

A short review on potential malay medicine in controlling obesity and treating cancers

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Abstrak

Malay medicine is one of complementary and alternative medicines in preventing and treating many diseases. However, scientific observation on Malay medicine in treating several non-infectious diseases, including obesity and cancer has not been fully documented and may be obsoleted. Thus, this review compiled several data on the potential of Malay medicine practice by consumption of Gelam honey and herb named *Tinospora crispa* in controlling obesity and treating cancer. In obesity study, findings revealed Gelam honey, and *T. crispa* significantly decreased body weight, total cholesterol, triglycerides and the glucose level compared to controls. Meanwhile, in several cancer studies, both Gelam honey and *T. crispa* were found inhibited colon, breast, liver and lung cancer cell growth. Although the results were at the early stage, the reported studies revealed the potential of Gelam honey and *T. crispa*, which are applied in Malay medicine to control obesity and treat cancers effectively in the future. The data is also useful to conserve both native natural products and to promote a significant application of Malay medicine until to date.