

## Preface

“All things are poison and nothing is without poison, only the dose permits something not to be poisonous” i.e., “the dose makes the poison”.

Paracelsus

This book presents up-to-date information on a total of 75 medicinal plants. It is a single, comprehensive yet easy to read book on various important information on medicinal plants for both the general public and health professionals (clinicians, pharmacists, nurses and Complementary and Alternative Medicine practitioners).

This is the first publication of its kind on medicinal plants growing in Singapore. Information collated includes plant description, origin of the plants, traditional medicinal uses, phytoconstituents, pharmacological activities, adverse reactions and reported drug-herb interactions. In this era of evidence-based medicine, scientists are increasingly looking towards the traditional uses of medicinal plants for clues to the discovery of potential lead compounds and novel therapeutics.

With the growing interest in drug discovery, this book is useful and timely as many of the plants found growing in Singapore are still understudied. Besides native medicinal plants, some of the plants featured in this book also include those that originated from other parts of the world. It will appeal to both local and overseas readers. Colourful photographs of each plant are also included for ease of reference and aesthetic appeal. There is no minimum level of knowledge required to read this book yet it is useful for academics, scientists and professionals as it provides a comprehensive reference list at the end of the book. This book will also appeal to working professionals, clinicians, pharmacists, nurses, educators and researchers. It serves as a quick reference to the medicinal uses and properties of medicinal plants. Educators and students in complementary medicine and health, pharmacognosy, medicinal chemistry, natural products, pharmacology, toxicology, pharmacovigilance, medicine, pharmacy, nursing, botany, biology, chemistry and life sciences

will find the information useful. Greater understanding of such plants will enhance their appreciation of nature and their various fields of study.

The authors hope that this book will inspire and stimulate further research and greater interest in nature, biodiversity, bioconservation, drug discovery and our natural resources, the medicinal plants.