

# THE WONDERS OF KESUM

FINDINGS FROM THE NATIONAL KESUM INITIATIVE

*Kesum* is one of the superior traditional herbs, rich in vitamins, minerals and phytochemicals. This book reveals the health benefits and values of *kesum* from scientific perspectives. Findings were collected from the National *Kesum* Initiative, a platform that connects researchers from a wide range of fields of molecular science, food science, nutrition and dietetics, biotechnology, microbiology, chemistry and engineering. A comprehensive collection of *kesum* aspects that include extraction methods, metabolite properties and potential usage such as neuroprotective and chemopreventive agents, usage in cosmetics, food packaging and agroindustry are discussed in the 17 chapters. Scientific findings are also presented in simpler terms in order to be understood by those not of the same field, with figures and illustrations to facilitate understanding. This book is a must read by those who value the properties of traditional herbs and natural products derived from *kesum*.

SUZANA SHAHAR, PhD, is a Professor and dietetic lecturer in Dietetic Programme and Centre for Healthy Ageing and Wellness (HCare), Faculty of Health Sciences, Universiti Kebangsaan Malaysia (UKM). Her expertise is in epidemiology and nutrition of older adults. Her research has produced more than 200 articles in impactful journals. HANIS MASTURA YAHYA, PhD, is a nutritional science lecturer in Nutritional Science Programme and HCare, Faculty of Health Sciences, UKM. Her expertise is in nutrition and its relation to cognitive function. Her research focuses on the potential of polyphenol compounds from plants and foods to prevent the decline in cognitive function in adults and the elderly. ANNIE GEORGE, PhD, is the Head of Science at Biotropics Malaysia Berhad. Her expertise is in discovery and clinical studies in validating the traditional use of herbal. She produced some of the earlier findings of *kesum* that led to patents on the cognitive, immune enhancing and anti-inflammatory properties of the herb.



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edited by  
Suzana Shahar  
Hanis Mastura Yahya  
Annie George

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