

PETUA UNTUK DEMAM DENGGI

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Rencana ini hanyalah sebagai panduan sahaja dan bukanlah sebagai ganti nasihat professional.

Raw Juice of Papaya Leaves

I would like to share this interesting discovery from a classmate's son who has just recovered from dengi fever.

Apparently, his son was in the critical stage at the SJMC ICU when his pallet counts drops to 15 after 15 litres of blood transfusion.

His father was so worried that he seek another friend's recommendation and his son was saved. He confessed to me that he give his son raw juice of the papaya leaves.

From a pallet count of 45 after 20 litres of blood transfusion, and after drinking the raw papaya leaf juice, his platlet count jumps instantly to 135.

Even the doctors and nurses was surprised. After the second day he was discharged. So he ask me to pass this good news around. Accordingly it is raw papaya leaves, 2pcs just cleaned and pound and squeeze with filter cloth, you will only get one tablespoon per leaf. So two tablespoon per serving once a day. Do not boil or cook or rinse with hot water, it will loose its strength. Only the leafy part and no stem or sap. It is very bitter but it works.

Pegaga Juice / Tembikai



You may have heard this elsewhere but if not I am glad to inform you that pegaga juice is a natural cure for dengue fever. As dengue fever is rampant now, I think it's good to share this with all.

A friend of mine had dengue last year. It was a very serious situation for her as her platelet count had dropped to 28,000 after 3 days in hospital and water has started to fill up her lung. She had difficulty in breathing. She was only 32-year old.

Doctor says there's no cure for dengue. We just have to wait for her body immune system to build up resistance against dengue and fight its own battle. She already had 2 blood transfusion and all of us were praying very hard as her platelet continued to drop since the first day she was admitted.

Fortunately her mother-in-law heard that pegaga juice would help to reduce the fever and got some pegaga leaves, pounded them and squeeze the juice out for her. The next day, her platelet count started to increase, her fever subside. We continued to feed her with pegaga juice and she recovered after 3 days!!! Amazing but it's true. It's believed one's body would be overheated when one is down with dengue and that also caused the patient

Air 100 Plus / Air Kiwi

Hubby saya minum yang 1.5 liter tu setiap hari. Alhamdulillah... dgn izin Allah, lepas satu minggu, suhu badan pun menurun & doctor confirmkan dah tak de lagi denggi.

100 Plus tu memang sangat bagus diamalkan untk mengurangkan suhu badan bagi pengidap denggi sebab kadar penghidratan dia lebih cepat daripada air kosong biasa. Tapi, memang pesakit akan rasa berpeluh & nak buang air je....

Paling cepat untuk menaikkan platelet darah ialah sup ketam selain air kiwi (saranan memang 100 Plus tapi diorang biasa tak tahan kerana dah la makan tak lalu, perut kosong, sebu, kena lak 100 Plus tu yg payau jek tekak..)

100 Plus dicadangkan dibuka sejam penutup botol sebelum jadikan minuman, biar gas hilang.

Tapi sup ketam memang paling cepat naik.. sekali dengan air kiwi.. try la..

Sup Ketam

Memang masa tu kelim kabut giler sebab tak tahu nak kejar mana dulu, mak kat HUKM, suami pulak kena transfer ke HBKL sebab rashes dah teruk seluruh badan (depa takut kena denggi berdarah so from HUKM they transfer to HBKL), belum cerita pasal anak-anak yang tinggal dirumah lagi. Tak tahu nak criter la perasaan masa tu, Tuhan aje yg tahu.

Tapi degan kuasa Allah, lepas saja mak saya hirup sup ketam tu buat makan tengahari, petang dalam pukul 6 doktor ambik darah buat ujian, keputusannya keesokkan pagi dan lepas makan tengahari mak saya dah boleh keluar, berbanding dengan suami saya yg tak lalu makan sup ketam ketika tu, tak usik pun sup ketam tu, platelet darahnya semakin menurun sehingga saya paksa hirup sup ketam barula platlet darahnya naik.

Buat pengetahuan, doktor beritahu saya platlet darah kita kalau sekali naik, dia akan terus naik.

Lagi satu, minum byk air, tak kira la air pun asalkan lebih dari 10L satu hari, ini semua yg saya lihat dan bandingkan dari mak dan suami

to have fever.

Pegaga juice has cooling effect. Thus, it helps to reduce the heatiness in one's body, thus the fever will go away. I found that its also good when one is having sore throat or suffering from heatiness.

Those of us staying in Subang Jaya are lucky as we can get Pegaga juice easily from the Penang Cendol stall in Giant! One cup is only RM1. Tomorrow I will buy a cup for a patient in Assunta and urge him to try it.

Please spread the news about this as lately there are many dengue cases. It's great if such natural cure could help to ease the sufferings of dengue patients. Furthermore it's so easily available. Just go to market and ask the makcik who sells ulam and they usually have pegaga. Blend them and squeeze the juice! It's simple and miraculously effective!!

Lagi satu air tembikai yg kita blend sendiri tanpa apa-apa campuran, air tembikai kosong, takde gula!

Pengalaman saya menjaga mak dan suami saya (bulan May aritu) kena demam denggi ni dlm waktu yg sama byk mengajar saya lebih berhati-hati dan lebih tawakkal seperti yg Kak Suria ckp, we always forgot our roots & lebih kpd duniawi.

Penyumbang Diskusi Farmasi Anis untuk rencana ini

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Ketam dikatakan membantu memulihkan denggi dengan cepat

saya.

Mak saya lebih kuat dan bersemangat untuk baik, bagi aje air apa pun, semua dia minum, 1 jam ke tandas sampai 6-10 kali tapi nakkan sihat dan cepat discharge dia ikut semua nasihat. 4 malam aje kat hospital.

Suami saya pulak terlampau layan sangat sakitnya tu, tak lalu makan, minum banyak pun nak muntah duduk hospital 7 malam.

Nasihat saya untuk sesiapa yg dah kena agar tidak berulang lagi (sebab penyakit ni boleh berulang-ulang 3 hingga 6 bulan dlm masa yg kita kena) minum byk air dan kalau boleh minum air tembikai dan sup ketam.

Dah panjang beno criter ni, akhir sekali saya ingin berkongsi bersama dibawah sup ketam simple yang saya buat ketika itu.

SUP KETAM

Bahan

- Ketam 2 ekor
- 2 biji buah pelaga
- Kayu manis sepjg jari kelingking
- Sekuntum bunga lawang
- Bawang putih 5 biji ditumbuk
- Halia sebesar ibu jari diketok
- Serbuk lada hitam/lada putih
- 3 cawan air
- Garam secukup rasa
- Minyak untuk menumis
- Bawang goreng, daun sup & daun bawang

Cara

- Panaskan minyak, tumis bunga lawang, kayu manis, buah pelaga sampai naik bau, masukkan bawang putih, halia, biarkan seketika.
- Kemudian masukkan air, serbuk lada & garam, biar mendidih kemudian masukkan ketam, biarkan dalam 5-10 minit bagi air ketam tu sehati dgn kuah kemudian matikan api masukkan bawang goreng, daun sup & daun bawang yang telah dirich itu.

Note: Saya kurang gemar menggunakan bawang merah utk buat sup ni sebab saya sukakan manis dari ketam itu instead dari bawang merah yg kita guna.