

***Waan Raang Chute***  
***Raang Chute***  
**Purple Allamanda**

**Scientific Name:** *Thunbergia laurifolia* Linn.

**Family:** Acanthaceae.

**Historical Uses:** Detoxification.

**Part Used:** Everything, except the root and flowers.

**External Uses:**

\*\*\*\* Snake bite.

**Internal Uses:**

\*\*\*\* Detoxification (especially chemical abuse).

\*\*\*\* Addiction controls (especially alcohol).

\*\*\*\* Diabetes.

\*\*\*\* Snake bite.

\*\* General health conditioner.

**Preparation and Dosage:**

External – Grind the whole plant and apply as poultice for snake bites.

Internal - Boil one handful of fresh or dried botanicals in two liters of water for 50 minutes, strain and take TID with meals. Diabetes is a common reason this herb would be given alone (take for three days to get sugar under control). It is usually combined with other herbs for detoxification or addiction control. Shelf life is 3-4 weeks.

**Note:** *Waan raang chute* is part of the **Pramman Formula** and is often used on its own for detoxification.

**Note:** In addition to its snake bite treatment, there is a wide spread belief in Thailand that *waan raang chute* can keep snakes away. Charms are often carved out of the wood and carried when traveling in the woods to prevent bites. It is widely believed that planting *waan raang chute* will keep snakes out of the area.

**Note:** There are two Thai varieties (pictures show both types) and both are effective.



***Ya En Yuet***  
***Phak Kat Nam***  
**Common Plantain**

**Scientific Name:** *Plantago major* Linn.

**Name Note:** *Ya* is Thai for “grass” and *nam* is Thai for “water”.

**Family:** Plantaginaceae.

**Historical Uses:** Uses have included as a diuretic, for UTI, dry nervous cough, gastric inflammation, bleeding cystitis, and externally for hemorrhoids.



**Part Used:** Entire plant, including the root.

**External Uses:**

\*\*\*\* Cancer with surface tumors.

\*\* Pain

**Internal Uses:**

None.

**Preparation and Dosage:**

The entire fresh plant (including root) is crushed and then steamed till soft. Use as a warm poultice and make a new batch daily.

**Note:** *Ya en yuet* is usually only used with other cancer herbs. It is part of the ***Pra Kap Cancer Protocol***.

*Ya Kai Hao*  
*Ya Nok Kao*  
*Soi Nok Kao*

**Scientific Name:** *Mollugo pentaphylla* Linn.

**Name Note:** *Ya* is Thai for “grass” and *kai hao* is Thai for the egg of a head louse or nit.

**Family:** Molluginaceae.

**Historical Uses:** Uses have included as an antifungal.

**Part Used:** Leaf and stem.

**External Uses:**

None.

**Internal Uses:**

- \*\*\* Stimulate digestion.
- \*\*\* Chills.
- \*\* Fever.
- \*\* Mild laxative.
- \*\* hemorrhoids.

**Preparation and Dosage:**

One handful of the stem is boiled in one liter of water, strained, and one cup of the liquid taken TID. For chills, use the leaf.



***Ya Kha***  
**Woolly Grass / Cogon Grass / Thatch Grass**

**Scientific Name:** *Imperata cylindrical* Beauv.

**Name Note:** *Ya* is Thai for “grass”.

**Family:** Gramineae.

**Historical Uses:** Uses have included diuretic, urinary antiseptic, jaundice, anorexia, and for colon cancer.

**Part Used:** Entire plant, especially the roots.

**External Uses:**

- \*\*\*\* Detoxification.
- \*\*\* Skin mould and other dermatological diseases.
- \* Bone setting.



**Internal Uses:**

- \*\*\*\* Detoxification.
- \*\*\* Bone and joint pain (signature – central root looks like bone).
- \*\*\* Rheumatoid arthritis.
- \*\*\* Cough – especially coughing up blood.
- \*\*\* Weight loss.
- \*\* UTI infection (especially with foul smelling urine or red/pink urine).
- \*\* Cystitis and kidney disease.
- \*\* Cancers - including of the throat.
- \*\* Hemorrhoids.
- \*\* Jaundice.

**Preparation and Dosage:**

External – All applications are through the **Steam Inhalation Protocol**.

Internal – Boil one handful of the entire plant (especially root) for 50 minutes in two liters of water. Strain and drink as a water replacement (at least 3X daily before meals). Use mostly the flowers for cough, emesis, and red/pink urine. The entire plant, but especially the root, is good for cystitis, kidney disease, jaundice, and UTI. For arthritis or joint pain, improvement should be visible within three weeks. Although fresh is preferred, dried plants can be used. For UTI infections, take for at least one week after resolution of symptoms. Shelf life is 3-4 weeks.

**Note:** *Ya khaa* is a component of the **Steam Inhalation Protocol**.

***Ya Nguang Chang***  
**Indian Heliotrope**  
**Turnsole**

**Scientific Name:** *Heliotropium indicum* Linn.

**Name Note:** *Ya* is Thai for “grass” and *chang* is Thai for “elephant.”

**Family:** Boraginaceae.

**Historical Uses:** Uses have included as an anti-inflammatory and vulunary.

**Part Used:** Stem, fruit, leaves, and root.

**External Uses:**

- \*\* Blurred vision.
- \*\* Eye abscesses.
- \*\* Eye infections.

**Internal Uses:**

- \*\*\* Cough.
- \*\*\* Asthma.
- \*\*\* Flush urine.
- \*\*\* Fever.
- \*\*\* Sore throat.
- \*\*\* Kidney stones.
- \*\* Irregular menstruation.
- \*\* Blurred vision.
- \*\* Childhood febrile convulsions.

**Preparation and Dosage:**

External - Crush and squeeze the root for juice and use as eye drops for blurred vision, eye abscesses, and eye infections.

Internal - Boil one handful of fresh stem, strain, and drink one cup of the liquid TID for cough, asthma, urine flush, fever, sore throat, kidney stones, blurred vision, and childhood febrile convulsions. Do the same with fresh flowers and leaves for irregular menstruation.

**Note: Danger:** Not to be used during pregnancy.



## ***Ya Nuat Maeo*** **Cat's Whisker**

**Scientific Name:** *Orthosiphon grantiflorus* Boldingh. (*O. aristatus*).

**Name Note:** *Ya* is Thai for “grass”.

**Family:** Labiatae.

**Historical Uses:** Uses have included as a diuretic, analgesic, and for edema, hypoglycemia and hypotension. Also has been used for nephritis (to excrete uric acid) and for back and wrist pain.

**Part Used:** Everything (flowers and root are optional).

**External Uses:**

None.

**Internal Uses:**

- \*\*\*\* UTI via diuretic action.
- \*\*\*\* Kidney stones (and the back pain associated with them).
- \*\* Diabetes.
- \*\* Cleansing of urinary tract.

**Preparation and Dosage:**

Make as a tea (one handful in one liter of water) and take one cup 3X a day after meals. For UTI this should be taken for one week (see the **UTI Protocol**). For kidney stones it is taken with other herbs one time daily at bedtime (See **Kidney Stone protocol**). Shelf life is 3-4 weeks.

**Note:** *Ya nuat maeo* is a part of the ***Pramman Formula***.



***Ya Paah Khwaai***  
***Ya Teenkaa***  
**Madhana**  
**Crow's Foot Grass**

**Scientific Name:** *Eleusine aegyptiacum* Desf.

**Name Note:** *Ya* is Thai for "grass".

**Family:** Poaceae.

**Historical Uses:** *Ya paah khwaai* has been used internally for dyspnea and fever and externally for local pain, edema, and for abscesses.

**Part Used:** Entire plant, including the roots.

**External Uses:**

\*\*\*\* Detoxification (via sweating).

**Internal Uses:**

- \*\* Muscle pain and spasms (via relaxation).
- \*\* Refreshing.
- \*\* Heart tonic and circulation.

**Preparation and Dosage:**

External – At the clinic *ya paah khwaai* is always used fresh as a part of the **Steam Inhalation Protocol** detoxification treatment.

Internal - For internal consumption, one handful is boiled in one liter of water and then strained. Take TID before meals.

**Note:** *Ya paah khwaai* is a part of the **Steam Inhalation Protocol**.



***Ya Pak King***  
***Ya Phukking***  
**Dew Flower**  
**Several Flower**

**Scientific Name:** *Murdannia loriformis* Hassk.

**Name Note:** *Ya* is Thai for “grass”.

**Family:** Commelinaceae.

**Historical Uses:** Uses have included as antimutagen, anticarcinogen, antioxidant, and for increased proliferation of lymphocytes. Also has been used for leukemia and cancer of the heart, liver, uterus, ileum, etc.



**Part Used:** Whole plant including roots.

**External Uses:**

None.

**Internal Uses:**

- \*\*\*\* All types of cancers.
- \*\*\*\* Refreshing.
- \*\*\*\* Detoxification.
- \*\*\* Prevents infections.
- \*\*\* Migraines.
- \*\*\* Asthma.
- \*\* Male and female reproductive pain (via relaxation).

**Preparation and Dosage:**

Best is to eat five fresh leaves three times a day with meals. A handful of fresh leaves can be crushed, steeped in a liter of water, and strained. *Yaa pak king* is also used in salads. An alternative is to gather the whole plants, clean well and blend one handful in one liter of water, strain and drink. Must be consumed fresh – no shelf life.

**Note:** *Ya pak king* is used with (*ya*) *saap suea* (jack in the box) for lung cancer. In addition, the general rule of no alcohol with herbal remedies is especially important here. This is also part of the **HIV Protocol**.



***Ya Phraek***  
**Bermuda Grass**

**Scientific Name:** *Cynodon dactylon* (Linn.) Pers.

**Family:** Poaceae.

**Historical Uses:** Uses have included as a vulnerary, anthelmintic, antipyretic, and alexiteric.

**Part Used:** Stem and root.

**External Uses:**

\*\*\* Joint pain.

**Internal Uses:**

- \*\*\* Bone pain.
- \*\*\* Diarrhea.
- \*\*\* Diuretic for edema.
- \*\* Fever.
- \*\* Hemorrhoids.
- \*\* Diabetes.
- \*\* Bloody vomiting.
- \*\* Gas
- \*\* Rehabilitation for paralysis.

**Preparation and Dosage:**

Ten to 15 grams of the stem is crushed, boiled, strained, and one cup of the liquid taken TID. An alternative is to crush the same amount of stem and compress out the juice.

**Note:** King Rama IX asked the people of Thailand to use *ya phraek* to prevent soil erosion.



## *Ya San Sai*

**Scientific Name:** *Hedyotis chereevensis* (Pierre ex Pitard) Fukuoka.

**Name Note:** *Ya* is Thai for “grass”.

**Family:** Rubiaceae.

**Historical Uses:** Nothing was found for *H. chereevensis*, however, the genus *Hedyotis* has been found to have a wide range of antioxidant capabilities.

**Part Used:** Entire plant including roots.

**External Uses:**

- \*\*\*\* Skin itching.
- \*\*\* Scalp conditioner.
- \*\* Dry the skin (to remove scabs).

**Internal Uses:**

- \*\*\*\* Skin itching.

**Preparation and Dosage:**

External – boil the whole plant in water and use as bath wash and shampoo.

Internal – boil a large handful of the whole plant in 2 L of water for 15 minutes, strain and drink 1 cup TID.

**Note:** The scalp conditioning is for both dandruff and to promote healthy new hair growth. The drying of skin is to help scabs or lesions to come off (example psoriasis). It is also used for HIV when the hair is falling out.



## Yadam

**Name Note:** *Yadam* is the latex of *waan haang chorakhe* (*Aloe vera*).

**Historical Uses:** *Yadam* has been used for GI regularity.

**Internal Uses:**

- \*\*\*\* Constipation.
- \*\*\*\* Keep bowels regular.

**Preparation and Dosage:**

The juice (latex) of *waan haang chorakhe* is a bitter yellow exudate obtained from just beneath the outer layer of the leaves. This “juice” is dried and turns dark brown to black from exposure to air. Only a few very small flakes are needed daily. Too much *yadam* can cause diarrhea. The clinic does not produce these crystals, but rather buys them from local markets and herb shops.



**Note:** *Yadam* is used in many large formulas.

***Yor***  
**Noni**  
**Indian Mulberry**

**Scientific Name:** *Morinda citrifolia* Linn.

**Family:** Rubiaceae.

**Historical Uses:** Uses have included fever, eye problems, skin wounds, abscesses, gum and throat problems, respiratory ailments, constipation, arthritis, lumbago, asthma and dysentery.



**Part Used:** Trunk/stem, root, and flower.

**External Uses:**

None.

**Internal Uses:**

- \*\*\*\* Tuberculosis.
- \*\*\*\* Gout - especially where there are large painful knots.
- \*\*\* Kidney health.
- \*\*\* Joint pain.
- \*\*\* Improve appetite.
- \*\*\* Hiccups.
- \*\*\* Raspy voice.
- \*\*\* Stop vomiting.
- \*\* Laxative.



**Preparation and Dosage:**

Grind the root and take one tablespoon in one glass of water TID as a laxative. Cook the flowers (barbeque till soft) and eat for appetite improvement, raspy voice, hiccups, and to stop vomiting. Boil one large handful of sliced trunk / stem in one liter of water, strain, and drink one cup TID for gout, joint pain, and tuberculosis.

**Note:** *Yor* is a common Thai food and is part of the well known salad *som tum yor*.