RELIEF FROM A LEAF

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Pandan is widely used in South Asia and Southeast Asia for its fragrant aroma. But the humble pandan is not just for food preparation. It also has a lot of health benefits. Each part has been found to have medicinal benefits containing tannin, glycosides and alkaloids, which said to be the reason for the effectiveness in various health concerns. Most of us may not be aware but pandan can be used to control blood pressure. In some rural areas in the Philippines, people prefer to boil pandan leaves and drink the tea to relieve hypertension than to take medicine prescribed by doctors. A cup of tea twice daily dramatically reduces blood pressure levels to the optimum according to some individuals. Moreover, it can be used as dandruff and hair loss treatment. Pandan treatment keeps the scalp moist so that the head remains soft and not dry. With normal moisture the scalp will not dry and flaky which could result in dandruff. In addition, it is well-known to reduce stomach cramps and spasms. Individuals suffering from hyperacidity find relief in taking a cup of pandan decoction. It also proved its effectiveness in relieving ear pain, headache and gum swelling. So the next time you will look for a garden plant you might want to consider introducing this one to your garden.

References:

https://en.wikipedia.org/wiki/Pandanus_Amaryllifolius
