9%) felt that asthma and gastritis were the most suitable diseases for herbal treatment, followed by hypertension and hypotension, chosen by 86 respondents (26.3%). Obesity, gout, allergies, and arthritis were selected by 71 respondents (21.7%), and finally, 56 respondents (17.1%) reported having no health issues. There were 5 respondents (1.5%) who did not provide an answer.

In item 6, the majority of respondents (310 individuals or 94.8%) agreed and believed that herbs contain various beneficial properties and are suitable for use as supplements, while 5.2% or 17 respondents disagreed with using herbs as supplement ingredients. This suggests that while most people are knowledgeable about the benefits of herbal plants, a small segment of the Selangor population remains unaware or has limited knowledge of herbs as remedies for both external and internal illnesses.

In conclusion, the findings of this study align with the views of Adi Yasran (2022), who noted that the use of herbs has been formulated into health supplements such as pills, liquids, medicines, and other forms. The lower percentage of topical application methods may be due to the limited availability of herbal plants used in the form of patches.



### Factors of Herbal Usage Among Respondents

#### *Subjective Norms in Society Regarding Herbal-based Treatment*

Subjective norms refer to the social factor term that denotes an individual's perception of social pressures received from people they consider important in their lives, whether to perform or not to perform a certain behavior (Ajzen & Fishbein, 2000). According to Fishbein & Rhodes (1999), it was found that among adults, subjective norms serve as motivators for the implementation of desired behaviors. Meanwhile, understanding the perception of the effectiveness of herbal usage in practice has been defined as a positive or negative evaluation of an object or action (Eagly et al., 1993). Based on research findings, it has been found that the cultivation and usage of herbal plants in the daily lives of communities have significantly contributed to the context of the specific benefits of herbs contained within them to produce natural remedies. The text of the conversation between the researcher and the respondent is as follows.

"I have planted various herbal plants. Such as gotu kola, betel leaf, lemongrass, turmeric, ginger, tongkat ali, and cat's whiskers. We often use these plants as ingredients in cooking, not only for flavor but also for their medicinal properties in treating various ailments. We believe that traditional medicinal practices are indeed very helpful"

According to Braun (2012), family and close friends in the immediate environment also play a crucial role in influencing individuals to use herbs. If family members or close friends have tried herbs and experienced positive benefits, it has motivated individuals to use them.

#### **The Element of Desire (Intention) in Society Regarding Herbal-based Treatment**

This study found that the desire (intention) to practice traditional medicine has been defined as an individual's desire to engage in a specific action or practice (Ibid, 11-39). The results of interviews with respondents indicated that some individuals have different intentions when faced with health problems. Interviews with five respondents revealed that those experiencing issues such as diabetes, high blood pressure, kidney stones, fever, and the like have the intention to recover and maintain their health from those diseases. Some individuals also showed a greater interest in treatment using herbal remedies that they grow themselves and process into medicine.

For example, the use of herbal plants such as lemongrass (*Cymbopogon citratus*), coriander leaves (*Coriandrum sativum*), black pepper (*Piper nigrum*), ginger (*Zingiber officinale*), and other plants has been known to be used as alternatives in treating illnesses by the community. The use of ginger, for instance, has been shown to have the potential to reduce symptoms of digestive disorders such as bloating, abdominal discomfort, and dyspepsia (Rayner et al., 2008). The text resulting from the researcher's interview with the respondents is as follows.

"If at home, my wife cooks with healthy foods that are rich in calcium, like milk, or dishes that use ingredients containing herbs or plants. For example, at home, my wife often cooks using coriander leaves, which we frequently use. In soups, for instance. Because I have to watch my diet, I can't eat things that worsen my condition. That's why coriander leaves are common, and there are many other fresh vegetables that I consume."

Furthermore, *Curcuma longa* or turmeric has been widely used in traditional medical practices to treat various digestive issues such as indigestion, bloating, and inflammation of the digestive system, in addition to its immune-stimulating effects on humans (Wu, 2003). Additionally, the use of *Zingiber officinale* or ginger has long been employed to alleviate nausea and vomiting, particularly related to motion sickness, pregnancy, or chemotherapy side effects (Ernst & Pittler, 2000).

### **Attitude towards Behavior in Society Regarding Herbal-based Treatment**

According to Ajzen (1985), an individual's attitude plays a crucial role in influencing human behavior. This attitude directs individuals to either engage or not engage in a particular behavior. To actualize the desired behavior, individuals need to recognize and effectively control the desired behavior, with strong intention being important (Ajzen & Manstead, 2007). In the context of herbal usage, individual attitudes and behaviors can be linked to the strength of intention reflected through attitudes towards the behavior, such as seeking appropriate herbal plants for treating specific ailments. Therefore, the element of attitude towards behavior in society regarding traditional treatment practices holds significant importance.

Individual attitudes towards traditional treatment practices can provide insights into their perspectives and inclinations towards using herbs as an approach to treating illnesses. Positive attitudes towards these practices indicate individuals' tendencies to value and embrace traditional values and believe in the effectiveness of herbs as valuable sources of healthcare. These positive attitudes also influence individuals' intentions to adopt traditional treatment practices as part of a holistic approach to maintaining their health and well-being.

Furthermore, respondents' beliefs in the usage of herbs with distinct characteristics such as roots, stems, leaves, and flowers of herbal plants indicate the high medicinal content that can be utilized through various methods such as cooking, consuming, boiling, applying, and more. This is as the text of the conversation between the researcher and the respondent is as follows.

"Since I was affected by this illness, such as kidney stones and bloated stomach, there have been old folks who advised me to try practicing herbal remedies. I consume garlic, lemongrass, and ginger consistently, and God willing, in the long run, it will have a healing effect on my uncle's condition. In terms of effectiveness, the use of herbs as a supportive treatment surpasses pharmaceutical drugs and hospitals. Uncle also consistently follows the method of extracting ginger in water, letting it sit for a few minutes, and then drinking it. Additionally, using lemongrass helps alleviate my uncle's health issues. These are tips passed down from the past and even doctors have recommended that I practice them".

For example, according to Van Wyk et al (2018), the usage of licorice root has long been employed to relieve coughs, reduce inflammation, and maintain digestive health. Tongkat Alistems are used as tonics to enhance male vitality, address erection issues, and boost testosterone production. Ginkgo Biloba leaves are used to improve blood circulation, enhance brain function, and combat signs of aging. Chamomile flowers act as natural antidepressants, relieve anxiety, and soothe the nervous system, while Valerian root can aid with insomnia, alleviate anxiety, and assist in relaxation. Studies show that crucial

information about herbal usage and its effectiveness is obtained through social media, and the opinions of the surrounding community have influenced patients to use herbs as a treatment method to heal their ailments.

In summary, individuals experiencing illnesses exhibit attitudes that lean towards self-discipline in properly and consistently practicing the usage of herbs based on their types, benefits, and functions for the purpose of treating diseases and achieving recovery. However, to implement this herbal usage, patients need to have a deep understanding of the functions and benefits of herbs in treating their specific ailments.

### **Conclusion**

In short, this study supports the traditional Malay medical practice of using herbal remedies to treat a variety of diseases in the Selangor and highlights the importance of continuing to use natural resources and traditional medical procedures. However, caution should be taken when using herbal remedies due to their potential risks and limitations. Overall, traditional medicine can be an effective complement to modern healthcare practices when used appropriately.

In this study, it was found that the usage of herbs plays a role in the field of medicine, particularly in contributing to disease treatment among people of Selangor. Both in the context of scientific and traditional perspectives, they need to be integrated into medical science to address various health issues that arise. In the current era of globalization, it is important for society to pay serious attention to the usage of herbs in leading a healthy and prosperous life. The findings of this study provide relevant information for the understanding and utilization of herbs as effective and relevant alternative treatments in society, in addition to the use of modern treatments provided by the Ministry of Health Malaysia. Lastly, this study is considered a stepping stone that provide preliminary data for future research. In this case, a study that take account differences in practices and traditions among the different ethnic groups in Malaysia can be carry out to compare the use of herbal medicine in Malaysia.

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